Nottingham Multiple Sclerosis Therapy Centre Limited

(A company limited by guarantee)

Report and Financial Statements

Year ended: 31 December 2025

Charity no: 701421

Company no: 02294556

Nottingham Multiple Sclerosis Therapy Centre Limited

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Nottingham Multiple Sclerosis Therapy Centre Limited
Legal and administrative information

Directors and Trustees:
Andrew Warwick
John Fearon
Caroline Kalsheker

Registered Office:
Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

Reporting Accountants:
Samantha Allan
3 Holloway Close
East Bridgford
Nottingham
NG13 8NG

Company Registered Number:
02294556

Charity Registered Number:
701421

Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2025
Company registration number: 02294556

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the period ended 31 December 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities (issued March 2005 as modified June 2008) in preparing the annual report and financial statements of the charity.

The charity is a charitable company limited by guarantee, not having a share capital, and was incorporated on 9th September 1988 and it is registered with the Charity Commission. It is governed by its memorandum and articles of association dated 6th January 1998.

Reference and administrative information

The trustees/directors, charity registration number and principal address of the charity are listed on page 1.

Structure, governance and management

Governing document

The charity is governed by its memorandum and articles of association dated 6th January 1998. There are no restrictions on the operation of the charity or on its investment powers, other than those imposed by general charity law.

Governing body

The company's directors, who are also the charity's trustees, are set out on page 1. The directors also constitute the board of directors which accepts overall responsibility for operational, financial and constitutional matters.

Recruitment and training of trustees

The board of trustees is composed of individuals nominated by existing members. They are constantly looking to recruit new trustees who can broaden the skills, knowledge and experience of the charity to ensure that it continues to be focused on meeting the needs of its beneficiaries. Trustees are chosen for their particular skills and personal knowledge.

Trustee vacancies are advertised in the local press, within the Centre itself and with the local Volunteer Bureau. Nominated trustees are appointed by vote at the next available committee or Annual General Meeting, whichever comes first.

Organisational Management

The charity's trustees are legally responsible for the overall management and control of the charity and meet regularly throughout the year.

Risk management

The trustees regularly review the major risks which the charity faces, and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity.

Public benefit, objectives, activities and achievements

Public benefit and objectives

The trustees have due regard to the guidance issued by the Charity Commission on public benefit. Their objective is to aid and improve for all the public benefit, in the area of benefit, the condition of those suffering from multiple sclerosis by any lawful means, including the following:

(a) by bringing together people with multiple sclerosis and people interested in, and professionals working with, multiple sclerosis.

(b) by providing advice, guidance and practical support for people with multiple sclerosis;

(c) by providing therapy (including hyperbaric oxygen therapy) for people with multiple sclerosis or other conditions.

Activities and achievements

The Centre provides a range of complementary therapies to people with multiple sclerosis and other chronic conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, a range of accessible exercise equipment, and advice, information and support.

We have continued to struggle with financial pressure on the staffing side, as it is by far our biggest cost, and they remain overworked and underpaid for what we ask them to do. We appreciate their dedication, alongside all our volunteers, in keeping the centre running as smoothly as it does.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. Volunteers are recruited through local advertising and volunteer bureau. Full training is given, by the manager, for the role in which the volunteer is placed.

The Centre’s small team of paid staff are supported by a team of 10 dedicated volunteers in a variety of roles, including trustees, hyperbaric chamber operators, admin, community fund raisers and shop collectors, web site designer and general Centre assistants. Without the invaluable on-going support and time of our volunteers the Centre would not be sustainable.

Financial review

Although the financial statements to follow show a net deficit of resources expended, the trustees consider 2025 to be a successful year in terms of charitable activities.

We are still looking to expand our therapies offered by utilising the space in unit G2 but have chosen to fill our existing calendar first, to the best of our ability. This has worked well throughout the year which is reflected in an increase of activity income of nearly 27%. This increase has helped toward a decrease in our deficit of around 30%.

The extra costs involved with the expansion play a huge part in pushing the figures into deficit but these will hopefully be balanced out when additional funding comes in.

