

Charity registration number 802510

Company registration number 2296103 (England and Wales)

**BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY
CENTRE LIMITED**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Kay Taylor (Chair)	
	Laurence Culhane (Vice chair)	(Resigned in June 2024)
	Kevin Traynor (Treasurer)	
	Melanie Hawman (Secretary)	
	Susan Napper	
	Jean-Pierre Brown	
	Alex Scott	(Resigned in July 2024)
	Elizabeth Toogood	
	Maggie Marshall	
	Huseyin Huseyin	
	Luke Hopkins	(Appointed in June 2024)
	Karen Lathaen	(Appointed in January 2025)
Secretary	Melanie Hawman	
Charity number	802510	
Company number	2296103	
Principal address	Bradbury House 155 Barkers Lane Bedford England MK41 9RX	
Independent examiner	Caroline Brazier ACA DChA Cansdales Business Advisers Limited Chartered Accountants St Mary's Court The Broadway Old Amersham Bucks HP7 0UT	
Bankers	HSBC 12 Allhallows Bedford MK40 1LJ	

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

CONTENTS

	Page
Trustees' report	1 - 11
Independent examiner's report	12
Statement of financial activities	13
Balance sheet	14
Notes to the financial statements	16 - 27

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charitable company's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Structure, governance and management

The charitable company is managed by the Executive Committee, which meets on a six to eight weekly basis. They are responsible for setting policies and procedures, deciding on budgets, salaries, therapies and services to be provided. The Executive Committee members, who are also Trustees of the company, are elected at the Annual General Meeting (AGM).

Objectives and activities

The principal activity and charitable object is to provide facilities to improve the condition of people living with Multiple Sclerosis (MS). There has been no material change in the policies adopted since the last report.

Bedfordshire and Northamptonshire Multiple Sclerosis Therapy Centre Limited co-operates with other MS charities in the pursuit of its charitable objective.

Established in 1983, and successfully providing services for 42 years, our vision is Providing professional specialist therapies and support for people living with MS, their carers, friends and families, throughout their illness, in a friendly, self-help environment.

The charitable company offers a range of therapies in order to further its objectives. The therapies provided are wide-ranging, and include:

- Physiotherapy and Hydrotherapy
- Accessible gym
- Health and Wellbeing Coach
- Oxygen Therapy
- Action Potential Simulation (APS)
- Group exercise classes: Balance, Cardio-vascular and Pilates
- Complementary therapies: Massage, Bowen technique, Reflexology, Acupuncture, Bach Flower Remedies and HeartMath
- Counselling
- Advice and peer support
- Accessible minibuss transport
- Benefits support
- Urinary tract Infection (UTI) testing kits
- Wellbeing workshops – Art, poetry, photography, book group

Our beneficiaries can access these services for as long as needed, with minimal waiting times, all in one convenient location. The therapies provided, offer significant benefits and would otherwise be costly or inaccessible.

The impact of our services make to people living with MS is great:

- People receive advice and access to therapies to enable self-management of their condition
- People are able to maintain functional mobility
- Cognition function is maintained
- Hospital admissions may be avoided
- Hospital discharge may be accelerated and supported
- May reduce demand for support from adult social care
- May delay the need to apply for benefits support
- People have someone to turn to at any time, and feel supported
- People meet others in a similar situation to themselves
- Social isolation is reduced
- Emotional wellbeing is enhanced

The benefits to society are wide-ranging, including reduced costs to the NHS and local authorities in medical and social care services. This is because individuals can maintain their independence for longer and are less likely to require hospital services as compared to those who do not have access to the MS Therapy Centre.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Furthermore, by maintaining mobility, individuals are able to remain in the workforce longer, thus contributing to the economy by paying taxes.

Additionally, the cost of benefits is reduced, with lower initial claims for PIP and a delay in the transition to dependence on ESA/UC in the long term.

The trustees have fulfilled their duty to consider the public benefit guidance when exercising their powers and responsibilities, ensuring that the relevant considerations were taken into account.

Our therapies and treatments are provided to anyone with MS, mostly living in Bedfordshire and Northamptonshire, and also to people living within a reasonable distance. MS Therapy Centres are present in other counties to serve those living elsewhere; we signpost people to these Centres and to statutory services as appropriate.

Our therapies are provided free of charge to any individual accessing the MS Therapy Centre. Service users make voluntary donations towards running costs, and they help with events and fundraising activities. We raise further funds from charitable trusts, companies, local groups and other individuals.

The therapies and treatments are provided for individuals with MS to help themselves - we are a self-help charity. This means that any individual with MS can decide for themselves which therapies they would like to access, if thought appropriate by the relevant therapist. Any therapy is undertaken with advice from the professional offering that therapy. The Trustees do not envisage any detriment or harm to anyone undertaking therapies as long as they are taken in accordance with the guidelines laid out by the MS Therapy Centre.

Achievement and Performance

Overview

2024 was marked by a number of developments in our services, all aligned to our strategic aims (see below). Notably, following the success of our trial for people living with Parkinson's, we are now open to this cohort as well as people living with MS, supported by a grant from a local Trust.

Five year funding from the National Lottery, that commenced in January 2024, has further enhanced our confidence, positioning us for continued growth and new opportunities, ensuring long-term success and impact.

Our charity has exceeded expectations, surpassing most of our key targets for the year in engagement and health outcomes. We have delivered measurable improvements in both the physical and mental wellbeing of people within the MS and Parkinson's communities. Additionally, we have increased contributions to community life through volunteering, while supporting the wellbeing of carers and families.

A notable achievement this year has been the significant rise in the number of therapies provided, driven by increased demand from users. We have expanded our service offerings, introducing additional group sessions and new classes tailored to various levels of disability. The number of therapy sessions delivered has increased from 8,800 sessions in 2023 to 11,628 in 2024.

