

MS ACTION LIMITED

England & Wales · Charity number 803187

Details

Other names	LONDON EAST FRIENDS OF ARMS LIMITED, THE DISABILITY THERAPY CENTRE
Status	Registered
Legal form	Charitable company
Company number	02366411
Registered	1990-04-06
Register	View on the Charity Commission register

Contact

Address The Marjorie Collins Centre
237 Grove Road
Chadwell Heath
Romford
RM6 4XF

Phone 02085319216

Email info@msaction.org.uk

Website www.msaction.org.uk

Activities

Objects: 1. TO AID AND IMPROVE FOR THE PUBLIC BENEFIT IN THE AREA OF BENEFIT THE CONDITION OF THOSE SUFFERING FROM MULTIPLE SCLEROSIS BY ANY LAWFUL MEANS.2. TO ASSIST ARMS (MULTIPLE SCLEROSIS RESEARCH) LIMITED IN PROMOTING (WHETHER OR NOT WITHIN THE AREA OF BENEFIT) ALL OR ANY OF ITS OBJECTS.(FOR FURTHER DETAILS SEE CLAUSE 3 OF MEMORANDUM OF ASSOCIATION)

Activities: We are a Disability therapy centre, providing complementary and mainstream therapies for people with Neurological conditions.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** EAST LONDON WEST ESSEX AND SOUTH HERTFORDSHIRE
- Essex
- Hertfordshire
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£355,467	£150,872	-	-
2024-06-30	£147,603	£174,853	-	-
2023-06-30	£213,127	£163,777	-	-
2022-06-30	£123,903	£140,534	-	-
2021-06-30	£148,470	£24,597	-	-
2020-06-30	£127,216	£115,745	-	-

Trustees

Name	Role	Appointed
Jodie Eloise Hill		2025-05-20
Richard Emmerson		2023-09-30
Susan Melanie Marks		2023-09-30

MS ACTION LIMITED

England & Wales - Charity number 803187

Accounts

REGISTERED COMPANY NUMBER: 02366411 (England and Wales)
REGISTERED CHARITY NUMBER: 803187

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH JUNE 2025
FOR
MS ACTION LIMITED

Cobbin Floyd Ltd
Chartered Accountants Statutory Auditors
15a Station Road
Epping
Essex
CM16 4HG

MS ACTION LIMITED

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH JUNE 2025

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MS ACTION LIMITED

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 30TH JUNE 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30th June 2025. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

MS Action Limited exists to support individuals affected by Multiple Sclerosis (MS) and their families. Our 'merger' with The Marjorie Collins Wellbeing Centre complements and enhances these aims and objectives.

We continue to provide physical therapies, including oxygen therapy, emotional and social support, health guidance in the form of the MS Nurse and practical assistance in the area of benefits and transport where we can advocate on behalf of members.

The move to our new centre at Chadwell Heath has allowed greater community interaction by laying on social events and letting space to other community groups.

Significant activities

Therapies and services currently offered at MS Action are Oxygen therapy, Physiotherapy, Shiatsu, Chiropractic and Bowen.

Risk management

The Trustees have identified and assessed key risks facing the organisation, including financial sustainability, safeguarding, and compliance with data protection regulations, health and safety and HR compliance. Mitigation strategies have been implemented, including regular financial reviews, staff training, and clear reporting lines for incidents and concerns. We have subscribed to a management organisation to provide support in these areas to ensure compliance and provide help should we find ourselves in breach.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

During the year, MS Action Limited continued to build on its foundations, delivering a range of therapies, events and interventions.

The real achievement during the year was the move from Walthamstow to Chadwell Heath and effectively merging two organisations to service an enlarged client group.

As a result of the move there are costs and expenses which will not be repeated in future years and income and donations which similarly, we will not benefit from in the future.

The new, larger building has allowed us to open the centre to community groups to both generate income and to spread the word about what we do and provide to our client group.

Plans for the Future

Looking ahead, MS Action Limited aims to expand its support services, strengthen partnerships with healthcare and community groups and increase fundraising efforts. We have already embarked upon a professional fundraising programme which we hope will provide benefits very soon.

FINANCIAL REVIEW

Financial position

This was an exceptional year, but the underlying position is that our regular activities do not cover all our outgoings. We will continue to increase membership, review operating costs, review prices and focus more effectively on attracting funding from external sources.

Our reserves have been diminished as a result of the move, but they remain relatively healthy and whilst below the £100,000 we have aimed for in the past, we remain well over £50,000 and we will keep to this level during the current year.

MS ACTION LIMITED

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 30TH JUNE 2025**

FINANCIAL REVIEW

Reserves policy

Covid and lockdown affected reserves negatively and many clients were slow to return to the centre following the end of lockdown. People have been slowly returning and new members have joined with income steadily increasing.

The directors have forecast the level of free reserves (that is those funds not tied up in fixed assets) the charity will require to sustain operations. The directors consider that the most appropriate level of free reserves is £100,000. The actual level of reserves as at June 2025 was just over £50,000 which is lower than our target figure but not unexpected due to the expenses incurred by moving to the new premises. Now the move has been completed we will continue to build on these reserves moving forward.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Governance and Management

The charity is governed by a Board of Trustees who meet at least quarterly to review progress, set strategic direction, and ensure compliance with statutory requirements.

During the year, the Trustees undertook a review of governance policies and at the coming AGM will set out what changes we recommend to expand our client group and to welcome future trustees from a broader talent pool.

The Board is supported by a committed team of staff and volunteers, and we have set up an operations committee to focus the work these people do and give them more specific tasks and responsibilities at a strategic level. This is working well, and it is their dedication which underpins the charity's success.

Acknowledgements

The Trustees gratefully acknowledge the generosity of donors, the dedication of volunteers, and the support of staff and partner organisations. Their contributions have been essential to the charity's achievements during the year.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02366411 (England and Wales)

Registered Charity number

803187

Registered office

The Marjorie Collins Centre
237 Grove Road
Chadwell Heath
Romford
Essex
RM6 4XF

Trustees

Mr P Benschel (resigned 18.10.24)
Mr R Emmerson
Ms C Juste, (resigned 28.9.24)
Ms J Murphy (resigned 8.2.25)
Mr C Collins (appointed 7.11.24) (resigned 30.3.25)
Mr S Thomas (appointed 25.10.24) (resigned 26.7.25)
Ms S M Marks
Ms S Crate (appointed 29.5.25)
Ms J E Hill (appointed 20.5.25)

Company Secretary

Ms S Marks

MS ACTION LIMITED

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30TH JUNE 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants Statutory Auditors
15a Station Road
Epping
Essex
CM16 4HG

Approved by order of the board of trustees on 23rd February 2026 and signed on its behalf by:

Mr R Emmerson - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MS ACTION LIMITED**

Independent examiner's report to the trustees of MS Action Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts 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 accounts 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 accounts to be reached.

