

**COMPASS THERAPY SUPPORT COMMUNITY LIMITED**  
**(Formerly MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED)**

**FOR**

**31 DECEMBER 2023**

**Company Registration Number SC122837**  
**Charity Number SC014991**

**COMPASS. THERAPY. SUPPORT.COMMUNITY LIMITED  
ANNUAL REPORT OF THE BOARD OF TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**Company Registration Number SC122837**

**Charity Number SC014991**

**COMPASS. THERAPY. SUPPORT.COMMUNITY LIMITED ANNUAL REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023**

The Trustees are pleased to present their annual Trustees' report together with the financial statements of the Charity for the year ended 31 December 2023 which are also prepared to meet the requirements for a Directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS102).

Our vision is that through access to effective therapies and support, people living with neurological conditions can be empowered to lead their lives as they want to, achieving their dreams and ambitions, undeterred by their condition.

Our Mission is to build an inclusive and caring community where people living with neurological conditions can access beneficial therapies and services that are tailored to support their wellbeing and improve their quality of life.

The company's objects and principal activities are:

- i. To deliver co-ordinated, holistic and person-centred therapies, support and advice services to people living with long-term neurological conditions and their families / carers assisting them in addressing the physical, psychological and emotional issues affecting them.
- ii. To work with, and for, people living with long-term neurological conditions actively engaging them in decisions that affect their lives with due regard to respect and choice, to develop social, mental and emotional confidence that empowers them to make informed choices about all aspects of their lives.
- iii. To improve physical, mental, emotional and social health and wellbeing of people living with long-term neurological conditions and their families / carers to achieve their potential and ensuring that they have the confidence and capacity to be active members and contributors in their local communities and civil society.
- iv. To offer therapies to people living with other long- or short-term health conditions where it is shown they may benefit from these and where there is sufficient capacity available.

The main activities employed to assist Compass Therapy Support Community (TSC) in meeting its objectives in 2023 included the following:

- Provision of a facility where information and advice on self-management and wellbeing support are available to enable people living with neurological conditions and other long-term conditions, as well as their family and carers, help manage their lives.
- Specialist 1:1 neurological physiotherapy and 1:1 neurological rehabilitation service for people living with neurological conditions and other long-term conditions.
- Adapted specialised exercise (physical activity) classes are offered to people living with neurological conditions and other long-term conditions.

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- Complementary therapies including acupuncture, reflexology, massage, myofascial release therapy, nail and foot care services.
- Oxygen therapy is available to people living with neurological conditions, other long-term health conditions and a wide range of other conditions including but not limited to, wound healing, post-surgical recovery, and radiation recovery.

**Changes to the Board of Trustees**

At our AGM on 12<sup>th</sup> April 2023 Lousie Murray was nominated to the Board of Trustees. On 31<sup>st</sup> December 2023 Sarah Horne stood down after four years. The current Trustees would like to thank her for all her skills and expertise in helping Compass in establishing a HR policy and workforce planning framework.

The current Trustees would like to thank everyone for their contributions, commitment all the hard work that they have put in over the years. The Charity is grateful to have an enthusiastic and hard-working team of individuals with relevant and complementing professional skill sets.

The Board simplified its reporting system to make the decision-making process and the development of key strategic strands more transparent. Working in partnership with the staff all Board meetings are now attended by the management team. The CEO and Deputy CEO providing operational and strategic quarterly reports.

**Post Covid and the impact of Cost-of-Living Crisis**

Post covid Compass has witnessed an increase in demand along with increased cost pressures including inflation, rising energy bills along with a fall in fundraising activities and donations. This has meant we have had to work even harder in managing our finances and budgets. Throughout 2023 have tried to find efficiencies in our operating model without impacting on our service provision, clients and/or our staffing resource. These difficult service delivery constraints have forced us think and work differently, resulting in opportunities to invest in new technology and new service delivery design. As before, the Charity continues to ensure it acts with care and diligence in the best interests of its clients, staff and the charity, consistent with the charity's purposes.

**Assessing Risk and Resilience**

The Board of Trustees and the staff team have shown considerable resilience over the last few years of unprecedented trading conditions - adapting quickly, managing risks and finances, learning how to work differently; always diligently planning for our future.

**A strong governance framework**

The Board of Trustees, along with a dedicated staff team have worked hard to provide good strong leadership with a clear strategic direction.

With a raft of cost pressures due to inflation throughout 2023, the charity maintained all its therapies and support services and has been proactive in using new technologies to help it maintain and sustain its service provision. Over the year Compass has achieved its broad strategic objectives and aims:

- increased its client base, supporting a broader neurological client group.
- developed new service options by invested in new technology and rehabilitation services.
- built capacity by investing its infrastructure.