Our commitment to outcomes has been strengthened with the implementation of the MSIS-29 survey (specific to MS) and a Parkinson's-specific survey, both of which have produced positive feedback and confirm the impact we are making on users' health and wellbeing.

A key indicator of our success is an increase in user donations from £84,733 in 2023 to £103,304 in 2024 - a 22% uplift, boosting our income and reinforcing the financial sustainability of our charity. Additionally, we have secured further funding, ensuring that our Parkinson's project is now fully self-funded, which strengthens the overall resilience of the Centre.

FIVE STRATEGIC IMPERATIVES

1. Better Outcomes for our Service Users

Objectives:

To empower people to manage their symptoms holistically, providing an increased range of therapies and other support services, thus enabling informed choice and sustained changes where desired by the individual. This will include developing a suitable service for those people who are still working.

To provide information and advice to our service users such that they become experts by experience in their conditions and can self-manage their illness.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Achievements:

We have increased health benefits by providing more therapies including:

- Additional Parkinson's exercise sessions and balance classes, both tailored to varying ability levels.
- Love to Move - new group exercise sessions to music.
- An additional exercise therapist employed in Dec 2023 to work four days per week.
- Gait workshops in conjunction with the University of Bedfordshire - using specialised equipment to analyse gait and propose exercises to assist with improvement.
- Functional Electrical Stimulation (FES) Therapy - stimulates muscles to help with gait, particularly foot drop issues.
- Extended reflexology and massage therapy services.
- Re-introduced acupuncture after a six-month break.
- We now have two counsellors employed, and have maintained a team of approximately 3-4 counsellors, including student counsellors from Bedford College.
- Offered 'Art as Therapy' workshops, alongside other community activities such as a book club, poetry and photography workshops.
- Additional specialised equipment - a multi-gym to target upper body strength to assist in transfers from wheelchair to bed, etc.
- Invested in evac-chairs to improve accessibility to the first floor, allowing access to additional therapists.
- To enhance health and safety, we now have a defibrillator available on-site.

Providing information:

The following sessions were delivered in 2024:

- Exploring Mental Health and Counselling: Lead Counsellor.
- Working Collaboratively to Enhance Mental Health and Wellbeing: The Health and Wellbeing Coach and the Counselling team.
- Living with MS, advice event at the Bedford MS Therapy Centre in collaboration with MS Society and MS Specialist nurses.
- Workshop with users to identify optimal therapies for users' symptoms: Health and Wellbeing Coach x 2 sessions.
- Early Onset Progression - PIRA (progression independent of relapse activity) SPMS (secondary progressive MS) - recognising and managing the condition MS: Specialist Nurse.
- Exercise and neurological conditions: Exercise Therapist.
- Cognition: identifying and managing symptoms: Parkinson's Specialist Nurse.
- Promoted MS Society's 'Living Well' webinars over six months, covering topics like managing stress and anxiety with MS, brain health and how to protect it, MS and mental health, MS and relationships, and more.

We maintained contact with our service users through monthly online newsletters and social media activity. Regular service users are contacted by email to keep them informed of any new developments, and by email for appointment reminders.



"Knowing that there is so much support and advice available is hugely helpful and reassuring."

"The MS Therapy Centre helps me get by on a daily basis, either through therapies, support or just being there for me."

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Further developments in 2025 will include:

- Zumba and exercise sessions tailored specifically for people with MS and Parkinson's. Participants will be able to use our minibus for transportation to and from the classes.
- Boxercise classes for people living with both MS and Parkinson's - a fun way to increase fitness.
- Tai Chi (Qigong) classes run by a volunteer.
- Massage therapist - employed for four days per week to help service users with spasm, muscle tone, pain and flexibility.
- A timetable of educational sessions is planned.
- A continence supplies company will provide talks and clinics.
- The Bedford MS Community Nurse will be visiting the Centre regularly to host talks and clinics on holistic management of MS and Parkinson's.

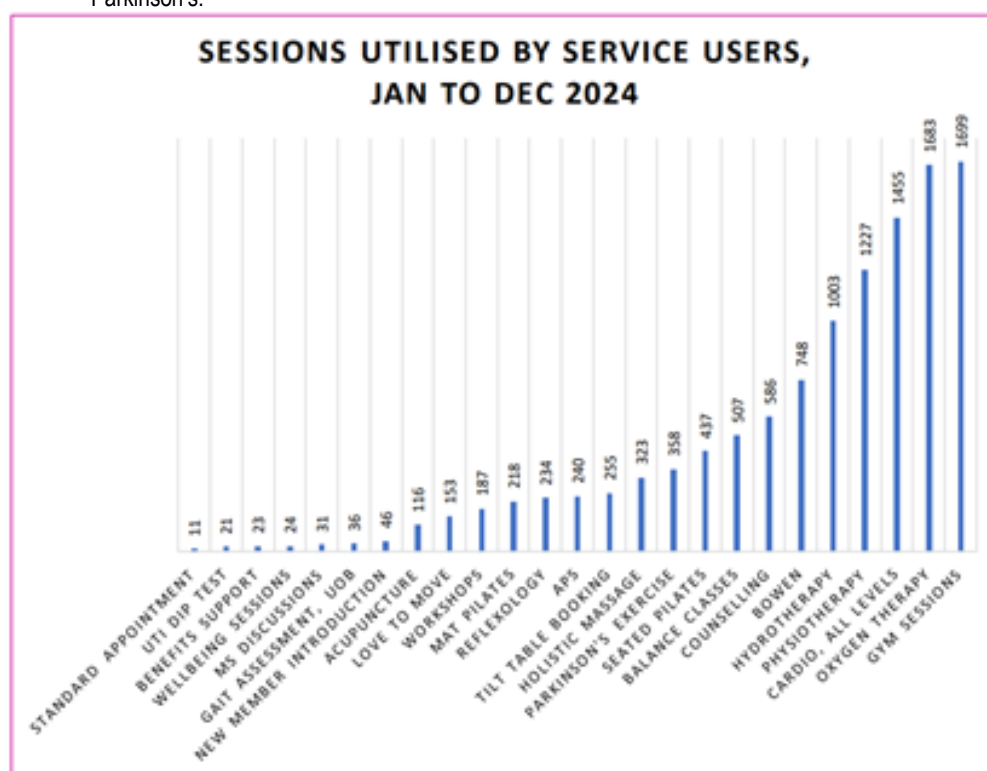


Figure 1. Therapy sessions delivered in 2024

The total number of therapy sessions delivered in 2024 increased by 2,828 (32%).