The trustees would like to thank everyone for their donations and grants throughout the year. Detailed thanks will be given in our published 2025 Report provided to our members and donors. Special thanks is given to those trusts who continually support us each year. We could not do this without you.

Policy on Reserves

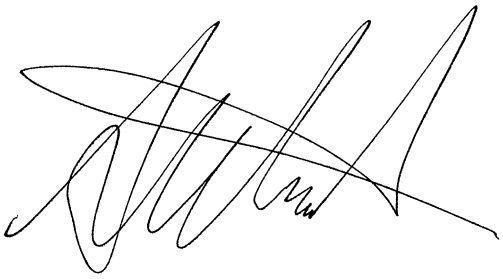
The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to cover the proposed expenditure of the charity in the following year.

Accounts preparation

The trustees confirm that the accounts comply with current statutory requirements and with those of the governing instrument.

This report has been prepared in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (issued March 2005 as modified June 2008) and in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

This report was approved by the Trustees on 29th September 2026.



Andrew Warwick

Director

Dated: 29th September 2026

Nottingham Multiple Sclerosis Therapy Centre Limited
Independent examiner's report to the Trustees of Nottingham Multiple Sclerosis Therapy Centre Limited

I report on the accounts of the company for the year ended 31 December 2025, which are set out on pages 6 to 12.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

  (a) to keep accounting records in accordance with section 130 of the Charities Act; and
  (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Samantha Allan
Chartered Accountant
3 Holloway Close
East Bridgford
Nottingham
NG13 8NG

29th September 2026

Nottingham Multiple Sclerosis Therapy Centre Limited
Statement of Financial Activities (including summary income and expenditure account) for the year ended 31 December 2025

	Notes	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
		£	£	£	£
Incoming Resources					
Income from:					
Voluntary income	2	21,828	-	21,828	38,982
Charitable activities	2	92,804	-	92,804	67,879
Investment income	2	258	-	258	197
Total incoming resources	9	114,890	-	114,890	107,058
Resources expended					
Expenditure on:					
Generating voluntary income	3	101,539	-	101,539	100,400
Charitable activities	3	25,619	-	25,619	25,233
Investment management costs	3	1,736	-	1,736	1,492
Governance costs	3	1,825	-	1,825	2,823
Total resources expended	9	130,719	-	130,719	129,948
Net incoming resources/(resources expended) before taxation		(15,829)	-	(15,829)	(22,890)
Taxation		-	-	-	-
Net income/(expenditure) for the year		(15,829)	-	(15,829)	(22,890)
Fund balances brought forward at 1 January		34,596	-	34,596	57,486
Fund balances carried forward at 31 December		18,767	-	18,767	34,596

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

Nottingham Multiple Sclerosis Therapy Centre Limited
Balance Sheet as at 31 December 2025

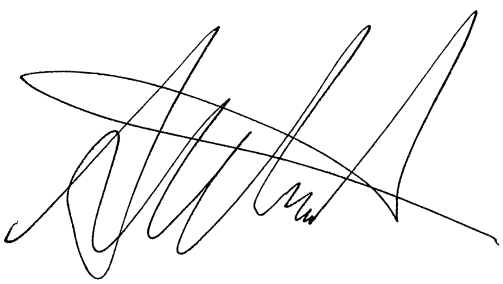
	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	6		156		3,518
Current assets					
Stocks		1,375		1,375	
Debtors	7	13,994		16,708	
Cash at bank and in hand		13,675		20,649	
		29,044		38,732	
Creditors: amounts falling due within one year	8	(10,433)		(7,654)	
Net current assets			29,200		42,250
Total assets less current liabilities			18,767		34,596
Funds:					
Unrestricted funds					
General funds			18,767		34,596
Total funds	9		18,767		34,596

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 29th September 2026



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2025

1 Accounting policies

(a) Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as applied to small entities by section 1A of the standard) issued on 16 July 2014 and with the Charities Act 2011.

(b) Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the members of the company undertake to contribute to the assets of the company an amount not exceeding £1 per member of the company.