Despite Compass Therapy Support Community's official launch in March 2022, over this last year it became clear that establishing a new brand identity after 38 years of being the MS Therapy Centre was challenging. In August 2023 we invested in the development of the new Compass brand by employing specialist support. Hinks Brand Wise were employed to review and revamp the Compass website, create consistent brand

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guidelines to help establish and raise awareness of Compass’ work, and help in the marketing to our key client group.

**Over the year Compass has:**

- Built capacity by investing in our data and communication infrastructure - digital processes and systems, improving client online experience, data management and data security.
- Secured core funding to support investment in services and service development.
- Implemented a new rehabilitation service based on new innovative rehabilitation technology and equipment; Alter G treadmill, Molli Suit and G Move Suit.
- Held two Rehabilitation Showcase events for Health professionals from both statutory and third sector organisations.
- Employed specialist professional to design a new marketing strategy, including producing a new website and updating our brand identity.
- Received funding to develop a two-year pilot Fatigue and Wellness programme for people living with neurological conditions.
- Successfully recruited a Deputy CEO to ensure for appropriate succession planning for the retirement of existing CEO.
- Increased our client base, supporting a broader neurological client group.
- Maintained Real Living Wage accreditation.
- Supported staff through the cost-of-living crisis by implementing a salary benchmarking review and providing quarterly £50 supermarket voucher programme.

**ACHIEVEMENTS AND PERFORMANCE**

**Achievements**

- Maintained services, our values and our purpose.
- Minimised the financial risk to the organisation.
- Increased our core staff team.
- Worked collaboratively in responding to strategic plan, client needs, assessing operational risks, and in developing policies and practices.
- Successfully raised funds to sustain the charity and maintain and develop services.
- Maintained our relationships with clients, volunteers, and key external partners.

**Impact.** The below table provides details of client’s feedback, underlines the impact Compass work is having on the overall health and wellbeing of clients, as well as on specific symptoms.

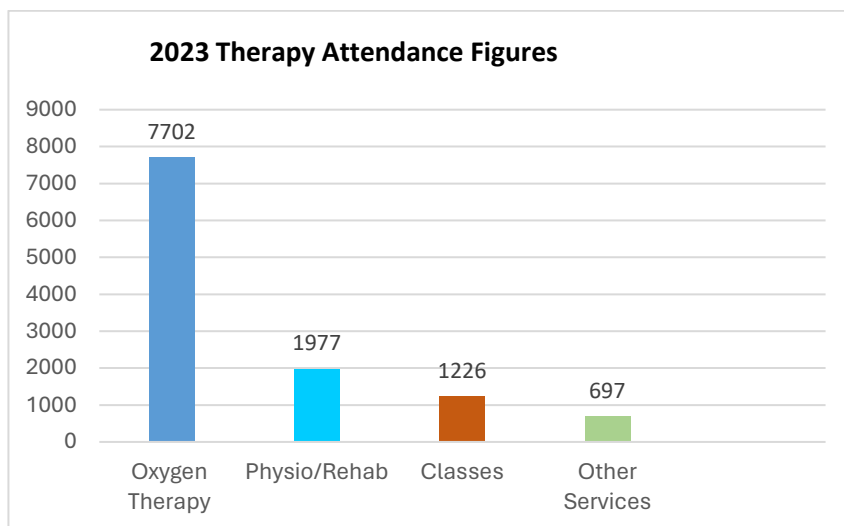
I feel supported	97%	Improved function/daily tasks	90%
Better able to manage my condition	92%	Improved mobility/ability	86%
Improved sense of wellbeing	98%	Reduced pain	88%
Improved mood /reduced anxiety	90%	Improved confidence	90%
Reduced fatigue	86%	The Centre is friendly and welcoming	94%
Better sleep	86%	Staff are helpful & knowledgeable	98%

**Performance:**

The Charity delivered a total of 10,905 subsidised therapies to 898 active clients (2022: 9,158 subsidised therapies to 689 active clients). Subsidised therapies increased by 17 from 2022, and post Covid levels of 2019.

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<b>2023 Total Attendances</b>	<b>2022 Total Attendances</b>	<b>2021 Total Attendances</b>	<b>2020 Total Attendances</b>	<b>2019 Total Attendances</b>
<b>10,905</b>	<b>9158</b>	<b>7084</b>	<b>6639</b>	<b>9294</b>



**Total of 10,905 Therapy Attendances.**

- 7703 Oxygen Therapy
- 1977 Physiotherapy & Rehabilitation
- 1226 Group Exercise classes (face to Face and Live Stream) 697 Other services: Complementary Therapies: Massage, Reiki, Reflexology, Nutrition Therapy, Foot Care, Wellbeing Support, Information & Advice, Peer Support

**Client Demographics and Geographic Spread**

Compass clients come from across the Lothian area and present a wide range of symptoms and needs.