Natalie Floyd ACA
The Institute of Chartered Accountants in England and Wales

Cobbin Floyd Ltd
Chartered Accountants Statutory Auditors
15a Station Road
Epping
Essex
CM16 4HG

23rd February 2026

MS ACTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Generated funds		149,708	4,000	153,708	145,131
Investment income	2	1,759	-	1,759	2,472
Other income		200,000	-	200,000	-
Total		351,467	4,000	355,467	147,603
 EXPENDITURE ON					
Raising funds		33,428	-	33,428	32,131
Charitable activities					
Charitable activities		59,358	-	59,358	86,146
Other		58,086	-	58,086	56,576
Total		150,872	-	150,872	174,853
 NET INCOME/(EXPENDITURE)		 200,595	 4,000	 204,595	 (27,250)
 RECONCILIATION OF FUNDS					
Total funds brought forward		153,939	-	153,939	181,189
 TOTAL FUNDS CARRIED FORWARD		 354,534	 4,000	 358,534	 153,939

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
30TH JUNE 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	7	299,879	-	299,879	1,812
CURRENT ASSETS					
Debtors	8	8,702	-	8,702	4,595
Cash at bank		50,051	4,000	54,051	150,243
		58,753	4,000	62,753	154,838
CREDITORS					
Amounts falling due within one year	9	(4,098)	-	(4,098)	(2,711)
NET CURRENT ASSETS		54,655	4,000	58,655	152,127
TOTAL ASSETS LESS CURRENT LIABILITIES		354,534	4,000	358,534	153,939
NET ASSETS		354,534	4,000	358,534	153,939
FUNDS	10				
Unrestricted funds				354,534	153,939
Restricted funds				4,000	-
TOTAL FUNDS				358,534	153,939

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th June 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th June 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 23rd February 2026 and were signed on its behalf by:

Mr R Emmerson - Trustee

The notes form part of these financial statements

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2025

1. 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Plant and equipment	- 10% on cost
Fixtures and fittings	- 20% on cost

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.

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

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.

2. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>1,759</u>	<u>2,472</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2025

3. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Depreciation - owned assets	<u>26,632</u>	<u>877</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30th June 2025 nor for the year ended 30th June 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30th June 2025 nor for the year ended 30th June 2024.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2025	2024
Employees	<u>3</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Generated funds	145,131	-	145,131
Investment income	<u>2,472</u>	-	<u>2,472</u>
Total	<u>147,603</u>	-	<u>147,603</u>
EXPENDITURE ON			
Raising funds	32,131	-	32,131
Charitable activities			
Charitable activities	86,146	-	86,146
Other	<u>56,576</u>	-	<u>56,576</u>
Total	<u>174,853</u>	-	<u>174,853</u>
NET INCOME/(EXPENDITURE)	(27,250)	-	(27,250)
RECONCILIATION OF FUNDS			
Total funds brought forward	181,189	-	181,189

MS ACTION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2025**

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>153,939</u>	<u>-</u>	<u>153,939</u>

7. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and equipment £	Fixtures and fittings £	Totals £
COST				
At 1st July 2024	-	-	51,776	51,776
Additions	<u>134,289</u>	<u>190,410</u>	<u>-</u>	<u>324,699</u>
At 30th June 2025	<u>134,289</u>	<u>190,410</u>	<u>51,776</u>	<u>376,475</u>
DEPRECIATION				
At 1st July 2024	-	-	49,964	49,964
Charge for year	<u>6,715</u>	<u>19,041</u>	<u>876</u>	<u>26,632</u>
At 30th June 2025	<u>6,715</u>	<u>19,041</u>	<u>50,840</u>	<u>76,596</u>
NET BOOK VALUE				
At 30th June 2025	<u>127,574</u>	<u>171,369</u>	<u>936</u>	<u>299,879</u>
At 30th June 2024	<u>-</u>	<u>-</u>	<u>1,812</u>	<u>1,812</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Debtors and prepayments	<u>8,702</u>	<u>4,595</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Other creditors and accruals	<u>4,098</u>	<u>2,711</u>

10. MOVEMENT IN FUNDS

	At 1.7.24 £	Net movement in funds £	At 30.6.25 £
Unrestricted funds			
General fund	153,939	200,595	354,534
Restricted funds			
Transport fund	-	4,000	4,000
TOTAL FUNDS	<u>153,939</u>	<u>204,595</u>	<u>358,534</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2025

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	351,467	(150,872)	200,595
Restricted funds			
Transport fund	4,000	-	4,000
TOTAL FUNDS	<u>355,467</u>	<u>(150,872)</u>	<u>204,595</u>

Comparatives for movement in funds

	At 1.7.23 £	Net movement in funds £	At 30.6.24 £
Unrestricted funds			
General fund	181,189	(27,250)	153,939
TOTAL FUNDS	<u>181,189</u>	<u>(27,250)</u>	<u>153,939</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	147,603	(174,853)	(27,250)
TOTAL FUNDS	<u>147,603</u>	<u>(174,853)</u>	<u>(27,250)</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30th June 2025.

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Generated funds		
Incoming resources from charitable activities	74,019	115,328
Appeals and donations	76,689	28,799
Membership	3,000	1,004
	<hr/> 153,708	<hr/> 145,131
Investment income		
Deposit account interest	1,759	2,472
Other income		
Compensation received	200,000	-
	<hr/> 355,467	<hr/> 147,603
EXPENDITURE		
Raising funds		
Salaries and national insurance	32,857	31,589
Pensions	571	542
	<hr/> 33,428	<hr/> 32,131
Charitable activities		
Therapists, instructors and supplies	38,115	82,891
Oxygen	1,713	2,490
Volunteer expenses	489	765
Depreciation of plant and equipment	19,041	-
	<hr/> 59,358	<hr/> 86,146
Support costs		
Finance		
Bank charges	602	493
Credit card charges	992	1,658
	<hr/> 1,594	<hr/> 2,151
Other		
Rent and rates	9,052	22,532
Insurance	8,325	5,906
Light and heat	10,745	8,508
Telephone	1,405	1,345
Postage and stationery	557	849
Sundries	1,375	196
Carried forward	31,459	39,336

This page does not form part of the statutory financial statements

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2025

	2025	2024
	£	£
Other		
Brought forward	31,459	39,336
Cleaning	3,530	886
Repairs and renewals	5,809	8,755
Computer expenses	1,465	803
Travel and subsistence	156	49
Subscriptions	1,838	214
Other interest	-	121
Depreciation of improvements to property	6,715	-
Depreciation of fixtures and fittings	876	877
	<hr/> 51,848	<hr/> 51,041
Governance costs		
Accountancy	3,120	1,722
Legal and professional	594	780
Bookkeeping	930	882
	<hr/> 4,644	<hr/> 3,384
Total resources expended	<hr/> 150,872	<hr/> 174,853
Net income/(expenditure)	<hr/> 204,595	<hr/> (27,250)

This page does not form part of the statutory financial statements

MS ACTION LIMITED

England & Wales - Charity number 803187

Accounts

REGISTERED COMPANY NUMBER: 02366411 (England and Wales)
REGISTERED CHARITY NUMBER: 803187

REPORT OF THE TRUSTEES AND
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FOR THE YEAR ENDED 30TH JUNE 2024
FOR
MS ACTION LIMITED

Cobbin Floyd Ltd
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MS ACTION LIMITED

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 30TH JUNE 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30th June 2024. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The provision of complementary and mainstream therapies for persons with multiple sclerosis and certain other conditions.