Therapy usage: Some service users access several therapies each week. Some therapy slots are taken up by different service users in a 2 or 3 weekly cycle in order to maximise the number of people who are able to access each therapy).

2. Better Outcomes for more people

Objectives:

- To increase the number of people using us for support to manage their condition.
- To reach out to more people in the community who are living with conditions that we can help.
- To provide therapies to people living with Parkinson's.
- To ensure that the range of therapies we offer covers the broad spectrum of need in our user community, and that we have capacity to meet the demand.

Achievements:

We engaged with 72 new service users over the year (44 with MS, 25 with Parkinson's and 3 with other conditions). The number of new attendees with MS was fewer than last year (54 in 2023), but the increase in members with Parkinson's has kept the charity growing (figs.2 and 3).

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Typically, we maintain contact with over 700 people, up to 304 of whom attended the Centre over the year. Around 203 people attend regularly.

Our Service users are habitants of Bedfordshire, Northamptonshire and the surrounding counties.

We have progressed the number of people with Parkinson's who use our services from a trial of 15 people to over 40 people. Parkinson's users have access to all therapies, exercise sessions, and treatments at the Centre, including an additional Parkinson's-specific exercise class each week.

Support for carers

- Carers participated in counselling sessions
- Our 'Art as Therapy' workshops are available to carers
- Online 'Love to Move' sessions are open to carers

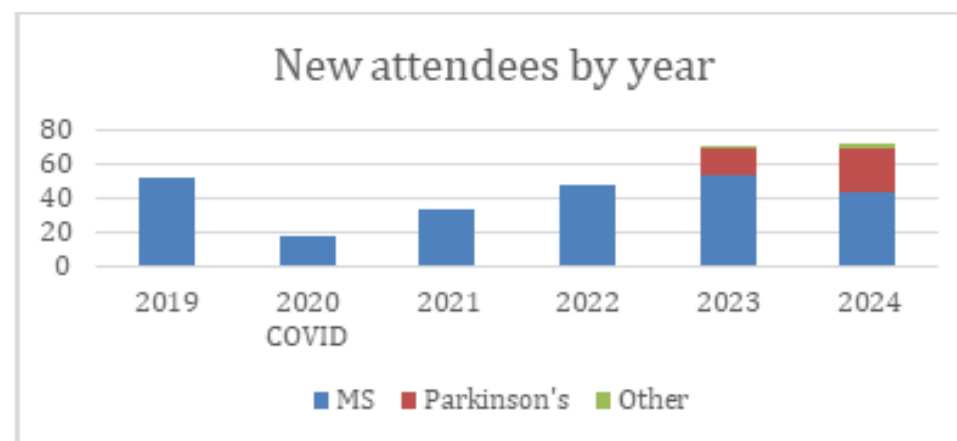


Figure 2. The number of people seen for the first time by year.

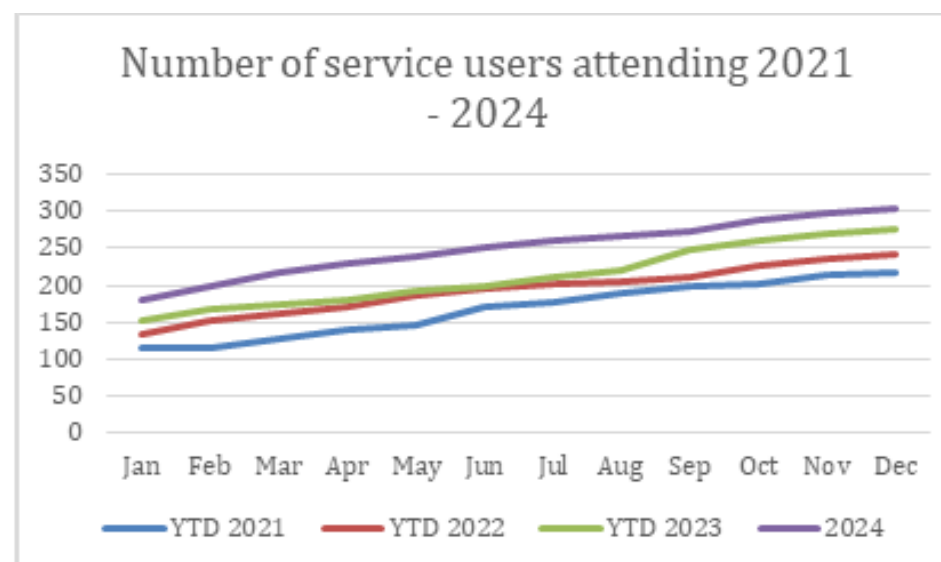


Figure 3: the numbers attending in 2024 compared with the numbers in 2023, 2022 and 2021.

In 2024, the number of people attending each month consistently exceeded that of previous years, and we anticipate this upward trend in usage will continue in the coming year. As at December 2024, we had 304 active service users, compared to 276 in 2023, 241 in 2022, and 218 in 2021.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Awareness: We aim to remain well known in the community in order to make sure that as many people as need our services know about us. The increase in service users reflects our close ties with local community MS and Parkinson's nurses.

