

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland · Charity number 101381

Details

Known as	RAMS
Status	Overdue
Registered	2015-05-14
Register	View on the Charity Commission for Northern Ireland register

Contact

Address
Rams Therapy Centre
94/95 City Business Park
The Cutts
Dunmurry
Belfast
BT17 9hu
BT17 9HU

Phone 02890622936

Email info@ramsni.com

Website www.ramsni.com

Activities

Purposes: 1. The charity's aims are known in this document as 'Objects'. The charity's Objects are specifically restricted to the following: 1. to operate for the advancement of health and the relief of sickness and suffering in Northern Ireland of those in need by reason of ill-health, disability and financial hardship; 2. to principally aid and improve the health, well-being and quality of life of those suffering from Multiple Sclerosis by any lawful means including the following:- a. by providing a range of evidence-based therapies (including hyperbaric oxygen therapy and physiotherapy) that can be used effectively to complement and support the holistic health of those with Multiple Sclerosis in the interests of improving their health, well-being and quality of life; b. by providing information, advice, guidance and moral and practical support for sufferers of Multiple Sclerosis and their families, friends and carers to help them come to terms with their diagnosis, manage their symptoms and improve their health, well-being and quality of life; c. by bringing together people with Multiple Sclerosis and their families, friends and carers as well as those with an interest in the disease, to encourage, help and support one another. 3. to extend the charity's therapeutic services to sufferers of other health conditions and their families, friends and carers, for whom such therapies and support would be beneficial, in the interests of improving their health, well-being and quality of life.

What the charity does: The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Advice/advocacy/information, Counselling/support, Disability, General charitable purposes, Medical/health/sickness, Volunteer development, Youth development

Who the charity helps: Carers, Children (5-13 year olds), Learning disabilities, Mental health, Older people, Parents, Physical disabilities, Preschool (0-5 year olds), Unemployed/low income, Voluntary and community sector, Volunteers, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2021-12-31	£79,650	£88,869	£0	3

Trustees

Name	Role	Appointed
Edward Kennedy		
Mr Thomas Stewart		
Ms Natalia Kennedy		

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Accounts

Document Details:

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Name:	Vivienne McAloney
Email:	rams.n.i.ltd@talk21.com
Date & Time:	25/04/2022 11:50:51 (BST)
IP Address:	86.158.37.127
Signing Statement:	Vivienne McAloney agrees and approves the contents of this document.

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COMPANY REGISTRATION NUMBER: NI22025

CHARITY REGISTRATION NUMBER: NI101381

RAMS (NI) LIMITED
Company Limited by Guarantee
Unaudited Financial Statements
28 February 2022

AUBREY CAMPBELL & COMPANY

Chartered Accountants
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LIMITED

Company Limited by Guarantee

Financial Statements

Period from 1 January 2021 to 28 February 2022

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RAMS (NI) LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Period from 1 January 2021 to 28 February 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the Period ended 28 February 2022.

Reference and administrative details

Registered charity name	RAMS (NI) LIMITED
Charity registration number	NI101381
Company registration number	NI22025
Principal office and registered office	94/95 City Business Park The Cutts Dunmurry Belfast BT17 9HU

The trustees

Mrs P Crawford	(Died 29 July 2021)
Mr W J Beck	
Mrs M Wilkinson	
Mr S Mcerlean	
Mrs R Gillis	

Company secretary	Dr Robert McAloney
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Independent examiner	John Magee 631 Lisburn Road Belfast BT9 7GT
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RAMS (NI) LIMITED

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

Structure, governance and management

Governing Document

Race Against Multiple Sclerosis (RAMS) is a company limited by guarantee (Company No: NI22025) and is a registered charity with the Northern Ireland Charity Commission (NIC 101381). The charity was incorporated on 12th October 1988. It was founded under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association, which were amended and approved by Special Resolution on 27th April 2015 to enable individuals with both MS and other debilitating conditions to avail and benefit from its services.

Organisational Structure

The charity is managed by the Trustee Management Committee comprising the company directors and meets at least quarterly. The Committee sets the strategic direction, budgets, policies and practices of the charity and monitors its successes and performance. Day to day management of the charity is delegated to the Centre Manager, including training and supervision of staff.

The Board of Trustees has six legal responsibilities:

- Ensure that our charity is carrying out its purposes for the public benefit
- Comply with our charity's governing document and the law
- Act in the charity's best interests
- Manage the charity's resources responsibly
- Act with reasonable care and skill
- Ensure that the charity is accountable

The Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law. The Trustees have paid due regard to the Charity Commission guidance on public benefit. The Trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

Recruitment and Appointment of Management Committee

A minimum of 3 and maximum of 10 Board Members are appointed by election at each Annual General Meeting (AGM) of the charity. Board Members must retire from office at each AGM and are eligible for re-election. The charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of this clearly outweigh the disadvantages; conflicts of interests can be adequately managed; and the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

The officers of the company are appointed by the Board at their first meeting following the AGM.

Trustee Induction and Training

New Trustees are briefed on the objectives and activities of the charity and the environment within which it operates and on their duties and responsibilities to the charity, its supporters and beneficiaries. All Trustees are required to familiarise themselves with the charity's policies and procedures and with The Northern Ireland Charity Commission's 'Running your charity: support for charity Trustees on key aspects of running a charity effectively'.

Risk Management

The Trustees have conducted a review of the risks to which the charity is exposed and assessed their relative significance. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Policies and procedures are in place to ensure the health and safety of staff, volunteers, users and visitors of the Centre. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

RAMS (NI) LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

The trustees have paid due regard to the Charity Commission guidance on public benefit. The trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

Objectives and activities

PURPOSE, OBJECTIVES AND ACTIVITIES

RAMS main purpose as set out in its Memorandum and Articles of Association is to aid and improve for the public benefit the health, well-being and quality of life of those living in Northern Ireland with Multiple Sclerosis (MS) and other debilitating health conditions.

It achieves this by:-

- providing a range of holistic and beneficial complementary medical therapies
- offering specialist support to individuals, carers and families
- providing professional information and advice
- providing a 'walk-in' community therapy centre where individuals and their families can avail of help as and when they need it and meet to socialise and support one another

People affected by chronic, lifelong debilitating illnesses and disabilities still have a meaningful role within society- to family, work, education, spiritual, social and community life.

We believe they should have access to treatment and support services that are:-

- holistic in their approach
- useful & impact positively on health and well-being
- additional & complementary to any existing services
- high quality
- delivered by staff with specialist knowledge & expertise
- affordable
- inclusive
- conveniently located
- easily accessible
- community based

We aim to help those with MS and other chronic debilitating conditions to feel and function better; stay as active and independent as possible; remain living in their own homes; continue in education and paid employment; carry on caring for their children and dependants; feel more confident and able to cope and less isolated, stress and depressed; think positively; plan ahead; look forward to the future;

RAMS (NI) LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

and enjoy participating in family, leisure, spiritual and community life.

We support people living across Northern Ireland. However, since the onset of Covid-19, admission to the charity has been largely dependent on the community incidence of the virus and the government's strict travelling and health and safety constraints.

PRINCIPAL ACTIVITIES

The charity exists to support people with Multiple Sclerosis and other debilitating conditions and to ease the impact of suffering on their, and their loved ones' lives.

MS and other chronic illnesses are unpredictable, incurable and widely variable. Chronic diseases cause a variety of unpleasant and incapacitating symptoms, affecting movement, mood and bodily functions. Their devastating and complex nature means that specialist support is essential to help people cope; manage their symptoms; stay as healthy, active and independent as possible; and experience better quality of life.

Without our Therapy Centre the availability of holistic treatment and support services would be gravely limited in the local and wider area, and in most cases would be non-existent. The core activities of RAMS can be split into three broad elements:

- Holistic treatments including hyperbaric oxygen therapy; physiotherapy & massage therapy; electromagnetic stimulation therapy; vibration therapy; and flowtron therapy
- Counselling; information; one-to-one & group support; advice; and nutritional guidance
- A supportive facility & network for individuals and families affected by MS and other chronic illnesses Our work complements that provided by the NHS and other voluntary organisations. With the addition of our services, hospital visits and admissions can be avoided and hospital discharges accelerated and supported. Where the focus of other charities is largely financial support, befriending, respite relief, political lobbying or research, ours is fixed exclusively on health and well-being as these underlie every aspect of a person's life.

Holistic Treatments

RAMS offers a range of holistic treatments that are designed to help people feel and function better. These treatments are largely unavailable, inaccessible or unaffordable elsewhere in the province.

A number of medical treatments are available on the NHS, however these are not suitable for everyone and some support services can have lengthy waiting lists and a finite number of appointments. Treatments for advanced, progressive and degenerative conditions are often more limited and many drug therapies are associated with intolerable side effects.

RAMS offers a range of subsidised holistic therapies that are designed to complement and enhance any other medical treatments people are receiving and to assist those for whom NHS treatments are unavailable or unsuitable. People can walk-in and self-refer to our centre and can avail of our services on a daily basis, when and as they need them, particularly at critical times and traumatic events during diagnosis, relapse and disease progression.

Access to the charity's services is available to everyone, subject to treatments being suitable and beneficial to the individuals concerned and the charity's available resources.

Any financial contribution made by those attending for treatment is used towards the costs of running the Centre.

Our holistic therapies include:-

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Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

- Hyperbaric Oxygen Therapy (HBOT) - this treatment involves breathing pure oxygen within a pressurized chamber. It helps to provide symptom relief and assist with the rehabilitation and recovery process. Patients report a number of positive physical and mental health benefits. HBOT can help to relieve pain and inflammation; reduce fatigue, infection and depression; aid sleep and relaxation; improve mood, mobility and concentration; promote tissue regeneration; and boost immunity and energy levels.
- Physiotherapy, Exercise and Massage- individually tailored programmes are provided to improve strength and mobility; promote independence; and prevent deterioration and permanent disability.
- Electromagnetic Stimulation Therapy- has analgesic, anti-inflammatory, antispasmodic, regenerative and relaxant effects and can help to provide some symptom relief for many chronic ailments.
- Whole Body Vibration Therapy- to enhance physical fitness, muscle strength, blood circulation, lymphatic drainage and bone density. It is particularly useful in enabling people with physically debilitating conditions such as MS, Spinal Stenosis, Stroke, Osteoporosis, Arthritis, Parkinson's Disease and back pain to exercise safely and easily.

Counselling, Information & Advice

We help people and their families to live with an incurable and unpredictable condition and the many challenges it causes. Our friendly, professional and understanding staff offer great encouragement and support to everyone. We provide positive and practical expert information that is up to date and readily available; and constructive advice, counselling and group support that help to make everyday life less of a struggle.

Support Network

We offer a welcoming and inclusive walk-in and self-refer community centre, where people in similar circumstances can meet to share experiences; exchange ideas and solutions; make friendships; and support and help one another.

ENSURING OUR WORK DELIVERS THE CHARITY'S AIMS

The Trustees follow the guidance provided by the Charity Commission on public benefit when planning its services and activities to ensure they conform with the charity's purpose and fundamental ethos.

In addition, RAMS has a general policy to bring together persons living with MS and persons interested in MS, and those living with other debilitating conditions, to form a member based community, in which the treatment and support delivered by RAMS benefits the well-being and quality of life for everyone in that community.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

Achievements and performance

The treatment and support services provided by the charity were severely disrupted in 2021 by the Covid-19 pandemic. In line with our duty of care to vulnerable staff we shielded and furloughed 3 employees and constrained our usual volunteer involvement. Prior to Covid-19 we supported people living across Northern Ireland, however, since the pandemic took hold, admission to the charity was largely dependent on the incidence of the virus and the government's strict travelling and health and safety constraints.

Before the onset of Covid-19, the charity's principal activities comprised three broad elements:

- Holistic Therapies
- Counselling, Information & Advice
- Support Network

Aside from telephone consultations, all service and support activities were provided in person, face to face. Because we still had staff who were shielding we organised for a week-end service to provide treatment for patients by our specialised worker.

During the year, the charity provided 1000 treatments and welcomed 100 new patients. We answered more than 1500 enquiries, made 416 supportive calls and carried out 200 support sessions. We are continually improving our use of digital technology and many of our users and volunteers have improved their online and IT skills too.

Our Impact

Feedback from our members highlights the benefits of our continued support during the pandemic and reflects the impact that the virus was having on their health and well-being:-

80% of users felt the interruption of services at RAMS affected their condition.

80% of those surveyed in August 2021 felt their symptoms had worsened since the closure of RAMS in March; most notably greater fatigue, pain and muscle weakness, mobility and bladder problems, infections, anxiety and depression.

46% felt socially isolated and lonely

64% felt their mental health had worsened- they were more anxious and depressed and worried about the future

59% reported greater financial strains

However, the majority of our members said the charity had helped them with their mobility, feeling happier and less anxious, having better quality of life, having better physical and mental wellbeing and feeling less lonely. They reported less pain, stress, infections, falls and fatigue; better mood, energy levels, sleep, concentration and better bladder control; and fewer visits to their GP. Users reported being unable to source our range of holistic therapies together elsewhere in the province and 94% said they valued the specialist expertise of the staff. Patients travelled from all 5 counties, demonstrating that comparable services are not available nearby. We received 52 enquiries from people living in the Republic of Ireland as services are largely unavailable and unaffordable there too, signifying that comparable services are generally unavailable throughout the whole of Ireland. At this critical time when health services are under immense pressure and resources are finite our charity is able to both complement and support the work of the NHS.

Committed Team

Our team of staff and volunteers is a holistic multidisciplinary team sharing extensive knowledge, skills and expertise. Our staff have more than 30 years of experience in their dedicated fields of specialist healthcare, management and holistic therapy.

Contribution of Volunteers

Our wonderful volunteers are absolutely vital to the functioning of the charity - we simply wouldn't be able to operate without them and they have continued to be hugely supportive throughout the

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

pandemic. When we restarted face to face appointments after lockdown, our volunteers were there to help us accommodate the spiralling number of referrals and were instrumental in helping us to set up and implement our new online services and in achieving our very favourable outcomes.

Financial review

Income & Expenditure

Our accounts tell the story of 2021- all the high and lows of a year like no other.

RAMS is a small, independent and completely self-funding charity. It does not receive any statutory funding or financial help from government sources and relies entirely on its own fundraising activities and on donations from both members and external sources for its income.

As Covid restrictions were imposed nationwide and most of the charity's normal face to face activities were suspended, the continuity of income was a major concern. Public collections and fundraising events were cancelled and the impact on the wider economy threatened income from trusts and companies. Our income for the year was £79,650, comprising £17,675 from grant giving trusts and companies; £14,898.55 from member and supporter donations; £9,748.12 from collections; £6,673.41 from Gift Aid; £4,000 Covid related funding (Cooperation Ireland); and £23,165.06 from the Coronavirus Job Retention Scheme.

We wish to thank each individual and organisation who supported the charity in 2021. We particularly express our thanks to:

NIE
Hospital Saturday Club
Black Santa
Co-Operation Ireland
Ulster Garden Villages
Souter Trust
Sylvia Waddilove Foundation UK
Cleaver Fulton
Colin Bradley Legacy
Clandyboye Golf Club
EFG Edward Gostlin

We are also immensely grateful to the government's Coronavirus Job Retention Scheme for support during periods of furlough.

The support of all those who fundraised, donated and helped us fulfil our work throughout the year makes a real difference to the lives of individuals who might otherwise have difficulty walking, talking,

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

eating, writing and dressing; develop problems with their sight, swallow, speech, continence, memory and concentration; be forced to give up their jobs and relinquish care of their children; engage in harmful and antisocial behaviours; require nursing home care; and potentially decide to take their own lives.

Reserves Policy

The charity is authorised within its constitution to set aside funds for special purposes or as reserves against future expenditure. Ideally the Trustees aim to maintain a prudent level of free reserves at between 6 and 12 months of operating expenditure to provide an immediately available resource should the Centre experience a significant adverse event, such as the coronavirus pandemic that we are currently facing. We estimate that due to covid-19, our free reserves are currently sitting at around 4-5 months of running costs.

Investment Policy

The charity is permitted under its constitution to deposit and invest funds for the purposes of furthering its aims and objectives. The charity's year on year annual incoming resources have however been used to meet annual running costs.

FUNDRAISING

RAMS receives no statutory revenue funding and relies entirely on its own fundraising activities and on donations from both members and external sources for its income. Community fundraising is a vital source of unrestricted funding that enables us to operate effectively and raise public awareness of our work. Restrictions on social activities and lockdown during the summer and Christmas months brought community fundraising to a juddering halt at our peak fundraising periods when a number of events were planned to take place.

Self-isolation and lockdown prevented volunteers engaging in street collections and we lost a major source of our income generation. As we continue into 2022 there is continued concern over attracting ongoing funding. Disruption to fundraising events and public collections look to continue for some time and the availability of emergency grants is uncertain. Overall a depressed economy may limit funding available from trusts and companies who will have smaller funding pots available in the medium term and broader public fundraising may now focus on the NHS.

PARTNERSHIP WORKING & COMMUNITY ENGAGEMENT

Given that we have had to substantially contract, pause or cease operations altogether during COVID-19, conditions have not been ideal this year for fostering partnership working and community engagement. Throughout the years we have established good relationships with local schools, businesses and other voluntary organisations, however many of these were closed indefinitely this year. Our face to face visits and community engagements were all cancelled so few opportunities arose to make the public aware of our work. As research continues into the affects of covid on health and well-being and the role of oxygen therapy in treating the virus and its complications, we have received greater interest and recognition of our work in the community and our potential for supporting the NHS in times of crisis.

FUTURE PLANS

The pandemic has created a range of new needs. Evidence shows that some people who previously never needed charities are now relying on their services for the first time because of the pandemic. The road ahead is not going to be easy. The pandemic has exacted an immense economic, as well as human, cost on societies and it is inevitable that public finances will remain fragile for many years. As we move into the recovery phase of the pandemic we plan to:-

- Offer activities via new mediums, such as digitally.
- Move services online
- Develop new partnerships
- Develop our sports injuries clinic

RAMS (NI) LIMITED

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Period from 1 January 2021 to 28 February 2022

Plans for future periods

To safeguard the future of the charity, from 1st May 2022 it will be under new management and the three employees will be taking voluntary redundancy on 30th April 2022.

Events after the end of the reporting period

Particulars of events after the reporting date are detailed in note 22 to the financial statements.

Small company provisions

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

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

Mr W J Beck
Trustee

RAMS (NI) LIMITED

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of RAMS (NI) LIMITED

Period from 1 January 2021 to 28 February 2022

I report to the trustees on my examination of the financial statements of RAMS (NI) LIMITED ('the charity') for the Period ended 28 February 2022.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of Charities Act (Northern Ireland) 2008 (the '2008 Act') and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the charity's financial statements as carried out under section 65 of the 2008 Act. In carrying out my examination I have followed the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the 2008 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 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 financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

John Magee
Independent Examiner

631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LIMITED

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Period from 1 January 2021 to 28 February 2022

		Period from 1 Jan 21 to 28 Feb 22			Year to 31 Dec 20
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Grants, donations and legacies	5	44,542	13,000	57,542	117,569
Charitable activities	6	8,870	–	8,870	11,524
Other trading activities	7	13,238	–	13,238	9,348
Total income		<u>66,650</u>	<u>13,000</u>	<u>79,650</u>	<u>138,441</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	8	1,160	–	1,160	5,415
Expenditure on charitable activities	9	78,617	9,093	87,709	82,892
Total expenditure		<u>79,777</u>	<u>9,093</u>	<u>88,869</u>	<u>88,307</u>
Net (expenditure)/income and net movement in funds		<u>(13,127)</u>	<u>3,907</u>	<u>(9,219)</u>	<u>50,134</u>
Reconciliation of funds					
Total funds brought forward		79,722	9,858	89,580	39,446
Total funds carried forward		<u>66,595</u>	<u>13,765</u>	<u>80,360</u>	<u>89,581</u>

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

The notes on pages 13 to 22 form part of these financial statements.

RAMS (NI) LIMITED
Company Limited by Guarantee
Statement of Financial Position
28 February 2022

	Note	28 Feb 22 £	£	31 Dec 20 £
Fixed assets				
Tangible fixed assets	15		1,542	–
Current assets				
Stocks	16	365		362
Debtors	17	2,185		2,757
Cash at bank and in hand		<u>78,695</u>		<u>88,436</u>
		81,245		91,555
Creditors: amounts falling due within one year	18	<u>2,426</u>		<u>1,975</u>
Net current assets			<u>78,819</u>	<u>89,580</u>
Total assets less current liabilities			<u>80,361</u>	<u>89,580</u>
Net assets			<u>80,361</u>	<u>89,580</u>
Funds of the charity				
Restricted funds			<u>13,765</u>	9,858
Unrestricted funds			<u>66,595</u>	<u>79,723</u>
Total charity funds	20		<u>80,360</u>	<u>89,581</u>

For the Period ending 28 February 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the Period in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

Mr W J Beck
Trustee

The notes on pages 13 to 22 form part of these financial statements.

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements

Period from 1 January 2021 to 28 February 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 94/95 City Business Park, The Cutts, Dunmurry, Belfast, BT17 9HU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

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

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

Going concern

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

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.

(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

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

Fund accounting

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

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

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

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

3. Accounting policies *(continued)*

Incoming resources

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

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

Resources expended

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

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

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

Tangible assets

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

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

3. Accounting policies *(continued)*

Tangible assets *(continued)*

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

Depreciation

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

Office Equipment	-	5 years
Physiotherapy Equipment	-	6 years
Other Equipment	-	6 years

Impairment of fixed assets

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

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

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

Stocks

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

Government grants

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

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

3. Accounting policies *(continued)*

Government grants *(continued)*

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

Financial instruments

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

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

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

Debt instruments are subsequently measured at amortised cost.

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

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

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

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

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

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

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

5. Grants, donations and legacies

Donations and grants were received from the following organisations during the period ended 28 February 2022:

NIE - £750
 Hospital Saturday Club - £2,000
 Black Santa - £725
 Co-Operation Ireland - £4,000
 Ulster Garden Villages - £3,000
 Souter Trust - £3,000
 Sylvia Waddilove Foundation - £1,000
 Cleaver Fulton - £2,000
 Colin Bradley Legacy - £6,000
 Clandyboye Golf Club - £200
 EFG Edward Gostlin - £5,000

Donations and grants were received from the following organisations during the year ended 31 December 2020:

Ulster Bank Staff Charity - £1,000
 Awards for All - £5,587
 Thales Charity Fund - £1,000
 Black Santa Sit Out - £700
 Garfield Weston Foundation - £15,000
 Ulster Garden Villages - £2,664
 John Moore Foundation - £2,601
 Zerohydraulics - £250
 Halifax Foundation - £4,000
 Enkalon Foundation - £500
 National Lottery - £41,939
 Sylvia Waddilove Foundation - £1,500
 Ulster Bank Staff Charity - £1,000
 TBF & KL Thompson Trust - £3,000
 Bobby Morrison Funeral Directors - £200.00

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
General Donations	12,702	–	12,702
Grants			
Grants receivable	4,675	13,000	17,675
Government grant income	<u>27,165</u>	<u>–</u>	<u>27,165</u>
	<u>44,542</u>	<u>13,000</u>	<u>57,542</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
General Donations	9,896	–	9,896

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

5. Grants, donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Grants			
Grants receivable	12,601	24,251	36,852
Government grant income	70,821	–	70,821
	<u>93,318</u>	<u>24,251</u>	<u>117,569</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2020 £
Centre Subs/HBO	7,370	7,370	10,024	10,024
Membership Subs	1,500	1,500	1,500	1,500
	<u>8,870</u>	<u>8,870</u>	<u>11,524</u>	<u>11,524</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2020 £
Collection Boxes and Street Collections	9,748	9,748	8,558	8,558
Sale of goods	3,490	3,490	790	790
	<u>13,238</u>	<u>13,238</u>	<u>9,348</u>	<u>9,348</u>

8. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2020 £
Costs of raising donations and legacies	1,160	1,160	5,415	5,415
	<u>1,160</u>	<u>1,160</u>	<u>5,415</u>	<u>5,415</u>

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Client treatment	45,811	5,001	50,811
Support costs	32,806	4,092	36,898
	<u>78,617</u>	<u>9,093</u>	<u>87,709</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Client treatment	26,452	18,850	45,303
Support costs	34,852	2,737	37,589
	<u>61,304</u>	<u>21,587</u>	<u>82,892</u>

10. Analysis of support costs

	Analysis of support costs £	Total 2022 £	Total 2020 £
Staff costs	13,781	13,781	15,109
Premises	13,047	13,047	16,372
Communications and IT	862	862	703
General office	2,622	2,622	953
Governance costs	2,116	2,116	1,714
Support costs - Other costs	4,104	4,104	2,738
	<u>36,532</u>	<u>36,532</u>	<u>37,589</u>

11. Net (expenditure)/income

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

	28 Feb 22 £	31 Dec 20 £
Depreciation of tangible fixed assets	<u>385</u>	<u>—</u>

12. Independent examination fees

	Period from 1 Jan 21 to 28 Feb 22 £	Year to 31 Dec 20 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>3,720</u>	<u>1,620</u>

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	Period from 1 Jan 21 to 28 Feb 22 £	Year to 31 Dec 20 £
Wages and salaries	<u>64,592</u>	<u>60,412</u>

The average head count of employees during the Period was 3 (2020: 4). The average number of full-time equivalent employees during the Period is analysed as follows:

	28 Feb 22 No.	31 Dec 20 No.
Number of administration and fundraising staff	3	3
Number of nursing staff	<u>–</u>	<u>1</u>
	<u>3</u>	<u>4</u>

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

14. Trustee remuneration and expenses

One or more trustees has been paid remuneration from employment with the charity.

Mr William Joseph Beck, Centre Manager, Gross salary of £17,625.

Mrs Penny Crawford (deceased), Specialised Support Worker, Gross salary of £6,825.