**Geographic Location:**

<b>City of Edinburgh</b>	<b>East Lothian</b>	<b>Midlothian</b>	<b>West Lothian</b>	<b>Other</b>
73%	14%	4%	3%	6%

**Gender:**

<b>Female</b>	<b>Male</b>
<b>62%</b>	<b>38%</b>

**Age Range:**

<b>18-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
(2%)	(4%)	(21%)	(41%)	(32%)

**Neurological Conditions:**

Multiple Sclerosis	26%
Long Covid	24%
ME/CFS	20%
Fibromyalgia	12%
Stroke	8%
Traumatic Brain Injury	2%
Parkinson's	2%
Dementia/Alzheimer's	1%
Other long-term conditions	5%

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The increase in demand for oxygen therapy was driven in part by people suffering from \*long COVID, as many of the symptoms closely mimic such conditions as Post Viral Fatigue Syndrome, Chronic Fatigue Syndrome and ME as well as MS, which are characterized by persistent fatigue, 'brain fog, weakness, joint pain, depression, and non-restorative sleep. Many of our MS, ME and CFS clients find relief from their symptoms through regular Oxygen Therapy sessions. In the Long COVID clients we have treated and who completed their protocol, 95% expressed that they have seen an improvement in their symptoms.

**The Charity welcomed:** a total of 195 new clients.

- 102 Neuro client: 45 Long Covid, 18 MS, 14 ME/CFS, 12 Fibro, 8 Stroke, 5 Brain Injury
- 94 non-neurological clients.

### **The Therapy Support Fund and Minimum Contribution System**

In recognition of clear links between long-term health conditions, deprivation, lifestyle factors and the wider determinants of health it is the Charity's undertaking to never turn anyone away who needs its help as these can severely restrict a person's ability to access and afford vital support, therapies and services.

The Therapy Support Fund (TSF), established in 2017, operates to provide a subsidy on the cost of delivering our therapies through our minimum contribution scheme, and provides additional support for those receiving means tested benefits. TSF helps in reducing the financial burden for people living with neurological conditions. The TSF provides a 50% subsidy on physiotherapy costs, and 20% on oxygen therapy and group classes costs. This helps provide clients with full and continuing access to all the charity's therapies and services. Funds raised through community fundraising activities, donations and grants from award giving bodies maintain The Fund.

### **Fundraising**

The Charity would like to take this opportunity to thank all its members, clients, friends, and local groups for their support. The charity is extremely grateful for the support received from trust and foundations in support of the development the charity and its services: Garfield Weston Foundation, RS Macdonald Charitable Trust and the Edward Gostling Foundation, and Community Lottery Improving Lives Programme.

### **Health & Social Partnership Direct Award**

Throughout 2023, the Charity benefited from a Direct Award from the City of Edinburgh Health & Social Partnership to provide advice, support and therapies for people living with neurological conditions in the Edinburgh Area. This existing agreement expires on 31<sup>st</sup> March 2024. The charity is currently in negotiation with City of Edinburgh Health & Social Care Partnership with a view of agreeing a new award to maintain the continuity of support in self-management activities for people living with neurological conditions living in the Edinburgh area and is expecting a decision by April 2024. it is uncertain what the impact of the financial cuts in the Public Sector will have on third sector service and grant agreements.

### **Risk Management**

The Board of Trustees regularly undertakes a review of the risks to which the Charity is exposed, particularly business, operational and financial risks. The Charity has introduced procedures and reporting regimes to mitigate and manage risks. Internal control systems are designed to meet the Charity's operating needs, the risks to which it is exposed and to provide reasonable assurance against misstatement or loss. The Charity ensures disclosure checks are carried out on all new staff and volunteers, and the Health and Safety policy outlines procedures to ensure compliance with health and safety of staff, volunteers, clients, and visitors to the centre. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Other policies are in place covering the Protection of Vulnerable Adults, GDPR-data protection, complaints, confidentiality, handling and retention of disclosure information, volunteering, and

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equal opportunities. The Charity operates regular procedures to monitor the receipt of income and both revenue and capital expenditure.

**Future Plans**

The Board welcomes the fresh ideas, enthusiasm and commitment being shown by new Trustees, and the invaluable support provided by every Board member and staff team. The current cost of living crisis, and challenging economic environment are influencing and informing the charity's strategic plan for 2024 and the next three years. The charity's key strategic objective for 2024 is sustainability.

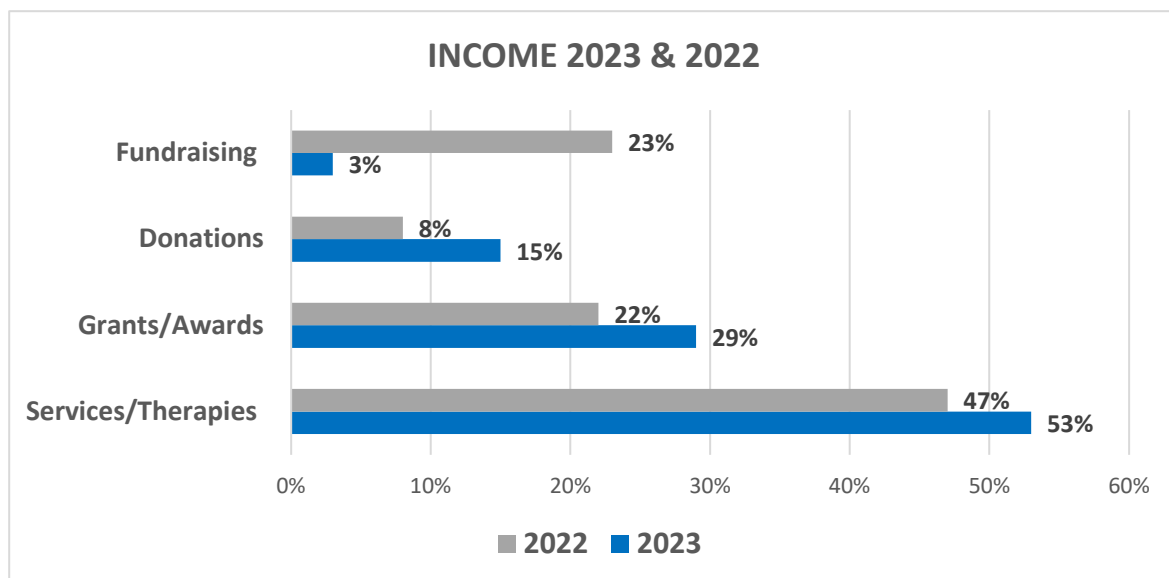
The Charity's three-year strategic plan remains focused on 'How do we sustain and grow?' to maximise the charity's outcomes and impact. Key to moving forward and growing the organisation is building on its learning, and achievements, diversifying its income streams, widening access. With the organisation's Strategic Objectives in place the following plans are progress:

- **Branding and Communication:** building on and expanding awareness of the charity's new brand and broader neurological service base, ensuring our messaging and communication is in line with the charity's vision, mission, and values.
- **Rehabilitation Hub development:** building and developing on the investment in new rehabilitation technology, and staff skills and working in line with the principles of *Rehabilitation and Recovery: A Once for Scotland Person-Centred Approach to Rehabilitation*. An Integrated; Innovative and ambitious approach delivered by a flexible and skilled workforce.
- **Developing and enhancing digital and social media presence:** developing the charity's digital presence, website and social media platforms will give the charity's new brand a better platform to communicate with its clients, supporters, and stakeholders. This will provide opportunities build our network and profile in delivering self-management support for people living with neurological conditions.
- **Staff Cost of Living Support and Workforce Planning:** The charity provides wellbeing support, as well as support through the Charity's HSF Health Plan. Additionally, in recognition of the ongoing financial challenges, the charity will implement a salary increase as from April 2024. The charity will also carry out a Workforce Planning review, this help analyze current workforce, determine future workforce needs, identifying any gaps between current workforce and future needs, and help in implementing solutions so the charity can accomplish its mission, goals, and strategic plan.