Other publicity to raise awareness included:

- Inclusion in the MiDoS system referral portal, making our services accessible to GPs, healthcare professionals, and the Council.
- Continued raising awareness in the community through talks in collaboration with the MS Society, and enhanced social media presence.
- Participation in Chamber of Commerce meetings.
- Engaging with health organisations such as the BLMK (Bedfordshire, Luton, and Milton Keynes Health and Care Partnership) and BeActive to improve the Charity's visibility, including sharing information and presenting at the 'Live Longer Better' meeting.
- Charity partner of the Bedford Park Summer Sessions – concerts with attendance of 60,000 people.
- We held our fourth Pop-Up Art Exhibition and Sale at the MS Therapy Centre. This was a great success, raising about £9,000 and also raising our profile. This is becoming a fixture in the local art community, and was attended by the Bishop of Bedford, Mayor of Bedford, our MP, local Councillors and Hospital Radio Bedford, amongst others.
- We continue to be involved with the activities of the Neuro Therapy Network (NTN) and support their aims to raise national awareness of MS, and excellence in service provision for people living with MS



"I was recently asked to do something by an instructor at the Centre that I couldn't do a year ago. The difference in a year of taking balance classes was amazing! I felt good physically and I also find it excellent for my mental health. To be told that you have improved is uplifting. I walk better and do not need to use a stick anymore."

Ensuring that our therapies meet the needs of our service users

We have enhanced our surveys by introducing targeted assessments for symptoms of MS and Parkinson's, alongside our annual survey, enabling a more accurate measurement of our services' impact. Additionally, our clinical team has standardised the quantitative outcomes to ensure consistency.

80% of MS participants reported improvement or no decline in their wellbeing across seven specific questions.

Over 80% of Parkinson's respondents stated that they were sleeping better, their anxiety and confidence had improved/stayed the same, and that they took a shorter time to do things/maintained the same level.

Our annual survey asked service users how the therapies that we provide have addressed their symptoms. We have used the responses to support decisions on where additional therapies would be beneficial.

The four symptoms that were identified by the most people as needing more support were 'MS Pain', 'Bladder and Bowel Function', 'Cognition' and 'Balance'. For each of these symptoms we already offer a range of therapies that have been shown to help, so service users are being made aware of these as well as us implementing more support. See chart 4.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

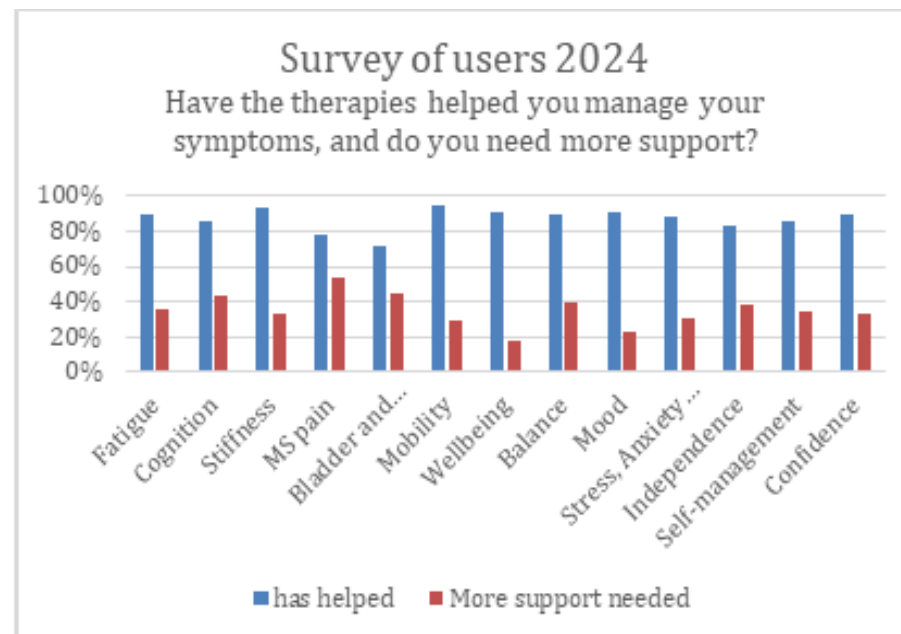


Figure 4: This chart summarises the symptoms that people feel have been helped by the therapies we offer, and where they feel they need more support.

3. Financial viability

Objective:

*To develop potential new and existing income streams as part of a robust funding framework to meet our short and long term, funding needs.
To continue to manage our services efficiently and proactively, delivering quality services in a cost-effective manner.*

Financial Review

We receive no statutory funding and rely entirely on the generosity of our donors and the efforts of our volunteers and staff to sustain and develop the wide range of services and therapies we have been providing for the benefit of people living with MS in Bedfordshire, Northamptonshire and surrounding areas.

Following a successful pilot scheme, we opened our doors to new members who are living with Parkinson's. This project has been generously supported by funding from the Harpur Trust.

2024 produced a surplus of £61,732, total revenue was £538,306 with costs of £476,574. Member donations rose to £103,304 other donations were £96,504 and charity shop proceeds rose to £46,315. We continue to benefit from funding granted to us by The National Lottery

For 2025, we have budgeted for a deficit of £79,000, based on total income of £526,000. Wage costs are set to increase to £393,000 as we extend the number of therapy hours available and add more staff as we plan for the future.

We are immensely grateful to all our supporters who help us raise income in many ways:

- Applying for funding from grant-making Charitable Trusts and Foundations
- Voluntary donations and associated gift aid from service users
- Organising an annual programme of fundraising events and activities, with the help of our volunteer fundraising groups and individuals
- Seeking funding and sponsorship from local organisations and companies.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Reserves

At the end of the year our reserves were:

- Restricted - £104,501 being the fixed assets (less depreciation) bought with donated funds
- Designated funds include:
 - A. Escape ramp from upper floor - £170,000
 - B. Replacement minibus- £70,000
 - C. Property/lease renewal £260,000
 - D. Refurbishment fund
- Unrestricted reserves - £213,334, this includes free reserves of £195,592 which will cover the budget deficit (£79,000) and any other unexpected shortfalls in income and increase in costs.