Under its Articles of Association, the charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of doing so clearly outweigh the disadvantages; conflicts of interest can be adequately managed and; the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

15. Tangible fixed assets

	Fixtures and fittings £	Equipment £	Other Equipment £	Total £
Cost				
At 1 January 2021	7,680	9,292	22,847	39,819
Additions	<u>1,927</u>	<u>–</u>	<u>–</u>	<u>1,927</u>
At 28 February 2022	<u>9,607</u>	<u>9,292</u>	<u>22,847</u>	<u>41,746</u>
Depreciation				
At 1 January 2021	7,680	9,292	22,847	39,819
Charge for the period	<u>385</u>	<u>–</u>	<u>–</u>	<u>385</u>
At 28 February 2022	<u>8,065</u>	<u>9,292</u>	<u>22,847</u>	<u>40,204</u>
Carrying amount				
At 28 February 2022	<u>1,542</u>	<u>–</u>	<u>–</u>	<u>1,542</u>
At 31 December 2020	<u>–</u>	<u>–</u>	<u>–</u>	<u>–</u>

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

16. Stocks

	28 Feb 22	31 Dec 20
	£	£
Raw materials and consumables	<u>365</u>	<u>362</u>

17. Debtors

	28 Feb 22	31 Dec 20
	£	£
Prepayments and accrued income	<u>2,185</u>	<u>2,757</u>

18. Creditors: amounts falling due within one year

	28 Feb 22	31 Dec 20
	£	£
Accruals and deferred income	<u>2,426</u>	<u>1,975</u>

19. Government grants

The amounts recognised in the financial statements for government grants are as follows:

	28 Feb 22	31 Dec 20
	£	£
Recognised in income from donations and legacies: Government grants income	<u>27,165</u>	<u>70,821</u>

20. Analysis of charitable funds

Unrestricted funds

	At 1 January 2021	Income £	Expenditure £	At 28 February 2022 £
General funds	1 <u>79,722</u>	<u>66,650</u>	<u>(79,777)</u>	<u>66,595</u>

	At 1 January 2020	Income £	Expenditure £	At 31 December 2020 £
General funds	0 <u>32,252</u>	<u>114,190</u>	<u>(66,719)</u>	<u>79,723</u>

RAMS (NI) LIMITED

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Period from 1 January 2021 to 28 February 2022

20. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 January 2021	Income	Expenditure	At 28 February 2022
	£	£	£	£
Restricted Funds	<u>9,858</u>	<u>13,000</u>	<u>(9,093)</u>	<u>13,765</u>

	At 1 January 2020	Income	Expenditure	At 31 December 2020
	£	£	£	£
Restricted Funds	<u>7,194</u>	<u>24,251</u>	<u>(21,587)</u>	<u>9,858</u>

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current assets	69,022	13,765	82,787
Creditors less than 1 year	<u>(2,426)</u>	<u>—</u>	<u>(2,426)</u>
Net assets	<u>66,596</u>	<u>13,765</u>	<u>80,361</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Current assets	81,697	9,858	91,555
Creditors less than 1 year	<u>(1,975)</u>	<u>—</u>	<u>(1,975)</u>
Net assets	<u>79,722</u>	<u>9,858</u>	<u>89,580</u>

22. Events after the end of the reporting period

To safeguard the future of the charity, from 1st May 2022 it will be under new management and the three employees will be taking voluntary redundancy on 30th April 2022.

23. Related parties

As a token of appreciation and acknowledgment of the dedication and commitment to the charity of Mrs Penny Crawford (deceased), her children were gifted a total of £1,000 in the year.

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Accounts

COMPANY REGISTRATION NUMBER: NI22025
CHARITY REGISTRATION NUMBER: NI101381

RAMS (NI) LTD
Company Limited by Guarantee
Unaudited Financial Statements
31 December 2020

AUBREY CAMPBELL & COMPANY

Chartered Accountants
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD
Company Limited by Guarantee
Financial Statements
Year ended 31 December 2020

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RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2020

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2020.

Reference and administrative details

Registered charity name	RAMS (NI) LTD
Charity registration number	NI101381
Company registration number	NI22025
Principal office and registered office	94/95 City Business Park The Cutts Dunmurry Belfast BT17 9HU

The trustees

Mrs P Crawford
Mr W J Beck
Mrs M Wilkinson
Mr S Mcerlean
Mrs R Gillis

Company secretary Mrs Penny Crawford

Independent examiner John Magee
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Structure, governance and management

Governing Document

Race Against Multiple Sclerosis (RAMS) is a company limited by guarantee (Company No: NI22025) and is a registered charity with the Northern Ireland Charity Commission (NIC 101381). The charity was incorporated on 12th October 1988. It was founded under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association, which were amended and approved by Special Resolution on 27th April 2015 to enable individuals with both MS and other debilitating conditions to avail and benefit from its services.

Organisational Structure

The charity is managed by the Trustee Management Committee comprising the company directors and meets at least quarterly. The Committee sets the strategic direction, budgets, policies and practices of the charity and monitors its successes and performance. Day to day management of the charity is delegated to the Centre Manager, including training and supervision of staff.

The Board of Trustees has six legal responsibilities:

- Ensure that our charity is carrying out its purposes for the public benefit
- Comply with our charity's governing document and the law
- Act in the charity's best interests
- Manage the charity's resources responsibly
- Act with reasonable care and skill
- Ensure that the charity is accountable

The Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law. The Trustees have paid due regard to the Charity Commission guidance on public benefit. The Trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

Recruitment and Appointment of Management Committee

A minimum of 3 and maximum of 10 Board Members are appointed by election at each Annual General Meeting (AGM) of the charity. Board Members must retire from office at each AGM and are eligible for re-election. The charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of this clearly outweigh the disadvantages; conflicts of interests can be adequately managed; and the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

The officers of the company are appointed by the Board at their first meeting following the AGM.

Trustee Induction and Training

New Trustees are briefed on the objectives and activities of the charity and the environment within which it operates and on their duties and responsibilities to the charity, its supporters and beneficiaries. All Trustees are required to familiarise themselves with the charity's policies and procedures and with The Northern Ireland Charity Commission's 'Running your charity: support for charity Trustees on key aspects of running a charity effectively'.

Risk Management

The Trustees have conducted a review of the risks to which the charity is exposed and assessed their relative significance. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Policies and procedures are in place to ensure the health and safety of staff, volunteers, users and visitors of the Centre. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

The trustees have paid due regard to the Charity Commission guidance on public benefit. The trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

Objectives and activities

PURPOSE, OBJECTIVES AND ACTIVITIES

RAMS main purpose as set out in its Memorandum and Articles of Association is to aid and improve for the public benefit the health, well-being and quality of life of those living in Northern Ireland with Multiple Sclerosis (MS) and other debilitating health conditions.

It achieves this by:-

- providing a range of holistic and beneficial complementary medical therapies
- offering specialist support to individuals, carers and families
- providing professional information and advice
- providing a 'walk-in' community therapy centre where individuals and their families can avail of help as and when they need it and meet to socialise and support one another

People affected by chronic, lifelong debilitating illnesses and disabilities still have a meaningful role within society- to family, work, education, spiritual, social and community life.

We believe they should have access to treatment and support services that are:-

- holistic in their approach
- useful & impact positively on health and well-being
- additional & complementary to any existing services
- high quality
- delivered by staff with specialist knowledge & expertise
- affordable
- inclusive
- conveniently located
- easily accessible
- community based

We aim to help those with MS and other chronic debilitating conditions to feel and function better; stay as active and independent as possible; remain living in their own homes; continue in education

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

and paid employment; carry on caring for their children and dependants; feel more confident and able to cope and less isolated, stress and depressed; think positively; plan ahead; look forward to the future; and enjoy participating in family, leisure, spiritual and community life.

We support people living across Northern Ireland. However, since the onset of Covid-19, admission to the charity has been largely dependent on the community incidence of the virus and the government's strict travelling and health and safety constraints.

PRINCIPAL ACTIVITIES

The charity exists to support people with Multiple Sclerosis and other debilitating conditions and to ease the impact of suffering on their, and their loved ones' lives.

MS and other chronic illnesses are unpredictable, incurable and widely variable. Chronic diseases cause a variety of unpleasant and incapacitating symptoms, affecting movement, mood and bodily functions. Their devastating and complex nature means that specialist support is essential to help people cope; manage their symptoms; stay as healthy, active and independent as possible; and experience better quality of life.

Without our Therapy Centre the availability of holistic treatment and support services would be gravely limited in the local and wider area, and in most cases would be non-existent. The core activities of RAMS can be split into three broad elements:

- Holistic treatments including hyperbaric oxygen therapy; physiotherapy & massage therapy; electromagnetic stimulation therapy; vibration therapy; and flowtron therapy
 - Counselling; information; one-to-one & group support; advice; and nutritional guidance
 - A supportive facility & network for individuals and families affected by MS and other chronic illnesses
- Our work complements that provided by the NHS and other voluntary organisations. With the addition of our services, hospital visits and admissions can be avoided and hospital discharges accelerated and supported. Where the focus of other charities is largely financial support, befriending, respite relief, political lobbying or research, ours is fixed exclusively on health and well-being as these underlie every aspect of a person's life.

Holistic Treatments

RAMS offers a range of holistic treatments that are designed to help people feel and function better. These treatments are largely unavailable, inaccessible or unaffordable elsewhere in the province.

A number of medical treatments are available on the NHS, however these are not suitable for everyone and some support services can have lengthy waiting lists and a finite number of appointments. Treatments for advanced, progressive and degenerative conditions are often more limited and many drug therapies are associated with intolerable side effects.

RAMS offers a range of subsidised holistic therapies that are designed to complement and enhance any other medical treatments people are receiving and to assist those for whom NHS treatments are unavailable or unsuitable. People can walk-in and self-refer to our centre and can avail of our services on a daily basis, when and as they need them, particularly at critical times and traumatic events during diagnosis, relapse and disease progression.

Access to the charity's services is available to everyone, subject to treatments being suitable and beneficial to the individuals concerned and the charity's available resources.

Any financial contribution made by those attending for treatment is used towards the costs of running

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

the Centre.

Our holistic therapies include:-

- Hyperbaric Oxygen Therapy (HBOT) - this treatment involves breathing pure oxygen within a pressurized chamber. It helps to provide symptom relief and assist with the rehabilitation and recovery process. Patients report a number of positive physical and mental health benefits. HBOT can help to relieve pain and inflammation; reduce fatigue, infection and depression; aid sleep and relaxation; improve mood, mobility and concentration; promote tissue regeneration; and boost immunity and energy levels.
- Physiotherapy, Exercise and Massage- individually tailored programmes are provided to improve strength and mobility; promote independence; and prevent deterioration and permanent disability.
- Electromagnetic Stimulation Therapy- has analgesic, anti-inflammatory, antispasmodic, regenerative and relaxant effects and can help to provide some symptom relief for many chronic ailments.
- Whole Body Vibration Therapy- to enhance physical fitness, muscle strength, blood circulation, lymphatic drainage and bone density. It is particularly useful in enabling people with physically debilitating conditions such as MS, Spinal Stenosis, Stroke, Osteoporosis, Arthritis, Parkinson's Disease and back pain to exercise safely and easily.

Counselling, Information & Advice

We help people and their families to live with an incurable and unpredictable condition and the many challenges it causes. Our friendly, professional and understanding staff offer great encouragement and support to everyone. We provide positive and practical expert information that is up to date and readily available; and constructive advice, counselling and group support that help to make everyday life less of a struggle.

Support Network

We offer a welcoming and inclusive walk-in and self-refer community centre, where people in similar circumstances can meet to share experiences; exchange ideas and solutions; make friendships; and support and help one another.

ENSURING OUR WORK DELIVERS THE CHARITY'S AIMS

The Trustees follow the guidance provided by the Charity Commission on public benefit when planning its services and activities to ensure they conform with the charity's purpose and fundamental ethos.

In addition, RAMS has a general policy to bring together persons living with MS and persons interested in MS, and those living with other debilitating conditions, to form a member based community, in which the treatment and support delivered by RAMS benefits the well-being and quality of life for everyone in that community.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Achievements and performance

The treatment and support services provided by the charity were severely disrupted in 2020 by the Covid-19 pandemic. In line with our duty of care to vulnerable staff we shielded and furloughed 3 employees and constrained our usual volunteer involvement. Prior to Covid-19 we supported people living across Northern Ireland, however, since the pandemic took hold, admission to the charity was largely dependent on the incidence of the virus and the government's strict travelling and health and safety constraints.

Before the onset of Covid-19, the charity's principal activities comprised three broad elements:

- Holistic Therapies
- Counselling, Information & Advice
- Support Network

Aside from telephone consultations, all service and support activities were provided in person, face to face. In accordance with the lockdown measures imposed by the government nationally, the charity took the necessary decision to suspend in-person services and support with effect from 23 March 2020. Our priority then, was to seek ways to continue providing the support and services upon which our membership depended. The focus turned to adapting our support from predominately face to face activities to alternative, safer, options. In a short period of time the charity's team developed alternative support options using a mix of online conferencing tools such as MS Teams and Zoom; improved information sharing via online media; and increased personal contact via telephone and post. In late July certain face to face services were re-commenced at the Centre, however strict shielding and distancing guidelines meant that services provided at the centre were strictly limited. When the second wave of the pandemic took hold in December, in-person support at the centre was again suspended. Coronavirus and the charity's response to national restrictions and clinical guidelines, were major factors impacting on the charity's achievements and performance in 2020. From the Spring of 2020, as the pandemic took hold, the charity's broad priorities were:

- Keeping people safe and as active and independent as possible
- Improving mental health
- Reducing isolation & loneliness

As the impact of covid on health and well-being became apparent, we were inundated with referrals, particularly for our oxygen therapy, given its role in the treatment and recovery of many illnesses including coronavirus. In order to provide continued care and support for our users, meet the growing demand and adapt to exceptional circumstances, we employed a Specialist Support Worker in July to develop and deliver safe services and recruited and trained 10 new volunteers to assist with face to face and online facilities.

During the year, the charity provided 1225 treatments and welcomed 104 new patients. We answered more than 1600 enquiries, made 416 supportive calls and carried out 227 support sessions. We are continually improving our use of digital technology and many of our users and volunteers have improved their online and IT skills too.

Our Impact

Feedback from our members highlights the benefits of our continued support during the pandemic and reflects the impact that the virus was having on their health and well-being:-

89% of users felt the interruption of services at RAMS affected their condition.

83% of those surveyed in August 2020 felt their symptoms had worsened since the closure of RAMS in March; most notably greater fatigue, pain and muscle weakness, mobility and bladder problems, infections, anxiety and depression.

46% felt socially isolated and lonely

64% felt their mental health had worsened- they were more anxious and depressed and worried about the future

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

59% reported greater financial strains

However, the majority of our members said the charity had helped them with their mobility, feeling happier and less anxious, having better quality of life, having better physical and mental wellbeing and feeling less lonely. They reported less pain, stress, infections, falls and fatigue; better mood, energy levels, sleep, concentration and better bladder control; and fewer visits to their GP. Users reported being unable to source our range of holistic therapies together elsewhere in the province and 94% said they valued the specialist expertise of the staff. Patients travelled from all 5 counties, demonstrating that comparable services are not available nearby. We received 52 enquiries from people living in the Republic of Ireland as services are largely unavailable and unaffordable there too, signifying that comparable services are generally unavailable throughout the whole of Ireland. At this critical time when health services are under immense pressure and resources are finite our charity is able to both complement and support the work of the NHS.

