

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**

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**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 Benschel, 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**

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

The notes form part of these financial statements

**MS ACTION LIMITED**

**BALANCE SHEET**  
**30TH JUNE 2023**

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

The notes form part of these financial statements

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

## Basis of preparing the financial statements

## Income

## Expenditure

### Tangible fixed assets

Fixtures and fittings - 20% on cost

## Taxation

## Fund accounting

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 30.6.23 £	Year Ended 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):

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

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

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

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

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

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**NET INCOME/(EXPENDITURE)**

(16,631)

**RECONCILIATION OF FUNDS**

Total funds brought forward

148,470

**TOTAL FUNDS CARRIED FORWARD**

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131,839

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**7. TANGIBLE FIXED ASSETS**

Fixtures  
and  
fittings  
£  

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**COST**

At 30th June 2022

**49,436**

Additions

**2,340**  

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At 30th June 2023

**51,776**  

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**DEPRECIATION**

At 30th June 2022

**48,210**

Charge for year

**877**  

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At 30th June 2023

**49,087**  

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**NET BOOK VALUE**

At 30th June 2023

**2,689**  

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At 29th June 2022

1,226  

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**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

**2023**

2022

£

£

Debtors and prepayments

**9,224**  

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8,010  

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**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**

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

**10. MOVEMENT IN FUNDS**

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

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

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

**Comparatives for movement in funds**

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

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

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

**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 Ended 29.6.22 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Generated funds</b>		
Incoming resources from charitable activities	<b>105,568</b>	81,255
Appeals and donations	<b>101,502</b>	37,407
Membership	<b>4,725</b>	5,202
	<b>211,795</b>	123,864
<b>Investment income</b>		
Deposit account interest	<b>1,332</b>	39
<b>Total incoming resources</b>	<b>213,127</b>	123,903
<b>EXPENDITURE</b>		
<b>Raising funds</b>		
Salaries and national insurance	<b>32,575</b>	19,987
Pensions	<b>240</b>	-
	<b>32,815</b>	19,987
<b>Charitable activities</b>		
Therapists, instructors and supplies	<b>75,555</b>	36,821
Oxygen	<b>540</b>	1,946
Volunteer expenses	<b>5,246</b>	2,283
	<b>81,341</b>	41,050
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	<b>324</b>	395
Credit card charges	<b>1,231</b>	1,059
	<b>1,555</b>	1,454
<b>Other</b>		
Rent and rates	<b>22,402</b>	21,635
Insurance	<b>4,844</b>	4,715
Light and heat	<b>4,760</b>	3,469
Telephone	<b>814</b>	755
Postage and stationery	<b>707</b>	132
Sundries	<b>1,838</b>	3,253
Cleaning	<b>1,066</b>	566
Carried forward	<b>36,431</b>	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 Ended 29.6.22 £
<b>Other</b>		
Brought forward	<b>36,431</b>	34,525
Repairs and renewals	<b>3,498</b>	40,180
Computer expenses	<b>1,552</b>	606
Advertising	<b>-</b>	271
Travel and subsistence	<b>1,004</b>	-
Depreciation of tangible fixed assets	<b>877</b>	409
	<b>43,362</b>	75,991
<b>Governance costs</b>		
Accountancy	<b>1,638</b>	1,512
Legal and professional	<b>702</b>	-
Bookkeeping	<b>2,364</b>	540
	<b>4,704</b>	2,052
Total resources expended	<b>163,777</b>	140,534
<b>Net income/(expenditure)</b>	<b>49,350</b>	(16,631)

This page does not form part of the statutory financial statements