The Centre is currently reviewing its property requirements and knows that any improvements may in the first instance be paid for from existing reserves.

This is in line with our reserves policy, a copy of which may be found on our website, of having 6 to 12 months of running costs within free reserves. The average of this for the 2024 FY is approx. £350k and after removing the budgeted deficit there is still sufficient funds available.

We are deeply grateful for the generous support of our donors, some of whom have been supporting us over several years. The £176,195 in trust fund income has been pivotal in advancing our five-year strategy with confidence, strengthening our mental health and wellbeing services, and expanding our support to individuals with Parkinson's.

In 2024, we were especially thankful to receive generous support from:

Persimmons Community Champions	Morrisons Foundation
Hospital Saturday Fund	Bruce Wake
Potton Consolidated Charity	N Smith Charitable Settlement
Gale Family Charity Trust	Robert Lucas
The Strangward Trust	St John's Hospital Trust
AKO Foundation	Sport England
February Foundation	Amateur Trust
Wixamtree Trust	Page Fund
Frank Branston Trust	

The National Lottery Community Fund: We are immensely grateful for support from the National Lottery Community Fund for generously part-supporting our services for 5 years commencing in 2024.

They have been instrumental in enabling us to continue making a positive impact on the lives of those affected by MS and Parkinson's.

Harpur Trust: We are also incredibly grateful to the Harpur Trust for recognising our vision of expanding our services to the Parkinson's community and supporting this initiative with a generous grant to help us get started, following our successful 10-month Parkinson's pilot trial.

The following funding from Trusts was restricted for specific purposes:

Trusts	Amount	Restricted to
Hospital Saturday Fund	£2,000	FES equipment and training
Potton Consolidated Charity	£750	Therapies for service users in SG19 postcode
The Strangward Trust	£1,000	One Parkinson's user
February Foundation	£5,000	Oxygen therapy, to be used in 6 months
Wixamtree Trust	£10,000	Mental Health and Wellbeing service
Frank Branston Trust	£9,622	Hydrotherapy for service users from Beds
Morrisons Foundation	£6,490	Equipment: multi-gym
Bruce Wake	£1,358	Equipment: Pilates chairs and Blazepod trainer
Harpur Trust	£31,500	Parkinson's service users, Bedford
N Smith Charitable Settlement	£1,000	Mental Health and Wellbeing service
Robert Lucas	£2,500	Therapies for service users from Shefford
St John's Hospital Trust	£5,000	Mental Health and Wellbeing service
Sport England	£11,790	Exercise sessions for Parkinson's users only
Amateur Trust	£15,000	Cardiovascular exercise sessions

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

4. Development of our facilities so that they continue to meet our needs whilst both membership and therapies grow and diversify

Objectives:

To create a facility management plan that can meet our needs for additional space to accommodate the significant growth in numbers of service users and therapies that are forecast by year 5 of our plan.

Our facility development plan will be designed to be viable in terms of capital investment and impact on future running costs. The facility will become a valuable asset to our community.

More progress on this objective will be made in 2025.

5. Increased engagement with our key stakeholders to make them an integral part of the MS Therapy Centre's future

Objectives:

To ensure that service users are an integral part of our development process, and that their voice is heard when evaluating the organisation's performance at each step of the way forward.

To include staff members, the local community and the business community in our decision making and service delivery.

To build on our success with volunteers by incorporating volunteering opportunities, that give value to both the individual and the MS Therapy Centre, in all aspects of our work.

To continue to develop partnerships with sympathetic organisations so that we can provide a wide range of services and resources as possible.

Achievements:

Our Members' Forum was set up in 2024 and meets every two months with attendance by service users and carers from both our MS and Parkinson's communities. The group receives information from the trustee meetings and feeds their ideas into the management team.



"The MS Therapy Centre has been hugely important in providing self-motivation and a sense of ownership of the challenges presented by MS and increasing self-confidence in facing them."

"It is good to mix with other service users and staff who understand the condition."

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Staff Members:

We are very appreciative of our dedicated and skilled team who are essential to providing an excellent service for our users.

During 2024 we employed (based on 1 FTE equal to 37.5 hours):

1 manager	0.93 FTE
1 part time receptionist	0.61 FTE
2 part time physiotherapists (combined)	0.87 FTE
1 part time physio assistant	0.48 FTE
1 part time therapy assistant	0.45 FTE
1 part time exercise therapist	0.69 FTE
1 part time health and wellbeing coach	0.19 FTE
1 part time trust fundraiser	0.67 FTE
1 part time minibus driver	0.64 FTE
1 part time bookkeeper	0.21 FTE
1 part time cleaner	0.24 FTE
1 part time development coordinator	0.80 FTE
1 part time fundraising and community liaison officer	0.80 FTE

We do not use any external fundraising companies.

We contract sessions with self-employed counsellors and other complementary therapists who provide Massage, Bowen Technique, Reflexology, Pilates and Acupuncture.

Volunteers

Our services are supported by a team of committed volunteers who continue to be one of our greatest assets. We have not only increased regular volunteer numbers to over 70, but also formed specialised teams, such as the 'Art team,' 'Fundraising team,' and 'User Support' team. These initiatives foster teamwork, enhance volunteer satisfaction, and contribute to higher retention rates.

Volunteers run the oxygen therapy service, carry out various regular admin tasks, do gardening, odd jobs, act as Trustees and organise a large number of fundraising activities, from running our charity shops to organising monthly sales and other annual events.

Additional volunteers are heavily involved in representing us at the local Bedford Park Summer Sessions (120+), our Pop-Up Art Exhibition and Sale (60+) and Christmas craft festival.