MS Action began providing complementary and mainstream therapies for people with multiple sclerosis and certain other conditions over 30 years ago. The centre is run mainly by people with neurological conditions for people with neurologic conditions. We aim to improve the quality of life for all of our service users through a variety of therapies and support. MS Action offers therapies specifically designed to meet the needs of our users and aims to offer these therapies at the lowest possible cost. All of MS Action therapists are licensed and fully qualified. The team of therapists work together to offer a holistic approach to help manage the conditions of our users.

Significant activities

Therapies and services currently offered at MS Action are Oxygen therapy, Physiotherapy, Shiatsu, Chiropractic and Bowen.

Risk management

There was a change of trustees (who are also directors of MS Action Ltd) on 30th September 2023. Since their appointment, they have worked to update policies and procedures and have carried out a thorough detailed review of the charities' finances and activities. Systems have been put in place to update policies and procedures annually and detailed financial reports are produced and reviewed at least every six months.

The trustees have updated health and safety procedures and have carried out several risk assessments with actions that are being implemented and reviewed.

FINANCIAL REVIEW

Reserves policy

Covid and lockdown affected reserves negatively and many clients were slow to return to the centre following the end of lockdown. People have been slowly returning and new members have joined with income steadily increasing.

The directors have forecast the level of free reserves (that is those funds not tied up in fixed assets) the charity will require to sustain operations. The directors consider that the most appropriate level of free reserves is £100,000. The actual level of reserves as at June 2024 was £153,939 which is £53,939 in excess of our target figure. The company has recently moved into new premises and the directors view is that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility for future years..

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

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Registered Charity number

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Registered office

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237 Grove Road
Chadwell Heath
Romford
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RM6 4XF

MS ACTION LIMITED

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30TH JUNE 2024

Trustees

Ms D Peacock (resigned 30.9.23)
D Peacock, Esq (resigned 30.9.23)
K Hymas, Esq (resigned 30.9.23)
P Benschel, Esq (appointed 30.9.23) (resigned 18.10.24)
R Emmerson, Esq (appointed 30.9.23)
Ms C Juste, (appointed 30.9.23) (resigned 28.9.24)
Ms J Murphy (appointed 30.9.23) (resigned 8.2.25)
C Collins (appointed 7.11.24)
S Thomas (appointed 25.10.24)

Company Secretary

Ms S Marks

Independent Examiner

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Approved by order of the board of trustees on 28th March 2025 and signed on its behalf by:

R Emmerson, Esq - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MS ACTION LIMITED**

Independent examiner's report to the trustees of MS Action Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts 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 accounts 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 accounts to be reached.

Natalie Floyd ACA

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

28th March 2025

MS ACTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2024

		Year Ended 30.6.24 Unrestricted fund £	Period 30.6.22 to 30.6.23 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Generated funds		145,131	211,795
Investment income	2	2,472	1,332
Total		<u>147,603</u>	<u>213,127</u>
EXPENDITURE ON			
Raising funds		33,789	32,815
Charitable activities			
Charitable activities		87,554	82,218
Other		53,510	48,744
Total		<u>174,853</u>	<u>163,777</u>
NET INCOME/(EXPENDITURE)		(27,250)	49,350
RECONCILIATION OF FUNDS			
Total funds brought forward		181,189	131,839
TOTAL FUNDS CARRIED FORWARD		<u>153,939</u>	<u>181,189</u>

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
30TH JUNE 2024

		2024	2023
		Unrestricted	Total
		fund	funds
		£	£
FIXED ASSETS	Notes		
Tangible assets	7	1,812	2,689
CURRENT ASSETS			
Debtors	8	4,595	9,224
Cash at bank		150,243	172,099
		154,838	181,323
CREDITORS			
Amounts falling due within one year	9	(2,711)	(2,823)
NET CURRENT ASSETS		152,127	178,500
TOTAL ASSETS LESS CURRENT LIABILITIES		153,939	181,189
NET ASSETS		153,939	181,189
FUNDS	10		
Unrestricted funds		153,939	181,189
TOTAL FUNDS		153,939	181,189

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th June 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th June 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 28th March 2025 and were signed on its behalf by:

R Emmerson, Esq - Trustee

The notes form part of these financial statements

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH JUNE 2024

1. 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on cost

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.

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

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.

2. INVESTMENT INCOME

	Year Ended 30.6.24	Period 30.6.22 to 30.6.23
	£	£
Deposit account interest	<u>2,472</u>	<u>1,332</u>

MS ACTION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2024**

3. NET INCOME/(EXPENDITURE)

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

	Year Ended 30.6.24 £	Period 30.6.22 to 30.6.23 £
Depreciation - owned assets	877	877

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30th June 2024 nor for the period ended 30th June 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30th June 2024 nor for the period ended 30th June 2023.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	Year Ended 30.6.24	Period 30.6.22 to 30.6.23
Directors'	-	3
Employees	4	4
	4	7

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Generated funds	211,795
Investment income	1,332
Total	213,127
EXPENDITURE ON	
Raising funds	32,815
Charitable activities	
Charitable activities	82,218
Other	48,744
Total	163,777

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2024

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued			Unrestricted fund £
			<hr/>
NET INCOME			49,350
RECONCILIATION OF FUNDS			
Total funds brought forward			131,839
			<hr/>
TOTAL FUNDS CARRIED FORWARD			181,189
			<hr/> <hr/>
7. TANGIBLE FIXED ASSETS			Fixtures and fittings £
COST			
At 1st July 2023 and 30th June 2024			51,776
			<hr/>
DEPRECIATION			
At 1st July 2023			49,087
Charge for year			877
			<hr/>
At 30th June 2024			49,964
			<hr/>
NET BOOK VALUE			
At 30th June 2024			1,812
			<hr/> <hr/>
At 30th June 2023			2,689
			<hr/> <hr/>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		2024	2023
		£	£
Debtors and prepayments		4,595	9,224
		<hr/> <hr/>	<hr/> <hr/>

MS ACTION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2024**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Other creditors and accruals	<u>2,711</u>	<u>2,823</u>

10. MOVEMENT IN FUNDS

	At 1.7.23	Net movement in funds	At 30.6.24
	£	£	£
Unrestricted funds			
General fund	181,189	(27,250)	153,939
TOTAL FUNDS	<u>181,189</u>	<u>(27,250)</u>	<u>153,939</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	147,603	(174,853)	(27,250)
TOTAL FUNDS	<u>147,603</u>	<u>(174,853)</u>	<u>(27,250)</u>

Comparatives for movement in funds

	At 30.6.22	Net movement in funds	At 30.6.23
	£	£	£
Unrestricted funds			
General fund	131,839	49,350	181,189
TOTAL FUNDS	<u>131,839</u>	<u>49,350</u>	<u>181,189</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	213,127	(163,777)	49,350
TOTAL FUNDS	<u>213,127</u>	<u>(163,777)</u>	<u>49,350</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30TH JUNE 2024

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30th June 2024.

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2024

	Year Ended 30.6.24 £	Period 30.6.22 to 30.6.23 £
INCOME AND ENDOWMENTS		
Generated funds		
Incoming resources from charitable activities	115,328	105,568
Appeals and donations	28,799	101,502
Membership	1,004	4,725
	145,131	211,795
Investment income		
Deposit account interest	2,472	1,332
Total incoming resources	147,603	213,127
EXPENDITURE		
Raising funds		
Salaries and national insurance	31,589	32,575
Pensions	542	240
	32,131	32,815
Charitable activities		
Therapists, instructors and supplies	82,891	75,555
Oxygen	2,490	540
Volunteer expenses	765	5,246
	86,146	81,341
Support costs		
Finance		
Bank charges	493	324
Credit card charges	1,658	1,231
	2,151	1,555
Other		
Rent and rates	22,532	22,402
Insurance	5,906	4,844
Light and heat	8,508	4,760
Telephone	1,345	814
Postage and stationery	849	707
Sundries	410	1,838
Cleaning	886	1,066
Carried forward	40,436	36,431

This page does not form part of the statutory financial statements

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30TH JUNE 2024

	Year Ended 30.6.24 £	Period 30.6.22 to 30.6.23 £
Other		
Brought forward	40,436	36,431
Repairs and renewals	8,755	3,498
Computer expenses	803	1,552
Travel and subsistence	49	1,004
Other interest	121	-
Depreciation of tangible fixed assets	877	877
	<hr/> 51,041	<hr/> 43,362
Governance costs		
Accountancy	1,722	1,638
Legal and professional	780	702
Bookkeeping	882	2,364
	<hr/> 3,384	<hr/> 4,704
Total resources expended	<hr/> 174,853	<hr/> 163,777
Net (expenditure)/income	<hr/> (27,250) <hr/>	<hr/> 49,350 <hr/>

This page does not form part of the statutory financial statements

MS ACTION LIMITED

England & Wales - Charity number 803187

Accounts

REGISTERED COMPANY NUMBER: 02366411 (England and Wales)
REGISTERED CHARITY NUMBER: 803187

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023
FOR
MS ACTION LIMITED

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

MS ACTION LIMITED

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

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MS ACTION LIMITED

REPORT OF THE TRUSTEES **FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 30th June 2022 to 30th June 2023. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The provision of complementary and mainstream therapies for persons with multiple sclerosis and certain other conditions.

MS Action began providing complementary and mainstream therapies for people with multiple sclerosis and certain other conditions over 30 years ago. The centre is run mainly by people with neurological conditions for people with neurologic conditions. We aim to improve the quality of life for all of our service users through a variety of therapies and support. MS Action offers therapies specifically designed to meet the needs of our users and aims to offer these therapies at the lowest possible cost. All of MS Action therapists are licensed and fully qualified. The team of therapists work together to offer a holistic approach to help manage the conditions of our users.

Significant activities

Therapies and services currently offered at MS Action are Oxygen therapy, Physiotherapy, Shiatsu, Chiropractic and Bowen.

Risk management

There was a change of trustees (who are also directors of MS Action Ltd) on 30th September 2023. Since their appointment, they have worked to update policies and procedures and have carried out a thorough detailed review of the charities' finances and activities. Systems have been put in place to update policies and procedures annually and detailed financial reports are produced and reviewed at least every six months.

The trustees have updated health and safety procedures and have carried out several risk assessments with actions that are being implemented and reviewed.

FINANCIAL REVIEW

Reserves policy

Covid and lockdown affected reserves negatively and many clients were slow to return to the centre following the end of lockdown. People have been slowly returning and new members have joined with income steadily increasing.

The directors have forecast the level of free reserves (that is those funds not tied up in fixed assets) the charity will require to sustain operations. The directors consider that the most appropriate level of free reserves is £100,000. The actual level of reserves as at June 2023 was £181,189 which is £81,189 in excess of our target figure. The company has recently been advised that they are required to either move from its current premises or pay a substantially increased rent and the directors view is that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility for future years..

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02366411 (England and Wales)

Registered Charity number

803187

Registered office

Unit 17, Waltham Park Way
Billet Road
London
E17 5DU

MS ACTION LIMITED

REPORT OF THE TRUSTEES
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

Trustees

Ms D Peacock (resigned 30.9.23)
Mrs A Knight (resigned 20.8.22)
D Peacock, Esq (resigned 30.9.23)
K Hymas, Esq (resigned 30.9.23)
P Benschler, Esq (appointed 30.9.23)
R Emmerson, Esq (appointed 30.9.23)
Ms C Juste, (appointed 30.9.23)
Ms J Murphy (appointed 30.9.23)

Company Secretary

Ms S Marks

Independent Examiner

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Approved by order of the board of trustees on and signed on its behalf by:

.....
Ms J Murphy - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MS ACTION LIMITED**

Independent examiner's report to the trustees of MS Action Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the period 30th June 2022 to 30th June 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts 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 accounts 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 accounts to be reached.

Natalie Floyd ACA

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Date:

MS ACTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

	Notes	Period 30.6.22 to 30.6.23 Unrestricted fund £	Year Ended 29.6.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Generated funds		211,795	123,864
Investment income	2	1,332	39
Total		213,127	123,903
EXPENDITURE ON			
Raising funds		32,815	19,987
Charitable activities			
Charitable activities		82,218	41,656
Other		48,744	78,891
Total		163,777	140,534
NET INCOME/(EXPENDITURE)		49,350	(16,631)
RECONCILIATION OF FUNDS			
Total funds brought forward		131,839	148,470
TOTAL FUNDS CARRIED FORWARD		181,189	131,839

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
30TH JUNE 2023

		2023	2022
		Unrestricted	Total
		fund	funds
		£	£
FIXED ASSETS	Notes		
Tangible assets	7	2,689	1,226
CURRENT ASSETS			
Debtors	8	9,224	8,010
Cash at bank		172,099	129,343
		181,323	137,353
CREDITORS			
Amounts falling due within one year	9	(2,823)	(6,740)
NET CURRENT ASSETS		178,500	130,613
TOTAL ASSETS LESS CURRENT LIABILITIES		181,189	131,839
NET ASSETS		181,189	131,839
FUNDS	10		
Unrestricted funds		181,189	131,839
TOTAL FUNDS		181,189	131,839

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30th June 2023.

The members have not required the company to obtain an audit of its financial statements for the period ended 30th June 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

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

.....
J Murphy - Trustee

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

1. 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on cost

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.

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

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.

2. INVESTMENT INCOME

	Period	
	30.6.22	
	to	Year Ended
	30.6.23	29.6.22
	£	£
Deposit account interest	1,332	39

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

3. NET INCOME/(EXPENDITURE)

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

	Period 30.6.22 to 30.6.23 £	Year Ended 29.6.22 £
Depreciation - owned assets	877	409
	<u>877</u>	<u>409</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 30th June 2023 nor for the year ended 29th June 2022.

Trustees' expenses

There were no trustees' expenses paid for the period ended 30th June 2023 nor for the year ended 29th June 2022.

5. STAFF COSTS

The average monthly number of employees during the period was as follows:

	Period 30.6.22 to 30.6.23	Year Ended 29.6.22
Directors'	3	3
Employees	4	2
	<u>7</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Generated funds	123,864
Investment income	39
Total	<u>123,903</u>
EXPENDITURE ON	
Raising funds	19,987
Charitable activities	
Charitable activities	41,656
Other	78,891
Total	<u>140,534</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued		Unrestricted fund £
		<hr/>
NET INCOME/(EXPENDITURE)		(16,631)
RECONCILIATION OF FUNDS		
Total funds brought forward		148,470
		<hr/>
TOTAL FUNDS CARRIED FORWARD		<u>131,839</u>
7. TANGIBLE FIXED ASSETS		Fixtures and fittings £
COST		
At 30th June 2022		49,436
Additions		2,340
		<hr/>
At 30th June 2023		51,776
		<hr/>
DEPRECIATION		
At 30th June 2022		48,210
Charge for year		877
		<hr/>
At 30th June 2023		49,087
		<hr/>
NET BOOK VALUE		
At 30th June 2023		2,689
		<hr/> <hr/>
At 29th June 2022		1,226
		<hr/> <hr/>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2023	2022
	£	£
Debtors and prepayments	9,224	8,010
	<hr/> <hr/>	<hr/> <hr/>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	-	4,688
Other creditors and accruals	2,823	2,052
	<u>2,823</u>	<u>6,740</u>

10. MOVEMENT IN FUNDS

	At 30.6.22 £	Net movement in funds £	At 30.6.23 £
Unrestricted funds			
General fund	131,839	49,350	181,189
	<u>131,839</u>	<u>49,350</u>	<u>181,189</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	213,127	(163,777)	49,350
	<u>213,127</u>	<u>(163,777)</u>	<u>49,350</u>

Comparatives for movement in funds

	At 30.6.21 £	Net movement in funds £	At 29.6.22 £
Unrestricted funds			
General fund	148,470	(16,631)	131,839
	<u>148,470</u>	<u>(16,631)</u>	<u>131,839</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	123,903	(140,534)	(16,631)
	<u>123,903</u>	<u>(140,534)</u>	<u>(16,631)</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 30th June 2023.

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

	Period 30.6.22 to 30.6.23 £	Year En ded 29.6.22 £
INCOME AND ENDOWMENTS		
Generated funds		
Incoming resources from charitable activities	105,568	81,255
Appeals and donations	101,502	37,407
Membership	4,725	5,202
	<hr/> 211,795	<hr/> 123,864
Investment income		
Deposit account interest	1,332	39
	<hr/> 213,127	<hr/> 123,903
EXPENDITURE		
Raising funds		
Salaries and national insurance	32,575	19,987
Pensions	240	-
	<hr/> 32,815	<hr/> 19,987
Charitable activities		
Therapists, instructors and supplies	75,555	36,821
Oxygen	540	1,946
Volunteer expenses	5,246	2,283
	<hr/> 81,341	<hr/> 41,050
Support costs		
Finance		
Bank charges	324	395
Credit card charges	1,231	1,059
	<hr/> 1,555	<hr/> 1,454
Other		
Rent and rates	22,402	21,635
Insurance	4,844	4,715
Light and heat	4,760	3,469
Telephone	814	755
Postage and stationery	707	132
Sundries	1,838	3,253
Cleaning	1,066	566
Carried forward	36,431	34,525

This page does not form part of the statutory financial statements

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 30TH JUNE 2022 TO 30TH JUNE 2023

	Period 30.6.22 to 30.6.23 £	Year En ded 29.6.22 £
Other		
Brought forward	36,431	34,525
Repairs and renewals	3,498	40,180
Computer expenses	1,552	606
Advertising	-	271
Travel and subsistence	1,004	-
Depreciation of tangible fixed assets	877	409
	<hr/> 43,362	<hr/> 75,991
Governance costs		
Accountancy	1,638	1,512
Legal and professional	702	-
Bookkeeping	2,364	540
	<hr/> 4,704	<hr/> 2,052
Total resources expended	<hr/> 163,777	<hr/> 140,534
Net income/(expenditure)	<hr/> 49,350	<hr/> (16,631)

This page does not form part of the statutory financial statements

MS ACTION LIMITED

England & Wales - Charity number 803187

Accounts

REGISTERED COMPANY NUMBER: 02366411 (England and Wales)
REGISTERED CHARITY NUMBER: 803187

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2022
FOR
MS ACTION LIMITED

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

MS ACTION LIMITED

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FOR THE YEAR ENDED 29TH JUNE 2022

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MS ACTION LIMITED

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 29TH JUNE 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 29th June 2022. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The provision of complementary and mainstream therapies for persons with multiple sclerosis and certain other conditions.

MS Action began providing complementary and mainstream therapies for people with multiple sclerosis and certain other conditions over 30 years ago. The centre is run mainly by people with neurological conditions for people with neurologic conditions. We aim to improve the quality of life for all of our service users through a variety of therapies and support. MS Action offers therapies specifically designed to meet the needs of our users and aims to offer these therapies at the lowest possible cost. All of MS Action therapists are licensed and fully qualified. The team of therapists work together to offer a holistic approach to help manage the conditions of our users.

Significant activities

Therapies and services currently offered at MS Action are Oxygen therapy, Physiotherapy, Shiatsu, Chiropody and Bowen.

Risk management

The trustees (who are also directors of MS Action Ltd) previously carried out a detailed review of the charity's activities. They produced a comprehensive strategic plan setting out the major opportunities available to the charity and the risks to which it is exposed. The trustees will monitor progress against the strategic objectives set out in the plan at each quarterly meeting and a comprehensive review of the plan will be carried out annually. As part of this process the trustees have implemented a risk management strategy which comprises;

- i) An annual review of the risks the charity may face
- ii) The establishment of systems and processes to mitigate those risks identified in the plan
- iii) The implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

FINANCIAL REVIEW

Reserves policy

The directors have forecast the level of free reserves (that is those funds not tied up in fixed assets) the charity will require to sustain operations. The directors consider that the most appropriate level of free reserves is £100,000. The actual level of reserves is £131,839 which is £31,839 in excess of our target figure. Whilst the current level of reserves may prove sufficient, it is the directors view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility for future years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02366411 (England and Wales)

Registered Charity number

803187

Registered office

Unit 17, Waltham Park Way
Billet Road
London
E17 5DU

MS ACTION LIMITED

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 29TH JUNE 2022

Trustees

Ms D Peacock
Mrs A Knight
D Peacock, Esq
K Hymas, Esq

Company Secretary

D Peacock, Esq

Independent Examiner

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Approved by order of the board of trustees on 1st March 2023 and signed on its behalf by:

Ms D Peacock - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MS ACTION LIMITED**

Independent examiner's report to the trustees of MS Action Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 29th June 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts 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 accounts 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 accounts to be reached.

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

1st March 2023

MS ACTION LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM			
Generated funds		123,864	68,145
Investment income	2	39	20
Total		123,903	68,165
EXPENDITURE ON			
Raising funds		19,987	23,293
Charitable activities			
Charitable activities		41,656	27,487
Other		78,891	41,982
Total		140,534	92,762
NET INCOME/(EXPENDITURE)		(16,631)	(24,597)
RECONCILIATION OF FUNDS			
Total funds brought forward		148,470	173,067
TOTAL FUNDS CARRIED FORWARD		131,839	148,470

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
29TH JUNE 2022

		2022	2021
		Unrestricted	Total
		fund	funds
	Notes	£	£
FIXED ASSETS			
Tangible assets	7	1,226	1,635
CURRENT ASSETS			
Debtors	8	8,010	8,051
Cash at bank		129,343	141,397
		137,353	149,448
CREDITORS			
Amounts falling due within one year	9	(6,740)	(2,613)
NET CURRENT ASSETS		130,613	146,835
TOTAL ASSETS LESS CURRENT LIABILITIES		131,839	148,470
NET ASSETS		131,839	148,470
FUNDS	10		
Unrestricted funds		131,839	148,470
TOTAL FUNDS		131,839	148,470

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 29th June 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 29th June 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 1st March 2023 and were signed on its behalf by:

D Peacock - Trustee

The notes form part of these financial statements

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2022

1. 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on cost

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.

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

2. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	39	20
	<u> </u>	<u> </u>

MS ACTION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2022**

3. NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Depreciation - owned assets	409	409
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 29th June 2022 nor for the year ended 29th June 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 29th June 2022 nor for the year ended 29th June 2021.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Directors'	3	3
Employees	2	2
	<u> </u>	<u> </u>
	5	5
	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Generated funds	68,145
Investment income	<u> </u> 20
Total	<u> </u> 68,165
EXPENDITURE ON	
Raising funds	23,293
Charitable activities	
Charitable activities	27,487
Other	<u> </u> 41,982
Total	<u> </u> 92,762
NET INCOME/(EXPENDITURE)	(24,597)

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2022

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued		Unrestricted fund £
RECONCILIATION OF FUNDS		
Total funds brought forward		173,067
TOTAL FUNDS CARRIED FORWARD		<u>148,470</u>
7. TANGIBLE FIXED ASSETS		Fixtures and fittings £
COST		
At 30th June 2021 and 29th June 2022		<u>49,436</u>
DEPRECIATION		
At 30th June 2021		47,801
Charge for year		<u>409</u>
At 29th June 2022		<u>48,210</u>
NET BOOK VALUE		
At 29th June 2022		<u>1,226</u>
At 29th June 2021		<u>1,635</u>
8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2022	2021
	£	£
Debtors and prepayments	<u>8,010</u>	<u>8,051</u>

MS ACTION LIMITED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2022**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Social security and other taxes	4,688	1,173
Other creditors and accruals	2,052	1,440
	6,740	2,613
	6,740	2,613

10. MOVEMENT IN FUNDS

	At 30.6.21	Net movement in funds	At 29.6.22
	£	£	£
Unrestricted funds			
General fund	148,470	(16,631)	131,839
	148,470	(16,631)	131,839
TOTAL FUNDS	148,470	(16,631)	131,839

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	123,903	(140,534)	(16,631)
	123,903	(140,534)	(16,631)
TOTAL FUNDS	123,903	(140,534)	(16,631)

Comparatives for movement in funds

	At 30.6.20	Net movement in funds	At 29.6.21
	£	£	£
Unrestricted funds			
General fund	173,067	(24,597)	148,470
	173,067	(24,597)	148,470
TOTAL FUNDS	173,067	(24,597)	148,470

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	68,165	(92,762)	(24,597)
	68,165	(92,762)	(24,597)
TOTAL FUNDS	68,165	(92,762)	(24,597)

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2022

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 30.6.20 £	Net movement in funds £	At 29.6.22 £
Unrestricted funds			
General fund	173,067	(41,228)	131,839
TOTAL FUNDS	<u>173,067</u>	<u>(41,228)</u>	<u>131,839</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	192,068	(233,296)	(41,228)
TOTAL FUNDS	<u>192,068</u>	<u>(233,296)</u>	<u>(41,228)</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 29th June 2022.

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Generated funds		
Incoming resources from charitable activities	81,255	48,207
Appeals and donations	37,407	11,543
Membership	5,202	5,162
Government grants	-	3,233
	<hr/> 123,864	<hr/> 68,145
Investment income		
Deposit account interest	39	20
	<hr/> 123,903	<hr/> 68,165
EXPENDITURE		
Raising funds		
Wages	19,987	23,293
Charitable activities		
Therapists, instructors and supplies	36,821	24,827
Oxygen	1,946	2,064
Volunteer expenses	2,283	596
	<hr/> 41,050	<hr/> 27,487
Support costs		
Finance		
Bank charges	395	295
Credit card charges	1,059	662
	<hr/> 1,454	<hr/> 957
Other		
Rent and rates	21,635	21,873
Insurance	4,715	3,860
Light and heat	3,469	3,704
Telephone	755	1,020
Postage and stationery	132	244
Sundries	3,253	1,659
Cleaning	566	489
Repairs and renewals	40,180	5,754
Computer expenses	606	573
Advertising	271	-
Depreciation of tangible fixed assets	409	409
	<hr/> 75,991	<hr/> 39,585

This page does not form part of the statutory financial statements

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2022

	2022 £	2021 £
Other		
Governance costs		
Accountancy	1,512	1,440
Bookkeeping	540	-
	<u>2,052</u>	<u>1,440</u>
Total resources expended	<u>140,534</u>	<u>92,762</u>
Net expenditure	<u><u>(16,631)</u></u>	<u><u>(24,597)</u></u>

This page does not form part of the statutory financial statements

MS ACTION LIMITED

England & Wales - Charity number 803187

Accounts

REGISTERED COMPANY NUMBER: 02366411 (England and Wales)
REGISTERED CHARITY NUMBER: 803187

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2021
FOR
MS ACTION LIMITED

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

MS ACTION LIMITED

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FOR THE YEAR ENDED 29TH JUNE 2021

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MS ACTION LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 29TH JUNE 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 29th June 2021. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The provision of complementary and mainstream therapies for persons with multiple sclerosis and certain other conditions.

MS Action began providing complementary and mainstream therapies for people with multiple sclerosis and certain other conditions over 30 years ago. The centre is run mainly by people with neurological conditions for people with neurologic conditions. We aim to improve the quality of life for all of our service users through a variety of therapies and support. MS Action offers therapies specifically designed to meet the needs of our users and aims to offer these therapies at the lowest possible cost. All of MS Action therapists are licensed and fully qualified. The team of therapists work together to offer a holistic approach to help manage the conditions of our users.

Significant activities

Therapies and services currently offered at MS Action are Oxygen therapy, Physiotherapy, Shiatsu, Chiropody and Bowen.

Risk management

The trustees (who are also directors of MS Action Ltd) previously carried out a detailed review of the charity's activities. They produced a comprehensive strategic plan setting out the major opportunities available to the charity and the risks to which it is exposed. The trustees will monitor progress against the strategic objectives set out in the plan at each quarterly meeting and a comprehensive review of the plan will be carried out annually. As part of this process the trustees have implemented a risk management strategy which comprises;

- i) An annual review of the risks the charity may face
- ii) The establishment of systems and processes to mitigate those risks identified in the plan
- iii) The implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

FINANCIAL REVIEW

Reserves policy

The directors have forecast the level of free reserves (that is those funds not tied up in fixed assets) the charity will require to sustain operations. The directors consider that the most appropriate level of free reserves is £100,000. The actual level of reserves is £146,835 which is £46,835 in excess of our target figure. Whilst the current level of reserves may prove sufficient, it is the directors view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility for future years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02366411 (England and Wales)

Registered Charity number

803187

Registered office

Unit 17, Waltham Park Way
Billet Road
London
E17 5DU

MS ACTION LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 29TH JUNE 2021

Trustees

Ms D Peacock
Mrs A Knight
D Peacock, Esq
K Hymas, Esq

Company Secretary

D Peacock, Esq

Independent Examiner

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Approved by order of the board of trustees on 26th April 2022 and signed on its behalf by:

Ms D Peacock - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MS ACTION LIMITED**

Independent examiner's report to the trustees of MS Action Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 29th June 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts 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 accounts 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 accounts to be reached.

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

26th April 2022

MS ACTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
INCOME AND ENDOWMENTS FROM			
Generated funds		68,145	126,924
Investment income	2	20	292
Total		68,165	127,216
EXPENDITURE ON			
Raising funds		23,293	18,080
Charitable activities			
Charitable activities		27,487	51,012
Other		41,982	46,653
Total		92,762	115,745
NET INCOME/(EXPENDITURE)		(24,597)	11,471
RECONCILIATION OF FUNDS			
Total funds brought forward		173,067	161,596
TOTAL FUNDS CARRIED FORWARD		148,470	173,067

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
29TH JUNE 2021

		2021	2020
		Unrestricted	Total
		fund	funds
	Notes	£	£
FIXED ASSETS			
Tangible assets	6	1,635	2,044
CURRENT ASSETS			
Debtors	7	8,051	8,762
Cash at bank		141,397	164,871
		149,448	173,633
CREDITORS			
Amounts falling due within one year	8	(2,613)	(2,610)
NET CURRENT ASSETS		146,835	171,023
TOTAL ASSETS LESS CURRENT LIABILITIES		148,470	173,067
NET ASSETS		148,470	173,067
FUNDS	9		
Unrestricted funds		148,470	173,067
TOTAL FUNDS		148,470	173,067

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 29th June 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 29th June 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 26th April 2022 and were signed on its behalf by:

D Peacock - Trustee

The notes form part of these financial statements

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2021

1. 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on cost

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.

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

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	20	292
	<u> </u>	<u> </u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

3. NET INCOME/(EXPENDITURE)

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

	2021	2020
	£	£
Depreciation - owned assets	409	361
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 29th June 2021 nor for the year ended 29th June 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 29th June 2021 nor for the year ended 29th June 2020.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Generated funds	126,924
Investment income	292
Total	<u>127,216</u>
EXPENDITURE ON	
Raising funds	18,080
Charitable activities	
Charitable activities	51,012
Other	46,653
Total	<u>115,745</u>
NET INCOME	<u>11,471</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	161,596
TOTAL FUNDS CARRIED FORWARD	<u>173,067</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 30th June 2020 and 29th June 2021	<u>49,436</u>
DEPRECIATION	
At 30th June 2020	47,392
Charge for year	409
At 29th June 2021	<u>47,801</u>
NET BOOK VALUE	
At 29th June 2021	<u>1,635</u>
At 29th June 2020	<u>2,044</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Debtors and prepayments	<u>8,051</u>	<u>8,762</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Social security and other taxes	1,173	1,170
Other creditors and accruals	1,440	1,440
	<u>2,613</u>	<u>2,610</u>

9. MOVEMENT IN FUNDS

	At 30.6.20 £	Net movement in funds £	At 29.6.21 £
Unrestricted funds			
General fund	173,067	(24,597)	148,470
TOTAL FUNDS	<u>173,067</u>	<u>(24,597)</u>	<u>148,470</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	68,165	(92,762)	(24,597)
TOTAL FUNDS	<u>68,165</u>	<u>(92,762)</u>	<u>(24,597)</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 30.6.19 £	Net movement in funds £	At 29.6.20 £
Unrestricted funds			
General fund	161,596	11,471	173,067
TOTAL FUNDS	<u>161,596</u>	<u>11,471</u>	<u>173,067</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	127,216	(115,745)	11,471
TOTAL FUNDS	<u>127,216</u>	<u>(115,745)</u>	<u>11,471</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 30.6.19 £	Net movement in funds £	At 29.6.21 £
Unrestricted funds			
General fund	161,596	(13,126)	148,470
TOTAL FUNDS	<u>161,596</u>	<u>(13,126)</u>	<u>148,470</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	195,381	(208,507)	(13,126)
TOTAL FUNDS	<u>195,381</u>	<u>(208,507)</u>	<u>(13,126)</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 29th June 2021.

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Generated funds		
Incoming resources from charitable activities	48,207	94,687
Appeals and donations	11,543	25,508
Membership	5,162	5,487
Government grants	3,233	1,242
	<hr/> 68,145	<hr/> 126,924
Investment income		
Deposit account interest	20	292
	<hr/> 68,165	<hr/> 127,216
EXPENDITURE		
Raising funds		
Wages	23,293	16,852
Advertising	-	828
Staff training	-	400
	<hr/> 23,293	<hr/> 18,080
Charitable activities		
Therapists, instructors and supplies	24,827	45,783
Oxygen	2,064	3,355
Volunteer expenses	596	1,874
	<hr/> 27,487	<hr/> 51,012
Support costs		
Finance		
Bank charges	295	293
Credit card charges	662	631
	<hr/> 957	<hr/> 924
Other		
Rent and rates	21,873	26,548
Insurance	3,860	1,490
Light and heat	3,704	3,512
Telephone	1,020	1,108
Postage and stationery	244	176
Sundries	1,659	1,739
Consultancy	-	25
Cleaning	489	2,305
Carried forward	32,849	36,903

This page does not form part of the statutory financial statements

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2021

	2021 £	2020 £
Other		
Brought forward	32,849	36,903
Repairs and renewals	5,754	7,025
Computer expenses	573	-
Fixtures and fittings	409	361
	<u>39,585</u>	<u>44,289</u>
Governance costs		
Accountancy	1,440	1,440
Total resources expended	<u>92,762</u>	<u>115,745</u>
Net (expenditure)/income	<u>(24,597)</u>	<u>11,471</u>

This page does not form part of the statutory financial statements

REGISTERED COMPANY NUMBER: 02366411 (England and Wales)
REGISTERED CHARITY NUMBER: 803187

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2021
FOR
MS ACTION LIMITED

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

MS ACTION LIMITED

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2021

	Page
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MS ACTION LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 29TH JUNE 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 29th June 2021. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The provision of complementary and mainstream therapies for persons with multiple sclerosis and certain other conditions.

MS Action began providing complementary and mainstream therapies for people with multiple sclerosis and certain other conditions over 30 years ago. The centre is run mainly by people with neurological conditions for people with neurologic conditions. We aim to improve the quality of life for all of our service users through a variety of therapies and support. MS Action offers therapies specifically designed to meet the needs of our users and aims to offer these therapies at the lowest possible cost. All of MS Action therapists are licensed and fully qualified. The team of therapists work together to offer a holistic approach to help manage the conditions of our users.

Significant activities

Therapies and services currently offered at MS Action are Oxygen therapy, Physiotherapy, Shiatsu, Chiropody and Bowen.

Risk management

The trustees (who are also directors of MS Action Ltd) previously carried out a detailed review of the charity's activities. They produced a comprehensive strategic plan setting out the major opportunities available to the charity and the risks to which it is exposed. The trustees will monitor progress against the strategic objectives set out in the plan at each quarterly meeting and a comprehensive review of the plan will be carried out annually. As part of this process the trustees have implemented a risk management strategy which comprises;

- i) An annual review of the risks the charity may face
- ii) The establishment of systems and processes to mitigate those risks identified in the plan
- iii) The implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

FINANCIAL REVIEW

Reserves policy

The directors have forecast the level of free reserves (that is those funds not tied up in fixed assets) the charity will require to sustain operations. The directors consider that the most appropriate level of free reserves is £100,000. The actual level of reserves is £146,835 which is £46,835 in excess of our target figure. Whilst the current level of reserves may prove sufficient, it is the directors view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility for future years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02366411 (England and Wales)

Registered Charity number

803187

Registered office

Unit 17, Waltham Park Way
Billet Road
London
E17 5DU

MS ACTION LIMITED
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 29TH JUNE 2021

Trustees

Ms D Peacock
Mrs A Knight
D Peacock, Esq
K Hymas, Esq

Company Secretary

D Peacock, Esq

Independent Examiner

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Approved by order of the board of trustees on 26th April 2022 and signed on its behalf by:

Ms D Peacock - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MS ACTION LIMITED**

Independent examiner's report to the trustees of MS Action Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 29th June 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts 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 accounts 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 accounts to be reached.

Natalie Floyd ACA
Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

26th April 2022

MS ACTION LIMITED

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
INCOME AND ENDOWMENTS FROM			
Generated funds		68,145	126,924
Investment income	2	20	292
Total		68,165	127,216
EXPENDITURE ON			
Raising funds		23,293	18,080
Charitable activities			
Charitable activities		27,487	51,012
Other		41,982	46,653
Total		92,762	115,745
NET INCOME/(EXPENDITURE)		(24,597)	11,471
RECONCILIATION OF FUNDS			
Total funds brought forward		173,067	161,596
TOTAL FUNDS CARRIED FORWARD		148,470	173,067

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
29TH JUNE 2021

		2021	2020
		Unrestricted	Total
		fund	funds
	Notes	£	£
FIXED ASSETS			
Tangible assets	6	1,635	2,044
CURRENT ASSETS			
Debtors	7	8,051	8,762
Cash at bank		141,397	164,871
		149,448	173,633
CREDITORS			
Amounts falling due within one year	8	(2,613)	(2,610)
NET CURRENT ASSETS		146,835	171,023
TOTAL ASSETS LESS CURRENT LIABILITIES		148,470	173,067
NET ASSETS		148,470	173,067
FUNDS	9		
Unrestricted funds		148,470	173,067
TOTAL FUNDS		148,470	173,067

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 29th June 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 29th June 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 26th April 2022 and were signed on its behalf by:

D Peacock - Trustee

The notes form part of these financial statements

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29TH JUNE 2021

1. 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 accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on cost

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.

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

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	20	292
	<u> </u>	<u> </u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

3. NET INCOME/(EXPENDITURE)

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

	2021	2020
	£	£
Depreciation - owned assets	409	361
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 29th June 2021 nor for the year ended 29th June 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 29th June 2021 nor for the year ended 29th June 2020.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Generated funds	126,924
Investment income	292
Total	<u>127,216</u>
EXPENDITURE ON	
Raising funds	18,080
Charitable activities	
Charitable activities	51,012
Other	46,653
Total	<u>115,745</u>
NET INCOME	<u>11,471</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	161,596
TOTAL FUNDS CARRIED FORWARD	<u>173,067</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 30th June 2020 and 29th June 2021	<u>49,436</u>
DEPRECIATION	
At 30th June 2020	47,392
Charge for year	409
At 29th June 2021	<u>47,801</u>
NET BOOK VALUE	
At 29th June 2021	<u>1,635</u>
At 29th June 2020	<u>2,044</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Debtors and prepayments	<u>8,051</u>	<u>8,762</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Social security and other taxes	1,173	1,170
Other creditors and accruals	1,440	1,440
	<u>2,613</u>	<u>2,610</u>

9. MOVEMENT IN FUNDS

	At 30.6.20 £	Net movement in funds £	At 29.6.21 £
Unrestricted funds			
General fund	173,067	(24,597)	148,470
	<u>173,067</u>	<u>(24,597)</u>	<u>148,470</u>
TOTAL FUNDS	<u>173,067</u>	<u>(24,597)</u>	<u>148,470</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	68,165	(92,762)	(24,597)
	<u>68,165</u>	<u>(92,762)</u>	<u>(24,597)</u>
TOTAL FUNDS	<u>68,165</u>	<u>(92,762)</u>	<u>(24,597)</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 30.6.19 £	Net movement in funds £	At 29.6.20 £
Unrestricted funds			
General fund	161,596	11,471	173,067
TOTAL FUNDS	<u>161,596</u>	<u>11,471</u>	<u>173,067</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	127,216	(115,745)	11,471
TOTAL FUNDS	<u>127,216</u>	<u>(115,745)</u>	<u>11,471</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 30.6.19 £	Net movement in funds £	At 29.6.21 £
Unrestricted funds			
General fund	161,596	(13,126)	148,470
TOTAL FUNDS	<u>161,596</u>	<u>(13,126)</u>	<u>148,470</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	195,381	(208,507)	(13,126)
TOTAL FUNDS	<u>195,381</u>	<u>(208,507)</u>	<u>(13,126)</u>

MS ACTION LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 29TH JUNE 2021

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 29th June 2021.

MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Generated funds		
Incoming resources from charitable activities	48,207	94,687
Appeals and donations	11,543	25,508
Membership	5,162	5,487
Government grants	3,233	1,242
	<hr/> 68,145	<hr/> 126,924
Investment income		
Deposit account interest	20	292
	<hr/> 68,165	<hr/> 127,216
EXPENDITURE		
Raising funds		
Wages	23,293	16,852
Advertising	-	828
Staff training	-	400
	<hr/> 23,293	<hr/> 18,080
Charitable activities		
Therapists, instructors and supplies	24,827	45,783
Oxygen	2,064	3,355
Volunteer expenses	596	1,874
	<hr/> 27,487	<hr/> 51,012
Support costs		
Finance		
Bank charges	295	293
Credit card charges	662	631
	<hr/> 957	<hr/> 924
Other		
Rent and rates	21,873	26,548
Insurance	3,860	1,490
Light and heat	3,704	3,512
Telephone	1,020	1,108
Postage and stationery	244	176
Sundries	1,659	1,739
Consultancy	-	25
Cleaning	489	2,305
Carried forward	32,849	36,903

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MS ACTION LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 29TH JUNE 2021

	2021 £	2020 £
Other		
Brought forward	32,849	36,903
Repairs and renewals	5,754	7,025
Computer expenses	573	-
Fixtures and fittings	409	361
	<u>39,585</u>	<u>44,289</u>
Governance costs		
Accountancy	1,440	1,440
	<u>92,762</u>	<u>115,745</u>
Total resources expended		
	<u>(24,597)</u>	<u>11,471</u>
Net (expenditure)/income		

This page does not form part of the statutory financial statements