Committed Team

Our team of staff and volunteers is a holistic multidisciplinary team sharing extensive knowledge, skills and expertise. Our staff have more than 30 years of experience in their dedicated fields of specialist healthcare, management and holistic therapy.

Contribution of Volunteers

Our wonderful volunteers are absolutely vital to the functioning of the charity - we simply wouldn't be able to operate without them and they have continued to be hugely supportive throughout the pandemic. When we restarted face to face appointments after lockdown, our volunteers were there to help us accommodate the spiralling number of referrals and were instrumental in helping us to set up and implement our new online services and in achieving our very favourable outcomes.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Financial review

Income & Expenditure

Our accounts tell the story of 2020- all the high and lows of a year like no other.

RAMS is a small, independent and completely self-funding charity. It does not receive any statutory funding or financial help from government sources and relies entirely on its own fundraising activities and on donations from both members and external sources for its income.

In March as restrictions were imposed nationwide and most of the charity's normal face to face activities were suspended, the continuity of income was a major concern. Public collections and fundraising events were cancelled and the impact on the wider economy threatened income from trusts and companies. Our income for the year was £139,110, comprising £36,852 from grant giving organisations; £13,889.01 from member and supporter donations; £8557.91 from collections; £6,125.95 from Gift Aid; £41,939 from the Covid Recovery Fund; and £28881.97 from the Coronavirus Job Retention Scheme. This money was spent directly on the £89,000 required to run the Centre and deliver its charitable activities throughout the year and any excess income will continue to fund the charity's therapeutic services and covid related costs in 2021. Donations from individuals and companies were a staggering 91% less than in 2019. Funds generated from fundraising events were down 100% from the previous year and collections down 47%. We saw a 46% reduction in member and supporter donations with a consequential fall in Gift Aid support, compared to previous years. However, in a most extraordinary year we received an unexpected £36,852 of Grant Aid in addition to the £41,939 awarded for emergency covid funding and received a further £28,881.97 in furlough contributions. We concluded the year with an income exceeding our expenditure of almost £89,000. Whilst this position appears healthy moving forward into 2021, there are substantial covid costs ahead.

We wish to thank each individual and organisation who supported the charity in 2020. We particularly express our thanks to:

Awards for All
Bobby Morrison Funeral Directors
Covid Recovery Fund
Enkalon Foundation
Garfield Weston
Halifax
John Moore Foundation
McKibbens
Sylvia Waddilove Foundation UK
TBF & KL Thompson
Thales
The Dean at St Anne's Cathedral
Ulster Bank
Ulster Garden Villages
Zerohydraulics

We are also immensely grateful to the government's Coronavirus Job Retention Scheme for support during periods of furlough.

The support of all those who fundraised, donated and helped us fulfil our work throughout the year makes a real difference to the lives of individuals who might otherwise have difficulty walking, talking, eating, writing and dressing; develop problems with their sight, swallow, speech, continence, memory and concentration; be forced to give up their jobs and relinquish care of their children; engage in

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

harmful and antisocial behaviours; require nursing home care; and potentially decide to take their own lives.

Reserves Policy

The charity is authorised within its constitution to set aside funds for special purposes or as reserves against future expenditure. Ideally the Trustees aim to maintain a prudent level of free reserves at between 6 and 12 months of operating expenditure to provide an immediately available resource should the Centre experience a significant adverse event, such as the coronavirus pandemic that we are currently facing. We estimate that due to covid-19, our free reserves are currently sitting at around 4-5 months of running costs.

Investment Policy

The charity is permitted under its constitution to deposit and invest funds for the purposes of furthering its aims and objectives. The charity's year on year annual incoming resources have however been used to meet annual running costs.

FUNDRAISING

RAMS receives no statutory revenue funding and relies entirely on its own fundraising activities and on donations from both members and external sources for its income. Community fundraising is a vital source of unrestricted funding that enables us to operate effectively and raise public awareness of our work. Restrictions on social activities and lockdown during the summer and Christmas months brought community fundraising to a juddering halt at our peak fundraising periods when a number of events were planned to take place.

Self-isolation and lockdown prevented volunteers engaging in street collections and we lost a major source of our income generation. As we continue into 2021 there is continued concern over attracting ongoing funding. Disruption to fundraising events and public collections look to continue for some time and the availability of emergency grants is uncertain. Overall a depressed economy may limit funding available from trusts and companies who will have smaller funding pots available in the medium term and broader public fundraising may now focus on the NHS.

PARTNERSHIP WORKING & COMMUNITY ENGAGEMENT

Given that we have had to substantially contract, pause or cease operations altogether during COVID-19, conditions have not been ideal this year for fostering partnership working and community engagement. Throughout the years we have established good relationships with local schools, businesses and other voluntary organisations, however many of these were closed indefinitely this year. Our face to face visits and community engagements were all cancelled so few opportunities arose to make the public aware of our work. As research continues into the affects of covid on health and well-being and the role of oxygen therapy in treating the virus and its complications, we have received greater interest and recognition of our work in the community and our potential for supporting the NHS in times of crisis.

FUTURE PLANS

The pandemic has created a range of new needs. Evidence shows that some people who previously never needed charities are now relying on their services for the first time because of the pandemic. The road ahead is not going to be easy. The pandemic has exacted an immense economic, as well as human, cost on societies and it is inevitable that public finances will remain fragile for many years. As we move into the recovery phase of the pandemic we plan to:-

- Offer activities via new mediums, such as digitally.
- Move services online
- Develop new partnerships
- Develop our sports injuries clinic

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Small company provisions

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

The trustees' annual report was approved on ^{25/09/21}~~31/12/20~~..... and signed on behalf of the board of trustees by:



Mr W J Beck
Trustee

RAMS (NI) LTD

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of RAMS (NI) LTD

Year ended 31 December 2020

I report to the trustees on my examination of the financial statements of RAMS (NI) LTD ('the charity') for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of Charities Act (Northern Ireland) 2008 (the '2008 Act') and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the charity's financial statements as carried out under section 65 of the 2008 Act. In carrying out my examination I have followed the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the 2008 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 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 financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



John Magee
Independent Examiner

631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2020

		Unrestricted funds £	2020 Restricted funds £	Total funds £	2019 Total funds £
	Note				
Income and endowments					
Grants, donations and legacies	5	93,318	24,251	117,569	38,822
Charitable activities	6	11,524	–	11,524	13,325
Other trading activities	7	9,348	–	9,348	18,992
Other income	8	–	–	–	3,065
Total income		<u>114,190</u>	<u>24,251</u>	<u>138,441</u>	<u>74,204</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	9	5,415	–	5,415	856
Expenditure on charitable activities	10	61,304	21,587	82,892	72,122
Total expenditure		<u>66,719</u>	<u>21,587</u>	<u>88,307</u>	<u>72,978</u>
Net income and net movement in funds		<u>47,471</u>	<u>2,664</u>	<u>50,134</u>	<u>1,226</u>
Reconciliation of funds					
Total funds brought forward		32,252	7,194	39,446	38,220
Total funds carried forward		<u>79,723</u>	<u>9,858</u>	<u>89,581</u>	<u>39,447</u>

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

The notes on pages 14 to 24 form part of these financial statements.

RAMS (NI) LTD
Company Limited by Guarantee
Statement of Financial Position
31 December 2020

	Note	2020 £	£	2019 £
Current assets				
Stocks	16	362		339
Debtors	17	2,757		3,442
Cash at bank and in hand		88,437		37,817
		<u>91,556</u>		<u>41,598</u>
Creditors: amounts falling due within one year	18	<u>1,975</u>		<u>2,152</u>
Net current assets			<u>89,581</u>	<u>39,446</u>
Total assets less current liabilities			<u>89,581</u>	<u>39,446</u>
Net assets			<u>89,581</u>	<u>39,446</u>
Funds of the charity				
Restricted funds			9,858	7,194
Unrestricted funds			79,723	32,253
Total charity funds	20		<u>89,581</u>	<u>39,447</u>

For the year ending 31 December 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.


Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 25/09/21, and are signed on behalf of the board by:

25/09/21


 Mr W J Beck
 Trustee

The notes on pages 14 to 24 form part of these financial statements.

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 December 2020

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 94/95 City Business Park, The Cutts, Dunmurry, Belfast, BT17 9HU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

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

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

Going concern

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

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.

(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

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

Fund accounting

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

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

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Incoming resources

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

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

Resources expended

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

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

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Tangible assets

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

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

Depreciation

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

Office Equipment	-	5 years
Physiotherapy Equipment	-	6 years
Other Equipment	-	6 years

Impairment of fixed assets

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

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

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

Stocks

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Government grants

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

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

Financial instruments

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

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

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

Debt instruments are subsequently measured at amortised cost.

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

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

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

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

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Financial instruments *(continued)*

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

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

5. Grants, donations and legacies

Donations and grants were received from the following organisations during the year ended 31 December 2020:

Ulster Bank Staff Charity - £1,000
Awards for All - £5,587
Thales Charity Fund - £1,000
Black Santa Sit Out - £700
Garfield Weston Foundation - £15,000
Ulster Garden Villages - £2,664
John Moore Foundation - £2,601
Zerohydraulics - £250
Halifax Foundation - £4,000
Enkalon Foundation - £500
National Lottery - £41,939
Sylvia Waddilove Foundation - £1,500
Ulster Bank Staff Charity - £1,000
TBF & KL Thompson Trust - £3,000
Bobby Morrison Funeral Directors - £200.00

Donations and grants were received from the following organisations during the year ended 31 December 2019:

TBF & KL Thompson Trust - £6,000
Zero Hydraulics - £300
Lisnagarvey Darts - £400
Esme Mitchell Trust - £2,000
Nu Life Engineering - £750
Bobby Morrison Funeral Directors - £200
Danske Bank - £1,000
Pheasant Boys - £120
Hedley Foundation - £2,434
The Hospital Saturday fund - £7,194
Foyle Foundation - £2,000
Enkalon Foundation - £1,000

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
General Donations	9,896	—	9,896
Grants			
Grants receivable	12,601	24,251	36,852
Government grant income	70,821	—	70,821
	<u>93,318</u>	<u>24,251</u>	<u>117,569</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

5. Grants, donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Donations			
General Donations	17,194	15,628	32,822
Grants			
Grants receivable	6,000	–	6,000
Government grant income	–	–	–
	<u>23,194</u>	<u>15,628</u>	<u>38,822</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Centre Subs/HBO	10,024	10,024	11,825	11,825
Membership Subs	1,500	1,500	1,500	1,500
	<u>11,524</u>	<u>11,524</u>	<u>13,325</u>	<u>13,325</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Fundraising events	–	–	7,466	7,466
Collection Boxes and Street Collections	8,558	8,558	11,441	11,441
Sale of goods	790	790	85	85
	<u>9,348</u>	<u>9,348</u>	<u>18,992</u>	<u>18,992</u>

8. Other income

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Insurance claims received	–	–	3,065	3,065
	<u>–</u>	<u>–</u>	<u>3,065</u>	<u>3,065</u>

9. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Costs of raising donations and legacies	5,415	5,415	856	856
	<u>5,415</u>	<u>5,415</u>	<u>856</u>	<u>856</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Client treatment	26,452	18,850	45,303
Support costs	34,852	2,737	37,589
	<u>61,304</u>	<u>21,587</u>	<u>82,892</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Client treatment	23,509	16,642	40,153
Support costs	28,506	3,464	31,969
	<u>52,015</u>	<u>20,106</u>	<u>72,122</u>

11. Analysis of support costs

	Analysis of support costs £	Total 2020 £	Total 2019 £
Staff costs	15,109	15,109	14,251
Premises	16,372	16,372	10,652
Communications and IT	703	703	1,036
General office	953	953	1,342
Governance costs	1,714	1,714	1,620
Support costs - Other costs	2,738	2,738	3,067
	<u>37,589</u>	<u>37,589</u>	<u>31,968</u>

12. Independent examination fees

	2020 £	2019 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,620</u>	<u>1,620</u>

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2020 £	2019 £
Wages and salaries	60,412	52,812
Social security costs	–	1,593
	<u>60,412</u>	<u>54,405</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

13. Staff costs *(continued)*

The average head count of employees during the year was 4 (2019: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	2020 No.	2019 No.
Number of administration and fundraising staff	3	3
Number of nursing staff	1	—
	<u>4</u>	<u>3</u>

No employee received employee benefits of more than £60,000 during the year (2019: Nil).

14. Trustee remuneration and expenses

One or more trustees has been paid remuneration from employment with the charity.

Mr William Joseph Beck, Centre Manager, Gross salary of £23,450.

Mrs Penny Crawford, Specialised Support Worker, Gross salary of £7,850. Mrs Crawford also received payments totalling £4,395 as acknowledgement of her time and effort in successfully obtaining donations and grants. These payments were made before Mrs Crawford was re-employed by the charity.

Under its Articles of Association, the charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of doing so clearly outweigh the disadvantages; conflicts of interest can be adequately managed and; the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

15. Tangible fixed assets

	Fixtures and fittings £	Equipment £	Other Equipment £	Total £
Cost				
At 1 January 2020 and 31 December 2020	<u>7,680</u>	<u>9,292</u>	<u>22,847</u>	<u>39,819</u>
Depreciation				
At 1 January 2020 and 31 December 2020	<u>7,680</u>	<u>9,292</u>	<u>22,847</u>	<u>39,819</u>
Carrying amount				
At 31 December 2020	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
At 31 December 2019	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>

16. Stocks

	2020 £	2019 £
Raw materials and consumables	<u>362</u>	<u>339</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

17. Debtors

	2020	2019
	£	£
Prepayments and accrued income	<u>2,757</u>	<u>3,442</u>

18. Creditors: amounts falling due within one year

	2020	2019
	£	£
Accruals and deferred income	<u>1,975</u>	<u>2,152</u>

19. Government grants

The amounts recognised in the financial statements for government grants are as follows:

	2020	2019
	£	£
Recognised in income from donations and legacies:		
Government grants income	<u>70,821</u>	<u>—</u>

20. Analysis of charitable funds

Unrestricted funds

	At 1 January 20 20	Income £	Expenditure £	At 31 December r 2020 £
General funds	<u>32,253</u>	<u>114,189</u>	<u>(66,719)</u>	<u>79,723</u>

	At 1 January 20 19	Income £	Expenditure £	At 31 December 2019 £
General funds	<u>26,548</u>	<u>58,576</u>	<u>(52,871)</u>	<u>32,253</u>

Restricted funds

	At 1 January 20 20	Income £	Expenditure £	At 31 December r 2020 £
Restricted Funds	<u>7,194</u>	<u>24,251</u>	<u>(21,587)</u>	<u>9,858</u>

	At 1 January 20 19	Income £	Expenditure £	At 31 December 2019 £
Restricted Funds	<u>11,672</u>	<u>15,628</u>	<u>(20,106)</u>	<u>7,194</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Current assets	81,698	9,858	91,556
Creditors less than 1 year	(1,975)	—	(1,975)
Net assets	<u>79,722</u>	<u>9,858</u>	<u>89,581</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Current assets	34,404	7,194	41,598
Creditors less than 1 year	(2,152)	—	(2,152)
Net assets	<u>32,252</u>	<u>7,194</u>	<u>39,446</u>

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Annual report

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2020

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2020.

Reference and administrative details

Registered charity name	RAMS (NI) LTD
Charity registration number	NI101381
Company registration number	NI22025
Principal office and registered office	94/95 City Business Park The Cutts Dunmurry Belfast BT17 9HU

The trustees

Mrs P Crawford
Mr W J Beck
Mrs M Wilkinson
Mr S Mcerlean
Mrs R Gillis

Company secretary Mrs Penny Crawford

Independent examiner John Magee
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Structure, governance and management

Governing Document

Race Against Multiple Sclerosis (RAMS) is a company limited by guarantee (Company No: NI22025) and is a registered charity with the Northern Ireland Charity Commission (NIC 101381). The charity was incorporated on 12th October 1988. It was founded under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association, which were amended and approved by Special Resolution on 27th April 2015 to enable individuals with both MS and other debilitating conditions to avail and benefit from its services.

Organisational Structure

The charity is managed by the Trustee Management Committee comprising the company directors and meets at least quarterly. The Committee sets the strategic direction, budgets, policies and practices of the charity and monitors its successes and performance. Day to day management of the charity is delegated to the Centre Manager, including training and supervision of staff.

The Board of Trustees has six legal responsibilities:

- Ensure that our charity is carrying out its purposes for the public benefit
- Comply with our charity's governing document and the law
- Act in the charity's best interests
- Manage the charity's resources responsibly
- Act with reasonable care and skill
- Ensure that the charity is accountable

The Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law. The Trustees have paid due regard to the Charity Commission guidance on public benefit. The Trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

Recruitment and Appointment of Management Committee

A minimum of 3 and maximum of 10 Board Members are appointed by election at each Annual General Meeting (AGM) of the charity. Board Members must retire from office at each AGM and are eligible for re-election. The charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of this clearly outweigh the disadvantages; conflicts of interests can be adequately managed; and the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

The officers of the company are appointed by the Board at their first meeting following the AGM.

Trustee Induction and Training

New Trustees are briefed on the objectives and activities of the charity and the environment within which it operates and on their duties and responsibilities to the charity, its supporters and beneficiaries. All Trustees are required to familiarise themselves with the charity's policies and procedures and with The Northern Ireland Charity Commission's 'Running your charity: support for charity Trustees on key aspects of running a charity effectively'.

Risk Management

The Trustees have conducted a review of the risks to which the charity is exposed and assessed their relative significance. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Policies and procedures are in place to ensure the health and safety of staff, volunteers, users and visitors of the Centre. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

The trustees have paid due regard to the Charity Commission guidance on public benefit. The trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

Objectives and activities

PURPOSE, OBJECTIVES AND ACTIVITIES

RAMS main purpose as set out in its Memorandum and Articles of Association is to aid and improve for the public benefit the health, well-being and quality of life of those living in Northern Ireland with Multiple Sclerosis (MS) and other debilitating health conditions.

It achieves this by:-

- providing a range of holistic and beneficial complementary medical therapies
- offering specialist support to individuals, carers and families
- providing professional information and advice
- providing a 'walk-in' community therapy centre where individuals and their families can avail of help as and when they need it and meet to socialise and support one another

People affected by chronic, lifelong debilitating illnesses and disabilities still have a meaningful role within society- to family, work, education, spiritual, social and community life.

We believe they should have access to treatment and support services that are:-

- holistic in their approach
- useful & impact positively on health and well-being
- additional & complementary to any existing services
- high quality
- delivered by staff with specialist knowledge & expertise
- affordable
- inclusive
- conveniently located
- easily accessible
- community based

We aim to help those with MS and other chronic debilitating conditions to feel and function better; stay as active and independent as possible; remain living in their own homes; continue in education

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

and paid employment; carry on caring for their children and dependants; feel more confident and able to cope and less isolated, stress and depressed; think positively; plan ahead; look forward to the future; and enjoy participating in family, leisure, spiritual and community life.

We support people living across Northern Ireland. However, since the onset of Covid-19, admission to the charity has been largely dependent on the community incidence of the virus and the government's strict travelling and health and safety constraints.

PRINCIPAL ACTIVITIES

The charity exists to support people with Multiple Sclerosis and other debilitating conditions and to ease the impact of suffering on their, and their loved ones' lives.

MS and other chronic illnesses are unpredictable, incurable and widely variable. Chronic diseases cause a variety of unpleasant and incapacitating symptoms, affecting movement, mood and bodily functions. Their devastating and complex nature means that specialist support is essential to help people cope; manage their symptoms; stay as healthy, active and independent as possible; and experience better quality of life.

Without our Therapy Centre the availability of holistic treatment and support services would be gravely limited in the local and wider area, and in most cases would be non-existent. The core activities of RAMS can be split into three broad elements:

- Holistic treatments including hyperbaric oxygen therapy; physiotherapy & massage therapy; electromagnetic stimulation therapy; vibration therapy; and flowtron therapy
 - Counselling; information; one-to-one & group support; advice; and nutritional guidance
 - A supportive facility & network for individuals and families affected by MS and other chronic illnesses
- Our work complements that provided by the NHS and other voluntary organisations. With the addition of our services, hospital visits and admissions can be avoided and hospital discharges accelerated and supported. Where the focus of other charities is largely financial support, befriending, respite relief, political lobbying or research, ours is fixed exclusively on health and well-being as these underlie every aspect of a person's life.

Holistic Treatments

RAMS offers a range of holistic treatments that are designed to help people feel and function better. These treatments are largely unavailable, inaccessible or unaffordable elsewhere in the province.

A number of medical treatments are available on the NHS, however these are not suitable for everyone and some support services can have lengthy waiting lists and a finite number of appointments. Treatments for advanced, progressive and degenerative conditions are often more limited and many drug therapies are associated with intolerable side effects.

RAMS offers a range of subsidised holistic therapies that are designed to complement and enhance any other medical treatments people are receiving and to assist those for whom NHS treatments are unavailable or unsuitable. People can walk-in and self-refer to our centre and can avail of our services on a daily basis, when and as they need them, particularly at critical times and traumatic events during diagnosis, relapse and disease progression.

Access to the charity's services is available to everyone, subject to treatments being suitable and beneficial to the individuals concerned and the charity's available resources.

Any financial contribution made by those attending for treatment is used towards the costs of running

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

the Centre.

Our holistic therapies include:-

- Hyperbaric Oxygen Therapy (HBOT) - this treatment involves breathing pure oxygen within a pressurized chamber. It helps to provide symptom relief and assist with the rehabilitation and recovery process. Patients report a number of positive physical and mental health benefits. HBOT can help to relieve pain and inflammation; reduce fatigue, infection and depression; aid sleep and relaxation; improve mood, mobility and concentration; promote tissue regeneration; and boost immunity and energy levels.
- Physiotherapy, Exercise and Massage- individually tailored programmes are provided to improve strength and mobility; promote independence; and prevent deterioration and permanent disability.
- Electromagnetic Stimulation Therapy- has analgesic, anti-inflammatory, antispasmodic, regenerative and relaxant effects and can help to provide some symptom relief for many chronic ailments.
- Whole Body Vibration Therapy- to enhance physical fitness, muscle strength, blood circulation, lymphatic drainage and bone density. It is particularly useful in enabling people with physically debilitating conditions such as MS, Spinal Stenosis, Stroke, Osteoporosis, Arthritis, Parkinson's Disease and back pain to exercise safely and easily.

Counselling, Information & Advice

We help people and their families to live with an incurable and unpredictable condition and the many challenges it causes. Our friendly, professional and understanding staff offer great encouragement and support to everyone. We provide positive and practical expert information that is up to date and readily available; and constructive advice, counselling and group support that help to make everyday life less of a struggle.

Support Network

We offer a welcoming and inclusive walk-in and self-refer community centre, where people in similar circumstances can meet to share experiences; exchange ideas and solutions; make friendships; and support and help one another.

ENSURING OUR WORK DELIVERS THE CHARITY'S AIMS

The Trustees follow the guidance provided by the Charity Commission on public benefit when planning its services and activities to ensure they conform with the charity's purpose and fundamental ethos.

In addition, RAMS has a general policy to bring together persons living with MS and persons interested in MS, and those living with other debilitating conditions, to form a member based community, in which the treatment and support delivered by RAMS benefits the well-being and quality of life for everyone in that community.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Achievements and performance

The treatment and support services provided by the charity were severely disrupted in 2020 by the Covid-19 pandemic. In line with our duty of care to vulnerable staff we shielded and furloughed 3 employees and constrained our usual volunteer involvement. Prior to Covid-19 we supported people living across Northern Ireland, however, since the pandemic took hold, admission to the charity was largely dependent on the incidence of the virus and the government's strict travelling and health and safety constraints.

Before the onset of Covid-19, the charity's principal activities comprised three broad elements:

- Holistic Therapies
- Counselling, Information & Advice
- Support Network

Aside from telephone consultations, all service and support activities were provided in person, face to face. In accordance with the lockdown measures imposed by the government nationally, the charity took the necessary decision to suspend in-person services and support with effect from 23 March 2020. Our priority then, was to seek ways to continue providing the support and services upon which our membership depended. The focus turned to adapting our support from predominately face to face activities to alternative, safer, options. In a short period of time the charity's team developed alternative support options using a mix of online conferencing tools such as MS Teams and Zoom; improved information sharing via online media; and increased personal contact via telephone and post. In late July certain face to face services were re-commenced at the Centre, however strict shielding and distancing guidelines meant that services provided at the centre were strictly limited. When the second wave of the pandemic took hold in December, in-person support at the centre was again suspended. Coronavirus and the charity's response to national restrictions and clinical guidelines, were major factors impacting on the charity's achievements and performance in 2020. From the Spring of 2020, as the pandemic took hold, the charity's broad priorities were:

- Keeping people safe and as active and independent as possible
- Improving mental health
- Reducing isolation & loneliness

As the impact of covid on health and well-being became apparent, we were inundated with referrals, particularly for our oxygen therapy, given its role in the treatment and recovery of many illnesses including coronavirus. In order to provide continued care and support for our users, meet the growing demand and adapt to exceptional circumstances, we employed a Specialist Support Worker in July to develop and deliver safe services and recruited and trained 10 new volunteers to assist with face to face and online facilities.

During the year, the charity provided 1225 treatments and welcomed 104 new patients. We answered more than 1600 enquiries, made 416 supportive calls and carried out 227 support sessions. We are continually improving our use of digital technology and many of our users and volunteers have improved their online and IT skills too.

Our Impact

Feedback from our members highlights the benefits of our continued support during the pandemic and reflects the impact that the virus was having on their health and well-being:-

89% of users felt the interruption of services at RAMS affected their condition.

83% of those surveyed in August 2020 felt their symptoms had worsened since the closure of RAMS in March; most notably greater fatigue, pain and muscle weakness, mobility and bladder problems, infections, anxiety and depression.

46% felt socially isolated and lonely

64% felt their mental health had worsened- they were more anxious and depressed and worried about the future

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

59% reported greater financial strains

However, the majority of our members said the charity had helped them with their mobility, feeling happier and less anxious, having better quality of life, having better physical and mental wellbeing and feeling less lonely. They reported less pain, stress, infections, falls and fatigue; better mood, energy levels, sleep, concentration and better bladder control; and fewer visits to their GP. Users reported being unable to source our range of holistic therapies together elsewhere in the province and 94% said they valued the specialist expertise of the staff. Patients travelled from all 5 counties, demonstrating that comparable services are not available nearby. We received 52 enquiries from people living in the Republic of Ireland as services are largely unavailable and unaffordable there too, signifying that comparable services are generally unavailable throughout the whole of Ireland. At this critical time when health services are under immense pressure and resources are finite our charity is able to both complement and support the work of the NHS.

Committed Team

Our team of staff and volunteers is a holistic multidisciplinary team sharing extensive knowledge, skills and expertise. Our staff have more than 30 years of experience in their dedicated fields of specialist healthcare, management and holistic therapy.

Contribution of Volunteers

Our wonderful volunteers are absolutely vital to the functioning of the charity - we simply wouldn't be able to operate without them and they have continued to be hugely supportive throughout the pandemic. When we restarted face to face appointments after lockdown, our volunteers were there to help us accommodate the spiralling number of referrals and were instrumental in helping us to set up and implement our new online services and in achieving our very favourable outcomes.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Financial review

Income & Expenditure

Our accounts tell the story of 2020- all the high and lows of a year like no other.

RAMS is a small, independent and completely self-funding charity. It does not receive any statutory funding or financial help from government sources and relies entirely on its own fundraising activities and on donations from both members and external sources for its income.

In March as restrictions were imposed nationwide and most of the charity's normal face to face activities were suspended, the continuity of income was a major concern. Public collections and fundraising events were cancelled and the impact on the wider economy threatened income from trusts and companies. Our income for the year was £139,110, comprising £36,852 from grant giving organisations; £13,889.01 from member and supporter donations; £8557.91 from collections; £6,125.95 from Gift Aid; £41,939 from the Covid Recovery Fund; and £28881.97 from the Coronavirus Job Retention Scheme. This money was spent directly on the £89,000 required to run the Centre and deliver its charitable activities throughout the year and any excess income will continue to fund the charity's therapeutic services and covid related costs in 2021. Donations from individuals and companies were a staggering 91% less than in 2019. Funds generated from fundraising events were down 100% from the previous year and collections down 47%. We saw a 46% reduction in member and supporter donations with a consequential fall in Gift Aid support, compared to previous years. However, in a most extraordinary year we received an unexpected £36,852 of Grant Aid in addition to the £41,939 awarded for emergency covid funding and received a further £28,881.97 in furlough contributions. We concluded the year with an income exceeding our expenditure of almost £89,000. Whilst this position appears healthy moving forward into 2021, there are substantial covid costs ahead.

We wish to thank each individual and organisation who supported the charity in 2020. We particularly express our thanks to:

Awards for All
Bobby Morrison Funeral Directors
Covid Recovery Fund
Enkalon Foundation
Garfield Weston
Halifax
John Moore Foundation
McKibbens
Sylvia Waddilove Foundation UK
TBF & KL Thompson
Thales
The Dean at St Anne's Cathedral
Ulster Bank
Ulster Garden Villages
Zerohydraulics

We are also immensely grateful to the government's Coronavirus Job Retention Scheme for support during periods of furlough.

The support of all those who fundraised, donated and helped us fulfil our work throughout the year makes a real difference to the lives of individuals who might otherwise have difficulty walking, talking, eating, writing and dressing; develop problems with their sight, swallow, speech, continence, memory and concentration; be forced to give up their jobs and relinquish care of their children; engage in

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

harmful and antisocial behaviours; require nursing home care; and potentially decide to take their own lives.

Reserves Policy

The charity is authorised within its constitution to set aside funds for special purposes or as reserves against future expenditure. Ideally the Trustees aim to maintain a prudent level of free reserves at between 6 and 12 months of operating expenditure to provide an immediately available resource should the Centre experience a significant adverse event, such as the coronavirus pandemic that we are currently facing. We estimate that due to covid-19, our free reserves are currently sitting at around 4-5 months of running costs.

Investment Policy

The charity is permitted under its constitution to deposit and invest funds for the purposes of furthering its aims and objectives. The charity's year on year annual incoming resources have however been used to meet annual running costs.

FUNDRAISING

RAMS receives no statutory revenue funding and relies entirely on its own fundraising activities and on donations from both members and external sources for its income. Community fundraising is a vital source of unrestricted funding that enables us to operate effectively and raise public awareness of our work. Restrictions on social activities and lockdown during the summer and Christmas months brought community fundraising to a juddering halt at our peak fundraising periods when a number of events were planned to take place.

Self-isolation and lockdown prevented volunteers engaging in street collections and we lost a major source of our income generation. As we continue into 2021 there is continued concern over attracting ongoing funding. Disruption to fundraising events and public collections look to continue for some time and the availability of emergency grants is uncertain. Overall a depressed economy may limit funding available from trusts and companies who will have smaller funding pots available in the medium term and broader public fundraising may now focus on the NHS.

PARTNERSHIP WORKING & COMMUNITY ENGAGEMENT

Given that we have had to substantially contract, pause or cease operations altogether during COVID-19, conditions have not been ideal this year for fostering partnership working and community engagement. Throughout the years we have established good relationships with local schools, businesses and other voluntary organisations, however many of these were closed indefinitely this year. Our face to face visits and community engagements were all cancelled so few opportunities arose to make the public aware of our work. As research continues into the affects of covid on health and well-being and the role of oxygen therapy in treating the virus and its complications, we have received greater interest and recognition of our work in the community and our potential for supporting the NHS in times of crisis.

FUTURE PLANS

The pandemic has created a range of new needs. Evidence shows that some people who previously never needed charities are now relying on their services for the first time because of the pandemic. The road ahead is not going to be easy. The pandemic has exacted an immense economic, as well as human, cost on societies and it is inevitable that public finances will remain fragile for many years. As we move into the recovery phase of the pandemic we plan to:-

- Offer activities via new mediums, such as digitally.
- Move services online
- Develop new partnerships
- Develop our sports injuries clinic

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Small company provisions

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

The trustees' annual report was approved on ^{25/09/21}~~31/12/20~~ and signed on behalf of the board of trustees by:



Mr W J Beck
Trustee

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Annual return

RAMS (NI) LTD

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of RAMS (NI) LTD

Year ended 31 December 2020

I report to the trustees on my examination of the financial statements of RAMS (NI) LTD ('the charity') for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of Charities Act (Northern Ireland) 2008 (the '2008 Act') and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the charity's financial statements as carried out under section 65 of the 2008 Act. In carrying out my examination I have followed the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the 2008 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 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 financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



John Magee
Independent Examiner

631 Lisburn Road
Belfast
BT9 7GT

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Accounts

COMPANY REGISTRATION NUMBER: NI22025
CHARITY REGISTRATION NUMBER: NI101381

RAMS (NI) LTD
Company Limited by Guarantee
Unaudited Financial Statements
31 December 2019

AUBREY CAMPBELL & COMPANY

Chartered Accountants
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD
Company Limited by Guarantee
Financial Statements
Year ended 31 December 2019

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RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2019

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2019.

Reference and administrative details

Registered charity name	RAMS (NI) LTD
Charity registration number	NI101381
Company registration number	NI22025
Principal office and registered office	94/95 City Business Park The Cutts Dunmurry Belfast BT17 9HU

The trustees

Mrs P Crawford	
Mr W J Beck	
Mrs M Wilkinson	
Mrs K Gervin	(Retired 24 May 2019)
Mr S Mcerlean	
Mrs R Gillis	(Appointed 24 May 2019)

Company secretary Mrs Penny Crawford

Independent examiner John Magee
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Structure, governance and management

Governing Document

Race Against Multiple Sclerosis (RAMS) is a company limited by guarantee (Company No: NI22025) and is a registered charity with the Northern Ireland Charity Commission (NIC 101381). The charity was incorporated on 12th October 1988. It was founded under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association, which were amended and approved by Special Resolution on 27th April 2015 to enable individuals with both MS and other debilitating conditions to avail and benefit from its services.

Organisational Structure

The charity is managed by the Trustee Management Committee comprising the company directors and meets at least quarterly. The Committee sets the strategic direction, budgets, policies and practices of the charity and monitors its successes and performance. Day to day management of the charity is delegated to the Centre Manager, including training and supervision of staff.

Recruitment and Appointment of Management Committee

A minimum of 3 and maximum of 10 Board Members are appointed by election at each Annual General Meeting (AGM) of the charity. Board Members must retire from office at each AGM and are eligible for re-election. The charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of this clearly outweigh the disadvantages; conflicts of interests can be adequately managed; and the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

The officers of the company are appointed by the Board at their first meeting following the AGM.

Trustee Induction and Training

New Trustees are briefed on the objectives and activities of the charity and the environment within which it operates and on their duties and responsibilities to the charity, its supporters and beneficiaries. All Trustees are required to familiarise themselves with the charity's policies and procedures and with The Northern Ireland Charity Commission's 'Running your charity: support for charity Trustees on key aspects of running a charity effectively'.

Risk Management

The Trustees have conducted a review of the risks to which the charity is exposed and assessed their relative significance. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Policies and procedures are in place to ensure the health and safety of staff, volunteers, users and visitors of the Centre. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

The Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law.

The trustees have paid due regard to the Charity Commission guidance on public benefit. The trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Objectives and activities

Purposes, objectives and activities

RAMS' main purpose, as set out in its Memorandum and Articles of Association, is to aid and improve for the public benefit the health, well-being and quality of life of those living in Northern Ireland with Multiple Sclerosis (MS) and other debilitating health conditions.

This is accomplished by:-

- providing a range of holistic and beneficial complementary medical therapies
- offering specialist support to individuals, carers and families
- providing professional information, guidance and advice
- providing a community therapy centre where individuals and their families can meet to help and support one another people affected by lifelong debilitating illnesses still have a meaningful role within society- to family, work, spiritual, social and community life.

We believe they should have access to treatment and support services that are:-

- holistic in their approach
- useful and impact positively on health and well-being
- additional and complementary to any existing services
- of high quality
- delivered by staff with specialist expertise
- affordable
- conveniently located
- easily accessible
- community based

We aim to help those with MS and other chronic debilitating conditions to feel and function better; stay as active and independent as possible; remain living in their own homes; continue in education and paid employment; carry on caring for their children and dependants; feel more confident and able to cope and less isolated, stressed and depressed; think positively; plan ahead; look forward to the future; and enjoy participating in family, leisure, spiritual and community life.

We support people living across the entire province of Northern Ireland.

Ensuring our work delivers the charity's aims

The Trustees refer to the guidance provided by the Charity Commission on public benefit when planning any activities to ensure they conform with the charity's purpose and fundamental ethos and contribute to the achievement of RAMS' aims and objectives. In addition, RAMS has a general policy to bring together persons living with MS and persons interested in MS, and those living with other debilitating conditions, to form a member based community, in which the treatment and support delivered by RAMS benefits the well-being and quality of life for everyone in that community.

Principal activities

The charity exists to support people with Multiple Sclerosis and other debilitating conditions and to ease the impact of suffering on their, and their loved ones', lives.

MS and other chronic illnesses are unpredictable, incurable and widely variable. Chronic diseases cause a variety of unpleasant and incapacitating symptoms, affecting movement, mood and bodily functions. Their devastating and complex nature means that specialist support is essential to help people cope; manage their symptoms; stay as healthy and well as possible and improve their quality of life.

Without our Therapy Centre the availability of holistic treatment and support services would be gravely limited in the local and wider area, and in many cases would be non-existent.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

The principal activities of RAMS can be split into three broad elements:

- Therapeutic holistic treatments including hyperbaric oxygen therapy; physiotherapy and massage therapy; electromagnetic stimulation therapy; vibration therapy; and flowtron therapy.
- Counselling, information, advice & nutritional guidance.
- A supportive facility and network for individuals and families affected by MS and chronic illness.

Our work complements that provided by the NHS and other voluntary organisations. With the addition of our services, hospital visits and admissions can be avoided and hospital discharges accelerated and supported. Where the focus of other charities is largely on financial support, befriending, respite relief, political lobbying or research ours is fixed exclusively on health and wellbeing as these underlie every aspect of a person's life.

Therapeutic Treatments

The charity offers a range of holistic treatments that are designed to help people feel and function better. These treatments are largely unavailable, inaccessible or unaffordable elsewhere in the province.

A number of medical treatments are available on the NHS, however these are not suitable for everyone and some support services can have lengthy waiting lists and a finite number of appointments. Treatments for advanced, progressive and degenerative conditions are often more limited and many drug therapies are associated with intolerable and unwanted side effects.

RAMS offers a range of subsidised holistic therapies that are designed to complement and enhance any other medical treatments people are receiving and to assist those for whom NHS treatments are unavailable or unsuitable. People can 'walk-in' and self-refer to our centre and can avail of our services on a daily basis, when and as they need them, particularly at critical times and traumatic events during diagnosis, relapse and disease progression.

Access to the charity's services is available to everyone, subject to treatments being suitable and beneficial to the individuals' concerned and the charity's available resources.

Any financial contribution made by those attending for treatment is used towards the costs of running the Centre.

Our holistic therapies and services include:-

Hyperbaric Oxygen Therapy (HBOT) – this treatment involves breathing pure oxygen within a pressurized chamber. It helps to provide some symptom relief and assist with the rehabilitation and recovery process. Patients report a number of positive physical and mental health benefits. HBOT can help to relieve pain and inflammation; reduce fatigue, infection and depression; aid sleep and relaxation; improve mood, mobility and concentration; promote tissue regeneration and boost immunity and energy levels.

Physiotherapy, Exercise & Massage - individually tailored programmes are provided to improve strength and mobility; promote independence; and prevent deterioration and permanent disability.

Electromagnetic Stimulation Therapy - has analgesic, anti-inflammatory, antispasmodic, regenerative and relaxant effects and can help to provide some symptom relief for many chronic ailments.

Whole Body Vibration Therapy - to enhance physical fitness, muscle strength, blood circulation, lymphatic drainage and bone density. It is particularly useful in enabling people with physically debilitating conditions such as MS, Spinal Stenosis, Stroke, Osteoporosis, Arthritis,

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Parkinson's Disease and back pain to exercise safely and easily.

Flowtron Therapy - used to help in a variety of vascular, circulatory and lymphatic conditions to boost blood flow and circulation in persons after trauma, orthopaedic surgery and neurosurgery and is particularly useful for those who are unable to mobilise due to illness and/or disability, helping to prevent blood clots and complications of venous stasis.