Increased Community Access to Facilities at the MS Therapy Centre

2024 has seen developments in our strategic partnerships, including a strong collaboration with Parkinson's UK and a supportive local Trust, that has enabled us to successfully broaden our reach to the Parkinson's community. In addition:

- Local healthcare providers refer patients with long COVID and brain injuries to our oxygen therapy service.
- The hydro pool is available for hire outside our core hours. People with musculoskeletal issues, in partnership with Circle Health, regularly use the facility.
- Parkinson's monthly group sessions take place in our building, with up to 32 members attending each time.
- The Disability Resource Centre has been using a room to deliver their MSK ActiveWell pilot programme, offering 1-2-1 support for individuals with musculoskeletal conditions.
- Collaboration with the University of Bedfordshire to conduct gait workshops.
- Students from the University of Bedfordshire have been on placement in our physio suite.
- Monthly educational sessions have been extended to people with other health conditions.
- We are part of the Live Longer Better Forum - a network of key providers around physical activity for people with long-term health conditions.
- Regular Lion's Club meetings take place at our Centre and fundraising support.
- Creative art workshops are open to carers, volunteers and people from the community

Risk Management

The MS Therapy Centre is very aware of managing risk in order to provide safe and consistent therapies to our service users. The charity Trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks

We carry out continuous monitoring and immediate response to potential risks, in particular in the areas of financial risk, risk to safety of people attending the MS Therapy Centre, and risk to our reputation. All identified risks are logged in our risk register and are reported by the Centre Manager to the Trustees, who ensure that immediate action is taken to implement measures to reduce risk to acceptable levels.

The Trustees meet every six-eight weeks but are also available at all times to assist the manager in assessing all risks and mitigating those risks before they evolve into serious issues.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Statement of Trustees' responsibilities

The trustees, who are also the directors of Bedfordshire And Northamptonshire Multiple Sclerosis Therapy Centre Limited for the purpose of company law, are responsible for preparing the Trustees' 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 year.

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;
- make judgements and estimates that are reasonable and prudent; and
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statement;
- 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.

The Trustees are responsible for maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Each of the persons who is a Trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's independent examiner is unaware; and
- they have taken all steps that they ought to have taken as a Trustee to make themselves aware of any relevant audit information and to establish that the charity's independent examiner is aware of that information.

The independent examiner is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The Trustees' annual report was approved on 5 June 2025 and signed on behalf of the Board of Trustees by:

Melanie Hawman

Melanie Hawman
Charity Secretary

5 June 2025

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

I report to the trustees on my examination of the financial statements of Bedfordshire And Northamptonshire Multiple Sclerosis Therapy Centre Limited (the charitable company) for the year ended 31 December 2024.

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. Our work has been undertaken so that we might state to the company's members those matters we are required to state to them in an independent examiner'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 company and the company's members as a body, for our work, for this report, or for the opinions we have formed.

Responsibilities and basis of report

As the trustees of the charitable company (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charitable company are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charitable company's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charitable company as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Caroline Brazier

Caroline Brazier ACA DChA

Cansdales Business Advisers Limited
St Mary's Court
The Broadway
Old Amersham
Bucks
HP70UT

Dated: 6 June 2025

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

		Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes							
Income and endowments from:								
Donations and legacies	3	209,463	-	85,789	295,252	169,997	136,814	306,811
Charitable activities	6	140,984	-	-	140,984	127,798	-	127,798
Other trading activities	4	63,931	-	-	63,931	46,582	-	46,582
Investments	5	23,212	-	-	23,212	9,157	-	9,157
Other income	7	8,246	-	-	8,246	22,871	-	22,871
Total income		<u>445,836</u>	<u>-</u>	<u>85,789</u>	<u>531,625</u>	<u>376,405</u>	<u>136,814</u>	<u>513,219</u>
Expenditure on:								
Raising funds	8	86,325	-	-	86,325	46,702	-	46,702
Charitable activities	9	365,177	-	25,073	390,250	320,978	16,650	337,628
Total expenditure		<u>451,502</u>	<u>-</u>	<u>25,073</u>	<u>476,575</u>	<u>367,680</u>	<u>16,650</u>	<u>384,330</u>
Net gains/(losses) on investments		<u>6,682</u>	<u>-</u>	<u>-</u>	<u>6,682</u>	<u>8,042</u>	<u>-</u>	<u>8,042</u>
Net income		<u>1,016</u>	<u>-</u>	<u>60,716</u>	<u>61,732</u>	<u>16,767</u>	<u>120,164</u>	<u>136,931</u>
Transfers between funds		<u>(522,638)</u>	<u>600,000</u>	<u>(77,362)</u>	<u>-</u>	<u>77,328</u>	<u>(77,328)</u>	<u>-</u>
Net movement in funds	12	<u>(521,622)</u>	<u>600,000</u>	<u>(16,646)</u>	<u>61,732</u>	<u>94,095</u>	<u>42,836</u>	<u>136,931</u>
Reconciliation of funds:								
Fund balances at 1 January 2024		<u>734,956</u>	<u>-</u>	<u>121,147</u>	<u>856,103</u>	<u>640,861</u>	<u>78,311</u>	<u>719,172</u>
Fund balances at 31 December 2024		<u>213,334</u>	<u>600,000</u>	<u>104,501</u>	<u>917,835</u>	<u>734,956</u>	<u>121,147</u>	<u>856,103</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	14		122,243		143,319
Investments	15		235,889		222,521
			<u>358,132</u>		<u>365,840</u>
Current assets					
Debtors	16	18,314		16,941	
Cash at bank and in hand		565,314		496,061	
		<u>583,628</u>		<u>513,002</u>	
Creditors: amounts falling due within one year	17	(23,925)		(22,739)	
Net current assets			<u>559,703</u>		<u>490,263</u>
Total assets less current liabilities			<u>917,835</u>		<u>856,103</u>
Net assets			<u>917,835</u>		<u>856,103</u>
The funds of the charitable company					
Designated funds	19		600,000		-
Restricted income funds	21		104,501		121,147
Unrestricted funds			213,334		734,956
			<u>917,835</u>		<u>856,103</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2024.

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

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 5 June 2025

Kay Taylor

Kay Taylor (Chair)
Trustee
5 June 2025

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from operations	24		61,154		142,556
Investing activities					
Purchase of tangible fixed assets		(8,426)		(56,401)	
Purchase of investments		(53,581)		(5,215)	
Proceeds from disposal of investments		46,894		1,545	
Investment income received		23,212		9,157	
Net cash generated from/(used in) investing activities			8,099		(50,914)
Net cash generated from financing activities			-		-
Net increase in cash and cash equivalents			69,253		91,642
Cash and cash equivalents at beginning of year			496,061		404,419
Cash and cash equivalents at end of year			565,314		496,061

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Bedfordshire And Northamptonshire Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is Bradbury House, 155 Barkers Lane, Bedford, MK41 9RX.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charitable company's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charitable company is a Public Benefit Entity as defined by FRS 102.

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

1.2 Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- No cash flow statement has been presented for the company.
- Disclosures in respect of financial instruments have not been presented.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

1.4 Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

1.6 Tangible fixed assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Leasehold improvements	20% reducing balance
Fixtures and fittings	20% reducing balance
Hydro pool	20% reducing balance
Minibus	20% reducing balance

1.7 Fixed asset investments

Unlisted equity investments are initially recorded at cost, and subsequently measured at fair value. If fair value cannot be reliably measured, assets are measured at cost less impairment.

Listed investments are measured at fair value with changes in fair value being recognised in income or expenditure.

1.8 Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

1.9 Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

1.10 Cash and cash equivalents

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

1.11 Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

1.12 Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

1.13 Limited by guarantee

The organisation is a charitable company limited by guarantee, incorporated in 1988 and is governed by memorandum and articles of association as renewed and dated 9th January 2008.

2 Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	207,582	85,789	293,371	168,496	136,814	305,310
Sundry Grants	1,881	-	1,881	1,501	-	1,501
	<u>209,463</u>	<u>85,789</u>	<u>295,252</u>	<u>169,997</u>	<u>136,814</u>	<u>306,811</u>

4 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Art event	17,615	19,475
Charity shop	46,316	27,107
	<u>63,931</u>	<u>46,582</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Income from listed investments	7,774	6,831
Interest receivable	15,438	2,326
	<u>23,212</u>	<u>9,157</u>

6 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Charitable activities		
Fundraising events	37,680	27,650
40th including Ruby	-	15,415
Members donations	103,304	84,733
	<u>140,984</u>	<u>127,798</u>

7 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other income	8,246	22,871
	<u>8,246</u>	<u>22,871</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

8 Expenditure on raising funds

	Unrestricted funds	Total	Unrestricted funds	Total
	2024	2024	2023	2023
	£	£	£	£
Fundraising and publicity				
Staff costs	65,080	65,080	42,573	42,573
Light & heat	-	-	(1,470)	(1,470)
Insurance	2,594	2,594	971	971
Legal and professional fees	820	820	-	-
Miscellaneous cost	4,587	4,587	-	-
Depreciation and impairment	2,428	2,428	-	-
Independent examination fee	-	-	(1,068)	(1,068)
Investment management	268	268	620	620
Share of support costs (see note 10)	9,605	9,605	1,470	1,470
Share of governance costs (see note 10)	943	943	1,068	1,068
	<u>86,325</u>	<u>86,325</u>	<u>46,702</u>	<u>46,702</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

9 Expenditure on charitable activities

	Therapies	Fundraising and publicity	Total	Therapies	Fundraising and publicity	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Staff costs	147,445	51,933	199,378	161,206	-	161,206
Depreciation and impairment	25,138	1,937	27,075	22,193	-	22,193
Oxygen Treatment and Day care cost	23,347	-	23,347	27,678	-	27,678
Therapists	61,270	-	61,270	36,481	-	36,481
40th including Ruby	-	-	-	-	4,296	4,296
Insurance	5,877	2,070	7,947	7,069	1,000	8,069
Motor vehicle expenses	5,776	-	5,776	6,702	-	6,702
Legal and professional	2,466	868	3,334	12,992	200	13,192
Miscellaneous cost	10,390	19,417	29,807	3,902	11,369	15,271
	<u>281,709</u>	<u>76,225</u>	<u>357,934</u>	<u>278,223</u>	<u>16,865</u>	<u>295,088</u>
Share of support costs (see note 10)	21,762	7,665	29,427	39,514	-	39,514
Share of governance costs (see note 10)	2,136	753	2,889	2,826	200	3,026
	<u>305,607</u>	<u>84,643</u>	<u>390,250</u>	<u>320,563</u>	<u>17,065</u>	<u>337,628</u>
Analysis by fund						
Unrestricted funds	280,534	84,643	365,177	303,913	17,065	320,978
Restricted funds	25,073	-	25,073	16,650	-	16,650
	<u>305,607</u>	<u>84,643</u>	<u>390,250</u>	<u>320,563</u>	<u>17,065</u>	<u>337,628</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

10 Support and Governance cost

Support cost	Fundraising	Therapies	Fundraising and publicity	Total	Total
	2024	2024	2024	2024	2023
	£	£	£	£	£
Light and heat	3,211	7,276	2,562	13,049	13,138
Printing and stationery	134	302	107	543	424
Telephone and postage	466	1,057	372	1,895	2,639
Repair and maintenance	4,177	9,464	3,334	16,975	17,794
Rates and water	1,522	3,447	1,214	6,183	6,597
Bank charges	95	216	76	387	392
	<u>9,605</u>	<u>21,762</u>	<u>7,665</u>	<u>39,032</u>	<u>40,984</u>
Governance costs					
Independent examiner fees	943	2,136	753	3,832	4,094
	<u>10,548</u>	<u>23,898</u>	<u>8,418</u>	<u>42,864</u>	<u>45,078</u>

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charitable company during the year.