(c) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income and gains are allocated to the appropriate fund.

(d) Incoming resources

All incoming resources are shown gross and included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are included in the SOFA when receivable. No amounts are included in the financial statements for services donated by volunteers.

Interest income is recognised when receivable.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. All costs have been attributed directly to the relevant headings.

Governance costs includes bookkeeping and the cost of preparing and examining the statutory accounts.

(f) **Tangible fixed assets and depreciation**

Tangible fixed assets are included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Fixtures, fittings and equipment	over 5 years
Decompression chamber	over 5 years

(g) **Stock**

Stocks are valued at the lower of cost and net realisable value.

(h) **Foreign currencies**

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange ruling at the balance sheet date. All differences are taken to the SOFA.

(i) Debtors

Debtors (including trade debtors) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

(j) Creditors

The charity has creditors which are measured at settlement amounts less any discounts.

2 Analysis of income

Analysis	Unrestricted funds	Restricted funds	Total funds	Prior year funds
Donations and legacies:				
Membership subscriptions	6,855	-	6,855	5,200
Donations	8,275	-	8,275	11,782
Funding	6,698	-	6,698	22,000
Totals	21,828	-	21,828	38,982
Charitable activities				
Oxygen and shop	92,804	-	92,804	67,879
Income from investments:				
Interest income	258	-	258	197

3 Analysis of expenditure

Analysis	Unrestricted funds	Restricted funds	Total for year	Total prior year
Costs of generating voluntary income:				
Incurred seeking funding	46,189	-	46,189	42,189
Other trading activities	12,773	-	12,773	12,751
Staff costs	39,215	-	39,215	39,136
Depreciation	3,362	-	3,362	6,324
Profit on disposal of assets	-	-	-	-
Total	101,539		101,539	100,400
Costs of charitable activities:				
Oxygen, insurance and maintenance	16,826	-	16,826	13,650
Staff costs	8,793	-	8,793	11,583
Total	25,619	-	25,619	25,233
Investment administration costs:				
Bank interest paid	-	-	-	-
Bank charges	1,736	-	1,736	1,492
Currency charges	-	-	-	-
Total	1,736	-	1,736	1,492
Governance costs:				
Book-keeping costs	250	-	250	250
Independent examiner's fees	1,575	-	1,575	1,500
Consultancy fees	-	-	-	1,073
Total	1,825	-	1,825	2,823

4 Staff costs

	2025	**2024**
Salaries and wages	47,556	49,999
Pension costs	702	720
Total	48,258	50,719

5 Pension costs

Contributions to defined contribution plans are expensed in the period to which they relate.

6 Tangible fixed assets

	Fixtures, fittings and equipment	Decompression Chamber	Total
	£	£	£
Cost			
At 1 January 2025	93,446	39,537	132,983
Additions			
Disposals			
At 31 December 2025	93,446	39,537	132,983
Depreciation			
At 1 January 2025	89,928	39,537	129,465
Charge for year	3,362		3,362
On disposals			
At 31 December 2025	93,290	39,537	132,827
Net book value			
At 31 December 2025	**156**	**-**	156
At 31 December 2024	3,518	**-**	3,518

There was no capital expenditure contracted for, but not provided in the financial statements.

7 Debtors

	2025	2024
	£	£
Trade debtors	-	-
Other debtors	4,764	7,931
Prepayments	9,230	8,777
	13,994	16,708

8 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	7,371	3,871
Other creditors	1,333	2,103
Accruals	1,729	1,680
	10,433	7,654

9 Statement of funds

	At 1January 2025 £	Income £	Expenditure £	At 31 December 2025 £
General reserve	**34,596**	114,890	130,719	*18,767*
Total unrestricted funds	**34,596**	114,890	130,719	*18,767*
Total funds	**34,596**	114,890	130,719	*18,767*

The General reserve represents the free funds of the charity which are not designated for particular purposes. The total net assets of the company are represented by its general reserve.

10 Other information

Nottingham Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee and incorporated in England. Its registered office is:

Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU