

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

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH JUNE 2024
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 30TH JUNE 2024

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4
Balance Sheet	5
Notes to the Financial Statements	6 to 10
Detailed Statement of Financial Activities	11 to 12

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

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

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 Benscher, 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		147,603	213,127
EXPENDITURE ON			
Raising funds		33,789	32,815
Charitable activities			
Charitable activities		87,554	82,218
Other		53,510	48,744
Total		174,853	163,777
NET INCOME/(EXPENDITURE)		(27,250)	49,350
RECONCILIATION OF FUNDS			
Total funds brought forward		181,189	131,839
TOTAL FUNDS CARRIED FORWARD		153,939	181,189

The notes form part of these financial statements

MS ACTION LIMITED

BALANCE SHEET
30TH JUNE 2024

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

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

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

Basis of preparing the financial statements

Income

Expenditure

Tangible fixed assets

Fixtures and fittings - 20% on cost

Taxation

Fund accounting

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

2. INVESTMENT INCOME

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

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
£

NET INCOME

49,350

RECONCILIATION OF FUNDS

Total funds brought forward

131,839

TOTAL FUNDS CARRIED FORWARD

181,189

7. TANGIBLE FIXED ASSETS

Fixtures
and
fittings
£

COST

At 1st July 2023 and 30th June 2024

51,776

DEPRECIATION

At 1st July 2023

49,087

Charge for year

877

At 30th June 2024

49,964

NET BOOK VALUE

At 30th June 2024

1,812

At 30th June 2023

2,689

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2024

2023

£

£

Debtors and prepayments

4,595

9,224

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
	51,041	43,362
Governance costs		
Accountancy	1,722	1,638
Legal and professional	780	702
Bookkeeping	882	2,364
	3,384	4,704
Total resources expended	174,853	163,777
Net (expenditure)/income	(27,250)	49,350

This page does not form part of the statutory financial statements