12 Net (expenditure/ (income)	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	3,832	7,708
Depreciation of tangible fixed assets	<u>29,503</u>	<u>22,193</u>

13 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
Number of Therapists, Clinical and Care staff	6	6
Number of Fundraisers	2	2
Number of Administrative Staff	2	2
Number of Management Staff	2	2
Number of Other Staff- Cleaner (1), Minibus Driver (1)	2	2
Total	<u>14</u>	<u>14</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

13	Employees	(Continued)	
	Employment costs	2024 £	2023 £
	Wages and salaries	247,953	192,915
	Social security costs	12,519	7,346
	Other pension costs	3,986	3,518
		<u>264,458</u>	<u>203,779</u>

There were no employees whose annual remuneration was more than £60,000.

14	Tangible fixed assets	Leasehold improvements £	Fixtures and fittings £	Hydro pool £	Minibus £	Total £
	Cost					
	At 1 January 2024	174,193	201,283	109,093	41,086	525,655
	Additions	-	8,426	-	-	8,426
	At 31 December 2024	<u>174,193</u>	<u>209,709</u>	<u>109,093</u>	<u>41,086</u>	<u>534,081</u>
	Depreciation and impairment					
	At 1 January 2024	171,625	174,702	10,910	25,098	382,335
	Depreciation charged in the year	511	6,157	19,637	3,198	29,503
	At 31 December 2024	<u>172,136</u>	<u>180,859</u>	<u>30,547</u>	<u>28,296</u>	<u>411,838</u>
	Carrying amount					
	At 31 December 2024	<u>2,057</u>	<u>28,850</u>	<u>78,546</u>	<u>12,790</u>	<u>122,243</u>
	At 31 December 2023	<u>2,568</u>	<u>26,580</u>	<u>98,183</u>	<u>15,988</u>	<u>143,319</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

15 Fixed asset investments

	Overseas Index linked securities £	Other UK Investments £	Cash or Cash equivalents £	Total £
Cost or valuation				
At 1 January 2024	194,394	9,983	18,144	222,521
Additions	53,659	-	43,196	96,855
Revaluations	6,594	90	(2)	6,682
Disposals	(35,501)	-	(54,668)	(90,169)
	<u>219,146</u>	<u>10,073</u>	<u>6,670</u>	<u>235,889</u>
Carrying amount				
At 31 December 2024	<u>219,146</u>	<u>10,073</u>	<u>6,670</u>	<u>235,889</u>
At 31 December 2023	<u>194,394</u>	<u>9,983</u>	<u>18,144</u>	<u>222,521</u>

All investments shown above are held at valuation

Listed Investments

The aggregate market value of listed investments is £229,219 (2023: £204,377)

Financial assets held at fair value

Investments less cash were originally acquired at a cost value of £196,793 (2023: £178,187). The market value of the investments at the year end, amounted to £229,219 (2023: £204,377)

16 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	948	965
Prepayments and accrued income	17,366	15,976
	<u>18,314</u>	<u>16,941</u>

17 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	11,462	3,151
Other creditors	847	726
Accruals and deferred income	11,616	18,862
	<u>23,925</u>	<u>22,739</u>

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

18 Pension and other post retirement benefit schemes

	2024	2023
	£	£
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	3,986	3,518

19 Designated funds -

These are Designated funds funds which are material to the charitable company's activities.

	At 1 January 2024	Transfers	At 31 December 2024
	£	£	£
Escape ramp upper floor	-	170,000	170,000
Replacement of mini bus	-	70,000	70,000
Property/lease renewal	-	260,000	260,000
Refurbishment fund	-	100,000	100,000
	-	600,000	600,000

20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 December 2024
	£	£	£	£	£	£
Refurbishment fund	100,000	-	-	(100,000)	-	-
General funds	634,956	445,836	(451,502)	(422,638)	6,682	213,334
	734,956	445,836	(451,502)	(522,638)	6,682	213,334
Previous year:	At 1 January 2023	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 December 2023
	£	£	£	£	£	£
Refurbishment fund	100,000	-	-	-	-	100,000
General funds	540,861	376,405	(367,680)	77,328	8,042	634,956
	640,861	376,405	(367,680)	77,328	8,042	734,956

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

21 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Restricted funds	121,147	85,789	(25,073)	(77,362)	104,501

Previous year:

	At 1 January 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2023 £
Restricted funds	78,311	136,814	(16,650)	(77,328)	121,147

22 Analysis of net assets between funds

	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:				
Tangible assets	17,742	-	104,501	122,243
Investments	-	235,889	-	235,889
Current assets/(liabilities)	195,592	364,111	-	559,703
	213,334	600,000	104,501	917,835

	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:				
Tangible assets	22,172	-	121,147	143,319
Investments	222,521	-	-	222,521
Current assets/(liabilities)	490,263	-	-	490,263
	734,956	-	121,147	856,103

23 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

BEDFORDSHIRE AND NORTHAMPTONSHIRE MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

24	Cash generated from operations	2024 £	2023 £
	Surplus for the year	61,732	136,931
	Adjustments for:		
	Investment income recognised in statement of financial activities	(23,212)	(9,157)
	Gain on disposal of investments	(5,666)	(8,042)
	Fair value gains and losses on investments	(1,016)	-
	Depreciation and impairment of tangible fixed assets	29,503	22,193
	Movements in working capital:		
	(Increase) in debtors	(1,373)	(10,413)
	Increase in creditors	1,186	11,044
	Cash generated from operations	<u>61,154</u>	<u>142,556</u>