Counselling, Information & Advice - helps people and their families to live with an incurable and unpredictable condition and the many challenges it causes. Our friendly, professional and understanding staff offer great encouragement and support to everyone. We provide positive and practical expert information that is up to date and readily available; and constructive advice, counselling and group support that help to make everyday life less of a struggle.

Nutritional Guidance - evidence based in the context of MS and neurological disease to help relieve muscle weakness, spasms, bowel problems, fatigue and other symptoms.

Support Network - we offer a welcoming and inclusive community centre, where people in similar circumstances can meet to share experiences; exchange ideas and solutions; make friendships; and support and help one another.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Achievements and performance

Achievements and performance

During the year we delivered 1384 treatments, helped more than 450 people and welcomed 71 new patients. We also recruited and supported 11 new volunteers. We answered more than 900 enquiries, performed 376 health assessments, undertook 116 consultations and carried out over 100 support sessions.

We continued relationships with many of our long-term devoted friends, local businesses and organisations and enlisted the help of several new funders who saw the valuable contribution and difference we are making to the lives of disabled individuals in Northern Ireland. We also teamed up with a local cancer charity to provide holistic treatments to people with secondary metastatic disease.

We were very kindly granted funds to purchase new physiotherapy and hyperbaric oxygen therapy equipment that will enable us to extend our range of physiotherapy treatments and cater for additional patients.

Our service users were very satisfied overall with the staff, Centre and services provided. There were no accidents, injuries or adverse incidents reported throughout the year. 99% of patients said the centre had made a difference to their quality of life.

They reported less pain, stress and fatigue; better mood; more energy; better sleep; better bladder control; less chest and urinary tract infections; fewer trips and falls; sharper memory, better focus and greater concentration; fewer visits to GP and hospital and less reliance on painkillers and other medications.

More than 2/3 of those accessing treatment had progressive disease.

All those using the centre would recommend it to others with similar illnesses.

Patients found it was easy to contact the centre and arrange timely appointments.

Patients travelled from all 5 counties, demonstrating that comparable services are not available nearby and our centre is well situated to serve the entire province.

Patients trusted and valued the experience of staff and their ability to listen, explain and advise. They felt welcomed, encouraged and supported. 82% of patients remained in paid employment. 99% remained living in their own homes.

91% reported feeling emotionally stronger.

More than 1/3 had been visiting the centre for more than 5 years and attended weekly, indicating that we are providing long-term continuous support.

Committed Team

Our team of staff and volunteers is a holistic multi-disciplinary team sharing extensive knowledge, skills and expertise. Our staff have more than 30 years experience in their dedicated fields of specialist healthcare, management and holistic therapy.

Contribution of Volunteers

The success of fundraising events and public collections are dependent on the ongoing support of many volunteers. The Trustees are extremely grateful for all who have generously provided their skills and time for the benefit of the charity throughout the year.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Financial review

Voluntary Income

We are a small, independent and completely self-funding charity. We do not receive any financial help from the government or NHS. To finance the provision of our activities, the charity is dependent upon voluntary income from the following sources:-

- Fundraising activities
- Public collections
- Subscriptions & donations from members and supporters

- Donations & grants from charitable trusts, companies, councils and voluntary groups

Our income for the year neared £72,000 and comprised £19,507 from fundraising events and collections; £16,806 from member and supporter donations; £26,690 from grants and company donations; and £8,486 from Gift Aid. This money was spent directly on the £73,000 required to run the centre and deliver its charitable activities throughout the year. We are delighted to have raised sufficient funds in 2019 to meet our modest and necessary expenditure.

Thank you to everyone who fundraised, donated and supported our work throughout the year. Your support helps to make a real difference to the lives of individuals who might otherwise have difficulty walking, talking, eating, writing and dressing; develop problems with their sight, swallow, continence, memory and concentration; be forced to give up their jobs and relinquish care of their children; require nursing home care; and potentially decide to take their own lives.

Reserves Policy

The charity is authorised within its constitution to set aside funds for special purposes or as reserves against future expenditure. Ideally the Trustees aim to maintain a prudent level of free reserves at between 6 and 12 months of operating expenditure to provide an immediately available resource should the Centre experience a significant adverse event. Since the unforeseen and devastating flash flood of 2012 and the significant costs that were incurred in refurbishing the Centre as a consequence of the extensive damage caused, the charity's free reserves are currently sitting at approximately 3 to 4 months of running costs.

Investment Policy

The charity is permitted under its constitution to deposit and invest funds for the purposes of furthering its aims and objectives. The charity's year on year annual incoming resources have however been used to meet annual running costs.

Small company provisions

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

The trustees' annual report was approved on 20th April 2020 and signed on behalf of the board of trustees by:



Mrs P Crawford
Trustee

RAMS (NI) LTD

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of RAMS (NI) LTD

Year ended 31 December 2019

I report to the trustees on my examination of the financial statements of RAMS (NI) LTD ('the charity') for the year ended 31 December 2019.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of Charities Act (Northern Ireland) 2008 (the '2008 Act') and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.


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 the charity's financial statements as carried out under section 65 of the 2008 Act. In carrying out my examination I have followed the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the 2008 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 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 financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



John Magee
Independent Examiner

631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2019

		2019			2018
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Grants, donations and legacies	5	23,194	15,628	38,822	26,599
Charitable activities	6	13,325	–	13,325	21,043
Other trading activities	7	18,992	–	18,992	24,560
Investment income	8	–	–	–	1
Other income	9	3,065	–	3,065	–
Total income		<u>58,576</u>	<u>15,628</u>	<u>74,204</u>	<u>72,203</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	10	856	–	856	736
Expenditure on charitable activities	11	<u>52,015</u>	<u>20,106</u>	<u>72,122</u>	<u>71,899</u>
Total expenditure		<u>52,871</u>	<u>20,106</u>	<u>72,978</u>	<u>72,635</u>
Net income/(expenditure) and net movement in funds					
		<u>5,705</u>	<u>(4,478)</u>	<u>1,226</u>	<u>(432)</u>
Reconciliation of funds					
Total funds brought forward		<u>26,548</u>	<u>11,672</u>	<u>38,220</u>	<u>38,652</u>
Total funds carried forward		<u>32,253</u>	<u>7,194</u>	<u>39,447</u>	<u>38,220</u>

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

The notes on pages 11 to 20 form part of these financial statements.

RAMS (NI) LTD
Company Limited by Guarantee
Statement of Financial Position
31 December 2019

	Note	2019 £	£	2018 £
Current assets				
Stocks	17	339		443
Debtors	18	3,442		3,735
Cash at bank and in hand		37,817		39,092
		<u>41,598</u>		<u>43,270</u>
Creditors: amounts falling due within one year	19	<u>2,152</u>		<u>5,050</u>
Net current assets			<u>39,446</u>	<u>38,220</u>
Total assets less current liabilities			<u>39,446</u>	<u>38,220</u>
Net assets			<u>39,446</u>	<u>38,220</u>
Funds of the charity				
Restricted funds			7,194	11,672
Unrestricted funds			<u>32,253</u>	<u>26,548</u>
Total charity funds	20		<u>39,447</u>	<u>38,220</u>

For the year ending 31 December 2019 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on

20th April 2020 and are signed on behalf of the board by:



Mrs P Crawford
Trustee

The notes on pages 11 to 20 form part of these financial statements.

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 December 2019

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Northern Ireland and a registered charity in Northern Ireland. The address of the registered office is 94/95 City Business Park, The Cutts, Dunmurry, Belfast, BT17 9HU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

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

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

Going concern

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

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.

(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

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

Fund accounting

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

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

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

3. Accounting policies *(continued)*

Incoming resources

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

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

Resources expended

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

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

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

Tangible assets

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

3. Accounting policies *(continued)*

Tangible assets *(continued)*

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

Depreciation

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

Office Equipment	-	5 years
Physiotherapy Equipment	-	6 years
Other Equipment	-	6 years

Impairment of fixed assets

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

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

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

Stocks

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

Financial instruments

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

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

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

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Debt instruments are subsequently measured at amortised cost.

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

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

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

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

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

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

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital.

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

5. Grants, donations and legacies

Donations and grants were received from the following organisations during the year ended 31 December 2019:

TBF & KL Thompson Trust - £6,000
Zero Hydraulics - £300
Lisnagarvey Darts - £400
Esme Mitchell Trust - £2,000
Nu Life Engineering - £750
Bobby Morrison Funeral Directors - £200
Danske Bank - £1,000
Pheasant Boys - £120
Hedley Foundation - £2,434
The Hospital Saturday fund - £7,194
Foyle Foundation - £2,000
Enkalon Foundation - £1,000

Donations and grants were received from the following organisations during the year ended 31 December 2018:

Kids in Need - £1750
Belfast Cathedral (Black Santa) - £550
Thales - £1000
Enkalon Foundation - £2000
Awards for All - £7194

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Donations			
General Donations	17,194	15,628	32,822
Grants			
Grants receivable	6,000	—	6,000
	<u>23,194</u>	<u>15,628</u>	<u>38,822</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
Donations			
General Donations	14,105	—	14,105
Grants			
Grants receivable	3,300	9,194	12,494
	<u>17,405</u>	<u>9,194</u>	<u>26,599</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

6. Charitable activities

	Unrestricted Funds	Total Funds 2019	Unrestricted Funds	Total Funds 2018
	£	£	£	£
Centre Subs/HBO	11,825	11,825	19,543	19,543
Membership Subs	1,500	1,500	1,500	1,500
	<u>13,325</u>	<u>13,325</u>	<u>21,043</u>	<u>21,043</u>

7. Other trading activities

	Unrestricted Funds	Total Funds 2019	Unrestricted Funds	Total Funds 2018
	£	£	£	£
Fundraising events	7,466	7,466	10,888	10,888
Collection Boxes and Street Collections	11,441	11,441	13,417	13,417
Sale of goods	85	85	255	255
	<u>18,992</u>	<u>18,992</u>	<u>24,560</u>	<u>24,560</u>

8. Investment income

	Unrestricted Funds	Total Funds 2019	Unrestricted Funds	Total Funds 2018
	£	£	£	£
Bank interest receivable	—	—	1	1
	<u>—</u>	<u>—</u>	<u>1</u>	<u>1</u>

9. Other income

	Unrestricted Funds	Total Funds 2019	Unrestricted Funds	Total Funds 2018
	£	£	£	£
Insurance claims received	3,065	3,065	—	—
	<u>3,065</u>	<u>3,065</u>	<u>—</u>	<u>—</u>

10. Costs of raising donations and legacies

	Unrestricted Funds	Total Funds 2019	Unrestricted Funds	Total Funds 2018
	£	£	£	£
Costs of raising donations and legacies	856	856	736	736
	<u>856</u>	<u>856</u>	<u>736</u>	<u>736</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

11. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Client treatment	23,509	16,642	40,153
Support costs	<u>28,506</u>	<u>3,464</u>	31,969
	<u>52,015</u>	<u>20,106</u>	72,122

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
Client treatment	38,259	–	38,259
Support costs	<u>26,624</u>	<u>7,016</u>	33,640
	<u>64,883</u>	<u>7,016</u>	71,899

12. Analysis of support costs

	Analysis of support costs £	Total 2019 £	Total 2018 £
Staff costs	14,251	14,251	15,134
Premises	10,652	10,652	10,694
Communications and IT	1,036	1,036	740
General office	1,342	1,342	2,359
Governance costs	1,620	1,620	1,620
Support costs - Other costs	<u>3,067</u>	3,067	<u>3,093</u>
	<u>31,968</u>	31,968	<u>33,640</u>

13. Independent examination fees

	2019 £	2018 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,620</u>	<u>1,620</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2019 £	2018 £
Wages and salaries	52,812	51,601
Social security costs	<u>1,593</u>	<u>1,792</u>
	<u>54,405</u>	<u>53,393</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

14. Staff costs *(continued)*

The average head count of employees during the year was 3 (2018: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	2019 No.	2018 No.
Number of administration and fundraising staff	<u>3</u>	<u>3</u>

No employee received employee benefits of more than £60,000 during the year (2018: Nil).

15. Trustee remuneration and expenses

One or more trustees has been paid remuneration from employment with the charity. Mr William Joseph Beck, Centre Manager, Gross salary of £24,900.

Under its Articles of Association, the charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of doing so clearly outweigh the disadvantages; conflicts of interest can be adequately managed and; the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

16. Tangible fixed assets

	Fixtures and fittings £	Equipment £	Other Equipment £	Total £
Cost				
At 1 January 2019 and 31 December 2019	<u>7,680</u>	<u>9,292</u>	<u>22,847</u>	<u>39,819</u>
Depreciation				
At 1 January 2019 and 31 December 2019	<u>7,680</u>	<u>9,292</u>	<u>22,847</u>	<u>39,819</u>
Carrying amount				
At 31 December 2019	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
At 31 December 2018	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

17. Stocks

	2019 £	2018 £
Raw materials and consumables	<u>339</u>	<u>443</u>

18. Debtors

	2019 £	2018 £
Prepayments and accrued income	<u>3,442</u>	<u>3,735</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

19. Creditors: amounts falling due within one year

	2019	2018
	£	£
Accruals and deferred income	<u>2,152</u>	<u>5,050</u>

20. Analysis of charitable funds

Unrestricted funds

	At 1 January 2019	Income	Expenditure	At 31 December 2019
	£	£	£	£
General funds	<u>26,548</u>	<u>58,576</u>	<u>(52,871)</u>	<u>32,253</u>

	At 1 January 2018	Income	Expenditure	At 31 December 2018
	£	£	£	£
General funds	<u>29,158</u>	<u>63,009</u>	<u>(65,619)</u>	<u>26,548</u>

Restricted funds

	At 1 January 2019	Income	Expenditure	At 31 December 2019
	£	£	£	£
Restricted Funds	<u>11,672</u>	<u>15,628</u>	<u>(20,106)</u>	<u>7,194</u>

	At 1 January 2018	Income	Expenditure	At 31 December 2018
	£	£	£	£
Restricted Funds	<u>9,494</u>	<u>9,194</u>	<u>(7,016)</u>	<u>11,672</u>

RAMS (NI) LTD

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2019

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Current assets	34,404	7,194	41,598
Creditors less than 1 year	(2,152)	—	(2,152)
Net assets	<u>32,252</u>	<u>7,194</u>	<u>39,446</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
Current assets	31,598	11,672	43,270
Creditors less than 1 year	(5,050)	—	(5,050)
Net assets	<u>26,548</u>	<u>11,672</u>	<u>38,220</u>

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Annual report

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2019

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2019.

Reference and administrative details

Registered charity name RAMS (NI) LTD
Charity registration number NI101381
Company registration number NI22025
Principal office and registered office 94/95 City Business Park
The Cutts
Dunmurry
Belfast
BT17 9HU

The trustees

Mrs P Crawford
Mr W J Beck
Mrs M Wilkinson
Mrs K Gervin (Retired 24 May 2019)
Mr S Mcerlean
Mrs R Gillis (Appointed 24 May 2019)

Company secretary Mrs Penny Crawford

Independent examiner John Magee
631 Lisburn Road
Belfast
BT9 7GT

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Structure, governance and management

Governing Document

Race Against Multiple Sclerosis (RAMS) is a company limited by guarantee (Company No: NI22025) and is a registered charity with the Northern Ireland Charity Commission (NIC 101381). The charity was incorporated on 12th October 1988. It was founded under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association, which were amended and approved by Special Resolution on 27th April 2015 to enable individuals with both MS and other debilitating conditions to avail and benefit from its services.

Organisational Structure

The charity is managed by the Trustee Management Committee comprising the company directors and meets at least quarterly. The Committee sets the strategic direction, budgets, policies and practices of the charity and monitors its successes and performance. Day to day management of the charity is delegated to the Centre Manager, including training and supervision of staff.

Recruitment and Appointment of Management Committee

A minimum of 3 and maximum of 10 Board Members are appointed by election at each Annual General Meeting (AGM) of the charity. Board Members must retire from office at each AGM and are eligible for re-election. The charity can appoint an employee to the Committee where this is in the best interests of the charity; the advantages of this clearly outweigh the disadvantages; conflicts of interests can be adequately managed; and the employee receives no additional pay or benefits as a direct result of becoming a Trustee.

The officers of the company are appointed by the Board at their first meeting following the AGM.

Trustee Induction and Training

New Trustees are briefed on the objectives and activities of the charity and the environment within which it operates and on their duties and responsibilities to the charity, its supporters and beneficiaries. All Trustees are required to familiarise themselves with the charity's policies and procedures and with The Northern Ireland Charity Commission's 'Running your charity: support for charity Trustees on key aspects of running a charity effectively'.

Risk Management

The Trustees have conducted a review of the risks to which the charity is exposed and assessed their relative significance. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Policies and procedures are in place to ensure the health and safety of staff, volunteers, users and visitors of the Centre. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

The Trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law.

The trustees have paid due regard to the Charity Commission guidance on public benefit. The trustees are confident that RAMS' aims and objectives are in accordance with the regulations on public benefit.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Objectives and activities

Purposes, objectives and activities

RAMS' main purpose, as set out in its Memorandum and Articles of Association, is to aid and improve for the public benefit the health, well-being and quality of life of those living in Northern Ireland with Multiple Sclerosis (MS) and other debilitating health conditions.

This is accomplished by:-

- providing a range of holistic and beneficial complementary medical therapies
- offering specialist support to individuals, carers and families
- providing professional information, guidance and advice
- providing a community therapy centre where individuals and their families can meet to help and support one another people affected by lifelong debilitating illnesses still have a meaningful role within society- to family, work, spiritual, social and community life.

We believe they should have access to treatment and support services that are:-

- holistic in their approach
- useful and impact positively on health and well-being
- additional and complementary to any existing services
- of high quality
- delivered by staff with specialist expertise
- affordable
- conveniently located
- easily accessible
- community based

We aim to help those with MS and other chronic debilitating conditions to feel and function better; stay as active and independent as possible; remain living in their own homes; continue in education and paid employment; carry on caring for their children and dependants; feel more confident and able to cope and less isolated, stressed and depressed; think positively; plan ahead; look forward to the future; and enjoy participating in family, leisure, spiritual and community life.

We support people living across the entire province of Northern Ireland.

Ensuring our work delivers the charity's aims

The Trustees refer to the guidance provided by the Charity Commission on public benefit when planning any activities to ensure they conform with the charity's purpose and fundamental ethos and contribute to the achievement of RAMS' aims and objectives. In addition, RAMS has a general policy to bring together persons living with MS and persons interested in MS, and those living with other debilitating conditions, to form a member based community, in which the treatment and support delivered by RAMS benefits the well-being and quality of life for everyone in that community.

Principal activities

The charity exists to support people with Multiple Sclerosis and other debilitating conditions and to ease the impact of suffering on their, and their loved ones', lives.

MS and other chronic illnesses are unpredictable, incurable and widely variable. Chronic diseases cause a variety of unpleasant and incapacitating symptoms, affecting movement, mood and bodily functions. Their devastating and complex nature means that specialist support is essential to help people cope; manage their symptoms; stay as healthy and well as possible and improve their quality of life.

Without our Therapy Centre the availability of holistic treatment and support services would be gravely limited in the local and wider area, and in many cases would be non-existent.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

The principal activities of RAMS can be split into three broad elements:

- Therapeutic holistic treatments including hyperbaric oxygen therapy; physiotherapy and massage therapy; electromagnetic stimulation therapy; vibration therapy; and flowtron therapy.
- Counselling, information, advice & nutritional guidance.
- A supportive facility and network for individuals and families affected by MS and chronic illness.

Our work complements that provided by the NHS and other voluntary organisations. With the addition of our services, hospital visits and admissions can be avoided and hospital discharges accelerated and supported. Where the focus of other charities is largely on financial support, befriending, respite relief, political lobbying or research ours is fixed exclusively on health and wellbeing as these underlie every aspect of a person's life.

Therapeutic Treatments

The charity offers a range of holistic treatments that are designed to help people feel and function better. These treatments are largely unavailable, inaccessible or unaffordable elsewhere in the province.

A number of medical treatments are available on the NHS, however these are not suitable for everyone and some support services can have lengthy waiting lists and a finite number of appointments. Treatments for advanced, progressive and degenerative conditions are often more limited and many drug therapies are associated with intolerable and unwanted side effects.

RAMS offers a range of subsidised holistic therapies that are designed to complement and enhance any other medical treatments people are receiving and to assist those for whom NHS treatments are unavailable or unsuitable. People can 'walk-in' and self-refer to our centre and can avail of our services on a daily basis, when and as they need them, particularly at critical times and traumatic events during diagnosis, relapse and disease progression.

Access to the charity's services is available to everyone, subject to treatments being suitable and beneficial to the individuals concerned and the charity's available resources.

Any financial contribution made by those attending for treatment is used towards the costs of running the Centre.

Our holistic therapies and services include:-

Hyperbaric Oxygen Therapy (HBOT) – this treatment involves breathing pure oxygen within a pressurized chamber. It helps to provide some symptom relief and assist with the rehabilitation and recovery process. Patients report a number of positive physical and mental health benefits. HBOT can help to relieve pain and inflammation; reduce fatigue, infection and depression; aid sleep and relaxation; improve mood, mobility and concentration; promote tissue regeneration and boost immunity and energy levels.

Physiotherapy, Exercise & Massage - individually tailored programmes are provided to improve strength and mobility; promote independence; and prevent deterioration and permanent disability.

Electromagnetic Stimulation Therapy - has analgesic, anti-inflammatory, antispasmodic, regenerative and relaxant effects and can help to provide some symptom relief for many chronic ailments.

Whole Body Vibration Therapy - to enhance physical fitness, muscle strength, blood circulation, lymphatic drainage and bone density. It is particularly useful in enabling people with physically debilitating conditions such as MS, Spinal Stenosis, Stroke, Osteoporosis, Arthritis,

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Parkinson's Disease and back pain to exercise safely and easily.

Flowtron Therapy - used to help in a variety of vascular, circulatory and lymphatic conditions to boost blood flow and circulation in persons after trauma, orthopaedic surgery and neurosurgery and is particularly useful for those who are unable to mobilise due to illness and/or disability, helping to prevent blood clots and complications of venous stasis.

Counselling, Information & Advice - helps people and their families to live with an incurable and unpredictable condition and the many challenges it causes. Our friendly, professional and understanding staff offer great encouragement and support to everyone. We provide positive and practical expert information that is up to date and readily available; and constructive advice, counselling and group support that help to make everyday life less of a struggle.

Nutritional Guidance - evidence based in the context of MS and neurological disease to help relieve muscle weakness, spasms, bowel problems, fatigue and other symptoms.

Support Network - we offer a welcoming and inclusive community centre, where people in similar circumstances can meet to share experiences; exchange ideas and solutions; make friendships; and support and help one another.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Achievements and performance

Achievements and performance

During the year we delivered 1384 treatments, helped more than 450 people and welcomed 71 new patients. We also recruited and supported 11 new volunteers. We answered more than 900 enquiries, performed 376 health assessments, undertook 116 consultations and carried out over 100 support sessions.

We continued relationships with many of our long-term devoted friends, local businesses and organisations and enlisted the help of several new funders who saw the valuable contribution and difference we are making to the lives of disabled individuals in Northern Ireland. We also teamed up with a local cancer charity to provide holistic treatments to people with secondary metastatic disease.

We were very kindly granted funds to purchase new physiotherapy and hyperbaric oxygen therapy equipment that will enable us to extend our range of physiotherapy treatments and cater for additional patients.

Our service users were very satisfied overall with the staff, Centre and services provided. There were no accidents, injuries or adverse incidents reported throughout the year. 99% of patients said the centre had made a difference to their quality of life.

They reported less pain, stress and fatigue; better mood; more energy; better sleep; better bladder control; less chest and urinary tract infections; fewer trips and falls; sharper memory, better focus and greater concentration; fewer visits to GP and hospital and less reliance on painkillers and other medications.

More than 2/3 of those accessing treatment had progressive disease.

All those using the centre would recommend it to others with similar illnesses.

Patients found it was easy to contact the centre and arrange timely appointments.

Patients travelled from all 5 counties, demonstrating that comparable services are not available nearby and our centre is well situated to serve the entire province.

Patients trusted and valued the experience of staff and their ability to listen, explain and advise. They felt welcomed, encouraged and supported. 82% of patients remained in paid employment. 99% remained living in their own homes.

91% reported feeling emotionally stronger.

More than 1/3 had been visiting the centre for more than 5 years and attended weekly, indicating that we are providing long-term continuous support.

Committed Team

Our team of staff and volunteers is a holistic multi-disciplinary team sharing extensive knowledge, skills and expertise. Our staff have more than 30 years experience in their dedicated fields of specialist healthcare, management and holistic therapy.

Contribution of Volunteers

The success of fundraising events and public collections are dependent on the ongoing support of many volunteers. The Trustees are extremely grateful for all who have generously provided their skills and time for the benefit of the charity throughout the year.

RAMS (NI) LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2019

Financial review

Voluntary Income

We are a small, independent and completely self-funding charity. We do not receive any financial help from the government or NHS. To finance the provision of our activities, the charity is dependent upon voluntary income from the following sources:-

- Fundraising activities
- Public collections
- Subscriptions & donations from members and supporters
- Donations & grants from charitable trusts, companies, councils and voluntary groups

Our income for the year neared £72,000 and comprised £19,507 from fundraising events and collections; £16,806 from member and supporter donations; £26,690 from grants and company donations; and £8,486 from Gift Aid. This money was spent directly on the £73,000 required to run the centre and deliver its charitable activities throughout the year. We are delighted to have raised sufficient funds in 2019 to meet our modest and necessary expenditure.

Thank you to everyone who fundraised, donated and supported our work throughout the year. Your support helps to make a real difference to the lives of individuals who might otherwise have difficulty walking, talking, eating, writing and dressing; develop problems with their sight, swallow, continence, memory and concentration; be forced to give up their jobs and relinquish care of their children; require nursing home care; and potentially decide to take their own lives.

Reserves Policy

The charity is authorised within its constitution to set aside funds for special purposes or as reserves against future expenditure. Ideally the Trustees aim to maintain a prudent level of free reserves at between 6 and 12 months of operating expenditure to provide an immediately available resource should the Centre experience a significant adverse event. Since the unforeseen and devastating flash flood of 2012 and the significant costs that were incurred in refurbishing the Centre as a consequence of the extensive damage caused, the charity's free reserves are currently sitting at approximately 3 to 4 months of running costs.

Investment Policy

The charity is permitted under its constitution to deposit and invest funds for the purposes of furthering its aims and objectives. The charity's year on year annual incoming resources have however been used to meet annual running costs.

Small company provisions

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

The trustees' annual report was approved on 20th April 2020 and signed on behalf of the board of trustees by:



Mrs P Crawford
Trustee

RACE AGAINST MULTIPLE SCLEROSIS (RAMS)

Northern Ireland - Charity number 101381

Annual return

RAMS (NI) LTD

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of RAMS (NI) LTD

Year ended 31 December 2019

I report to the trustees on my examination of the financial statements of RAMS (NI) LTD ('the charity') for the year ended 31 December 2019.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of Charities Act (Northern Ireland) 2008 (the '2008 Act') and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the charity's financial statements as carried out under section 65 of the 2008 Act. In carrying out my examination I have followed the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the 2008 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 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 financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



John Magee
Independent Examiner

631 Lisburn Road
Belfast
BT9 7GT