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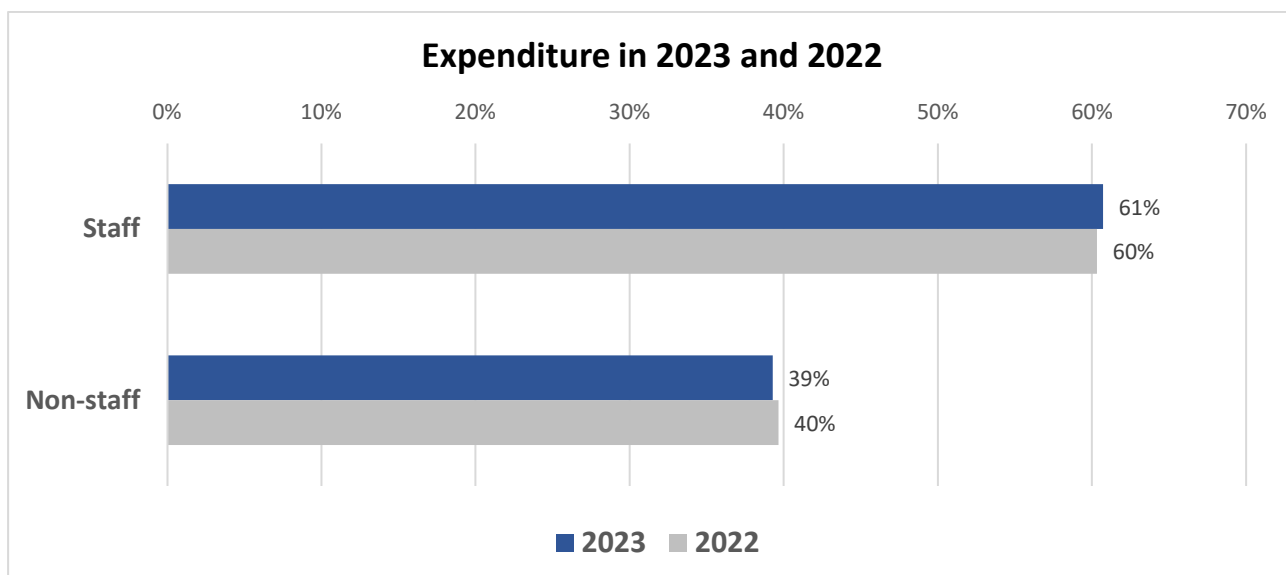
**Financial Review**

Total income for the year was £451,664 (2022: £382,933). A breakdown of the main categories of income is shown below. Fundraising 3%; Donations; 15% Grants/Awards 29%; Services/Therapies: 53%.



The increase in income from Services and Therapies is indicative of a complete year without any Covid restrictions and also following the major investment in the centre and its facilities in the prior year. Fundraising income has fallen back as there were targeted campaigns for the oxygen generator and physio equipment in the previous year.

Total expenditure for the year was £412,384 (2022: £397,867) of which 61% (2022: 60%) was staff costs and 39% (2022: 40%) was non-staff costs.



The modest increase in expenditure is in part due to inflationary pressures (especially energy costs following the first full year of oxygen generation at the centre), a modest increase in staffing costs (salary increase) and also the increase in depreciation costs following the investment in the centre and its equipment in the previous year. The net result for the year was a surplus of £39,280.



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**Reserves Policy**

A portion of the reserves is designated for emergency or planned expenditure. The Board of Trustees considers that 3-6 months of operating costs is an appropriate level of general funds to maintain under normal operations. With the current cost of living crisis these funds are being carefully monitored and general funds supplemented where possible through grants and government aid programmes to ensure the Charity can sustain service delivery during these challenging times.

At the end of 2023 restricted funds stood at £51,515 (2022: £83,039). Unrestricted funds stood at £290,577 (2022: £219,773), of which £125,000 is designated for emergency and urgent Barochamber repair, improvement, or replacement. The Charity's costs are currently in the region of £34,000 per month of which some £21,000 relates to salaries and pensions. The general funds at 31 December 2023, were £165,577 which represents a reserve of around 5 months running costs. The Board are pleased to report that the level of reserves has been strengthened in 2023 although, as noted above the situation is being very closely monitored in 2024.

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**Reference and administrative details**

<b>Charity Name</b>	Compass Therapy Support Community Limited (formerly Multiple Sclerosis Therapy Centre Lothian Limited)
<b>Company Number</b>	SC122837
<b>Charity Number</b>	SC014991
<b>Registered office &amp; Operational Address</b>	Unit 40c Swanfield Edinburgh EH6 5RX
<b>Independent Examiner</b>	Kevin Cattanach CA Whitelaw Wells Chartered Accountants 9 Ainslie Place Edinburgh EH3 6AT
<b>Bankers</b>	The Royal Bank of Scotland 2 Bernard Street Edinburgh EH6 6PU  Shawbrook Bank Limited Lutea House Warley Hill Business Park Brentwood Essex CM13 3BE
<b>Directors/Board of Trustees</b>	Charlotte Encombe, Chair Daniel Baigrie, Vice Chair Carole Macartney, Secretary Miguel Hernandez, Treasurer Sarah Horne (resigned 31 December 2023) James Richardson Louise Murray (appointed 13 April 2023) Ruth Saunders – (appointed 4 December 2023) Claire Maclaine – (appointed 16 January 2024)
<b>Company Secretary</b>	Carole Macartney
<b>Chief Executive Officer</b>	Nancy Campbell

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## **Structure, Governance and Management**

### **Governing Document**

The organisation is a charitable company limited by guarantee, incorporated on 9 February 1990, and registered as a Charity on 28 September 1994. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1. Multiple Sclerosis Therapy Centre Lothian Limited was formerly known as Lothian Friends of ARMS Limited but changed its name on 12 February 1999.

The Memorandum and Articles of Association of the charitable company were updated by Special Resolution on 21 June 2021 to adopt revised charitable purposes to reflect more accurately the current aims of the Charity, to reflect OSCR guidance relating to the use of digital communication and technology for holding meetings and to adopt the proposed change to the operating name of the charity to Compass. This was undertaken in full consultation with the members and complying with the regulations as set out by the Office of the Scottish Charity Regulator.

### **Recruitment and Appointment of Board of Trustees**

The original members of the company consisted of the Founder member and ordinary members. The Founder member was ARMS (Multiple Sclerosis Research) Limited, but this no longer operates, and therefore now the company members consist of members, who are any persons with MS or an interest in promoting the objects of the company as admitted to membership by the Board of Trustees. The Board of Trustees is selected from the members of the company and external advertising.

The members of the Board of Trustees, including the directors of the company, are Charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association, the members of the Board of Trustees are elected to serve for three years. They must take a break after three terms.

The Board of Trustees seeks to ensure that the needs of people with neurological conditions are appropriately reflected through the diversity of the trustee body, with a mix of members with neurological conditions and those who, though not themselves, diagnosed with neurological condition have an interest in the aims of the Company, and can offer appropriate business, clinical or other relevant skills. All members, apart from employees, are eligible to become members of the Board.

### **Trustee Induction and Training**

Many new Trustees are already familiar with the practical work of the Charity having either used the facilities or volunteered to help in the operation of the Centre prior to taking up a Trustee role.

New Trustees are invited and encouraged to attend a series of short briefing sessions to familiarise themselves with the Charity and the context within which it operates. These are led by the Chair of the Board of Trustees and the Chief Executive Officer and will cover:

- The obligations of Board of Trustees members.
- The main documents which set out the operational framework for the Charity including the Memorandum and Articles.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

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Information is provided drawing from the various Charity Regulator publications, and this will be distributed to all new Trustees along with the Memorandum and Articles and the latest financial statements.

Trustees are encouraged to attend appropriate training events and any notes from these are circulated to other Trustees to ensure the key learning points are shared.

**Organisational Structure**

The Charity has a Board of Trustees of up to 11 members who meet every three months, on a formal basis. Trustees will be invited to contribute their skills and expertise in agreed sub-groups for certain projects. In addition, the office-bearers communicate regularly for the purposes of taking forward specific work areas. The Board of Trustees is responsible for the strategic direction and policy of the Charity.

A scheme of delegation is in place. Day-to-day responsibility for the provision of the services rests with the Strategic Development Manager, who oversees operational management of the Centre and individual supervision of the staff team, carries out fundraising activities, and ensures that the team continues to develop their skills and working practices in line with good practice.

The Board of Trustees would like to acknowledge the continued and valued contribution to the smooth running of the centre from its dedicated group of volunteers. Volunteers contribute to all aspects of service delivery from supporting the operation of the oxygen chamber, essential maintenance and repair and cleaning and hygiene input. The Board of Trustees is also acting in a voluntary role and make considerable input to the direction of the Centre. In 2023 volunteer time contribution amounted to the equivalent of some £80,750. This can be broken down to £28,500 operational volunteer time and £52,250 Trustees' input. As at December 2023 there were 14 active volunteers, excluding 6 Trustees.

**Related Parties**

In so far as it is complementary to the Charity's objects, the Charity is guided by both local and national policy. The Charity is a member of the Neuro Therapy Network (NTN), formerly MS National Therapy Centres (MSNTC) an umbrella Charity registered in England and Wales and in Scotland. As a member of NTN, the Charity benefits from the provision of national standards for the delivery of oxygen therapy. NTN holds Open Meetings around the UK to enable Centres to communicate and share ideas and best practice. The representation of other Centres within this group has proved invaluable to the Charity in establishing improved links within the MS community and identifying relevant policy developments and prospective treatments and how they may be funded. The charity is also an active member of: The Alliance: The Health and Social Care Alliance Scotland; The Neurological Alliance; Voluntary Health Scotland; Self-Directed Support Scotland; Scottish Council of Voluntary Organisations; Edinburgh Council for Voluntary Organisations.

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**RESPONSIBILITIES OF THE BOARD OF TRUSTEES**

The Charity Trustees (who are also the directors of Multiple Sclerosis Therapy Centre Lothian Limited for the purposes of company law) are responsible for preparing a directors' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Charity Trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

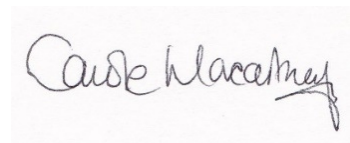
The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Signed by order of the Board of Trustees:



Charlotte Encombe  
Trustee/Chair



Carole Macartney  
Trustee/Secretary

Registered office:  
Unit 40C, Swanfield  
Edinburgh EH6 5RX

Approved by the Board of Trustees on 21<sup>st</sup> May 2024

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**(Formerly MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED)**  
**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COMPASS THERAPY SUPPORT COMMUNITY LIMITED**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

I report on the accounts of the Charity for the year ended 31 December 2023 which are set out on pages 14 to 30.

**Respective Responsibilities of Trustees and Examiner**

The Charity Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charity and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Charity's Trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Charities Accounts (Scotland) Regulations 2006 (as amended) does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

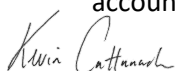
**Independent examiner's statement**

In the course of my examination, no matter has come to my attention -

1. which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with Section 44 (1)(a) of the 2005 Act, Regulation 4 of the 2006 Accounts Regulations (as amended) and sections 381, 382 and 386 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations (as amended)

have not been met, or

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



.....  
Name: Kevin Cattanach  
Relevant Professional Qualification: Chartered Accountant (ICAS)  
On behalf of Whitelaw Wells  
9 Ainslie Place  
Edinburgh, EH3 6AT

Date: 21<sup>st</sup> May 2024

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**INCOME AND EXPENDITURE ACCOUNT INCORPORATING THE STATEMENT OF FINANCIAL ACTIVITIES**

**YEAR ENDED 31 DECEMBER 2023**

	Note	Unrestricted £	Restricted £	2023 £	2022 £
<b>INCOME</b>					
<b>Income and endowments from:</b>					
Donations and legacies	2	64,797	4,000	68,797	55,866
Charitable activities	4	340,419	26,906	367,325	289,222
Other trading activities	3	14,718	-	14,718	37,330
Investments		824	-	824	515
		-----	-----	-----	-----
<b>TOTAL INCOME</b>		420,758	30,906	451,664	382,933
		-----	-----	-----	-----
<b>EXPENDITURE</b>					
<b>Expenditure on:</b>					
Raising funds	7	25,204	-	25,204	24,884
Charitable activities	7	334,455	52,725	387,180	372,983
		-----	-----	-----	-----
<b>TOTAL EXPENDITURE</b>		359,659	52,725	412,384	397,867
		-----	-----	-----	-----
<b>NET (EXPENDITURE)/INCOME FOR THE YEAR BEFORE TRANSFERS</b>		61,099	(21,819)	39,280	(14,934)
Transfers	18,19	9,705	(9,705)	-	-
		-----	-----	-----	-----
<b>NET MOVEMENT IN FUNDS</b>		70,804	(31,524)	39,280	(14,934)
<b>Reconciliation of Funds:</b>					
Balances brought forward at 1 January 2023		219,773	83,039	302,812	317,746
		-----	-----	-----	-----
Balances carried forward at 31 December 2023		290,577	51,515	342,092	302,812
		=====	=====	=====	=====

The Charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the Charity are classed as continuing.

**The notes on pages 17 to 30 form part of these financial statements.**

**COMPASS THERAPY SUPPORT COMMUNITY LIMITED**  
**(Formerly MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED)**

**BALANCE SHEET**  
**AS AT 31 DECEMBER 2023**

	Note	£	2023 £	2022 £
<b>FIXED ASSETS</b>				
Tangible assets	11		138,534	128,431
<b>CURRENT ASSETS</b>				
Stock		1,981		2,305
Debtors	12	6,406		5,601
Cash at bank and in hand		241,530		216,874
			249,917	224,780
<b>CREDITORS: amounts falling due within one year</b>	13	(14,960)		(13,642)
<b>NET CURRENT ASSETS</b>			234,957	211,138
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			373,491	339,569
<b>CREDITORS</b>				
Amounts falling due after more than one year	14		(31,399)	(36,757)
<b>NET ASSETS</b>			342,092	302,812
<b>FUNDS</b>				
Unrestricted:				
Designated funds	18	125,000		125,000
General funds	18	165,577		94,773
			290,577	219,773
Restricted Funds	19		51,515	83,039
			342,092	302,812

In preparing these financial statements:

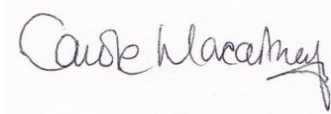
- (a) The Directors are of the opinion that the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.
- (b) The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006, and
- (c) The Directors acknowledge their responsibilities for:
  - (i) Ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006, and
  - (ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the financial year in accordance with the requirements of Section 394 and 395, and which otherwise comply with the requirements of this Act relating to the accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Trustees on 21<sup>st</sup> May 2024, and are signed on their behalf by:



Charlotte Encombe



Carole Macartney



**COMPASS THERAPY SUPPORT COMMUNITY LIMITED**  
**(Formerly MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED)**

**STATEMENT OF CASH FLOWS**

**FOR THE YEAR ENDED 31 DECEMBER 2023**

	<u>Note</u>	<u>2023</u> £	<u>2022</u> £
<b>Cash flows from operating activities:</b>			
Increase in cash from operating activities	5	85,904	21,778
		_____	_____
<b>Cash flows from investing activities:</b>			
Interest received		824	515
Purchase of tangible fixed assets		(55,856)	(146,509)
		_____	_____
<b>Net cash used in investing activities</b>		<b>(55,032)</b>	<b>(145,994)</b>
		_____	_____
<b>Cash flows from financing activities:</b>			
Repayments of borrowings		(6,216)	(6,216)
		_____	_____
Net cash (used in) financing activities		(6,216)	(6,216)
		_____	_____
(Decrease)/Increase in cash and cash equivalents in the year		24,656	(130,432)
		_____	_____
Cash and cash equivalents at the beginning of the year		216,874	347,306
		_____	_____
<b>Cash and cash equivalents at the end of the year</b>		<b>241,530</b>	<b>216,874</b>
		=====	=====

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**1. ACCOUNTING POLICIES**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

**Basis of accounting**

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – Charities SORP (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Compass Therapy Support Community Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless stated in the relevant accounting policy note(s).

**Preparation of the accounts on a going concern basis**The Directors as stewards of the charity have a duty to act in the best interests of the charity and act with a level of due care and diligence. The charity's finances and reserves have been successfully managed through a combination of regular, monthly financial monitoring and modelling, and proactively working with our fundraising consultants in sourcing and securing core costs funding, recovery and development awards to maintain and sustain the charity's services and future planning. Throughout 2023 the Directors have endeavoured to be open and transparent with clients, staff, partners, and funders, talking about the challenges and keeping people updated on how the board was responding, and what they were trying to achieve. During these unprecedented times, the charity has shown considerable resilience, by adapting quickly, effectively managing risks and finances, and in planning for recovery and future sustainability. The Directors have provided good strong leadership with clear strategic direction, and they are confident in the Charity's ability to remain financially stable and will continue to take decisions collectively. They will ensure clear that robust reporting procedures and lines of accountability are in place when delegating and will implement the necessary mechanisms to ensure effective financial management and decision-making. The Directors going concern assessment covers a period of at least 12 months from the date of signing of these financial prepared on a going concern basis.

**Income**

All income is included in the Statement of Financial Activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Income from donations and legacies includes all income that is in substance a gift, made to the Charity on a voluntary basis. This is included in full in the Statement of Financial Activities when receivable. Membership income and gifts in kind are included when received. Gifts in kind are valued at a price the Charity would have to pay in the open market for the equivalent item. Grants of a general nature, where entitlement is not conditional on delivery of a specified level of service, are recognised when the Charity becomes unconditionally entitled to the grant. A legacy, in whole or part, is only considered probable when the amount can be measured reliably, and the Charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the Charity, or the Charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**1. ACCOUNTING POLICIES (cont'd)**

- Income from charitable activities includes fees for treatment therapies and income earned both from the supply of services under contractual arrangements and from performance-related grants which have conditions that specify the provision of particular services to be provided by the Charity.
- Grants where related to performance and specific deliverables, are accounted for as the Charity earns the right to consideration by its performance.
- Income from other trading activities includes income earned from both trading activities in order to raise funds for the Charity and income from fundraising events and is recognised when receivable.
- Investment income is included when receivable.

**Expenditure**

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay. All costs have been directly attributed to one of the functional categories of resources expended in the Statement of Financial Activities. The Charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

- Expenditure on raising funds includes all expenditure incurred by a Charity to raise funds for its charitable purposes. It includes the costs of all fundraising activities and events and the sale of bought in goods.
- Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be directly attributed to such activities and those of an indirect nature necessary to support them including costs related to the governance of the Charity.

The value of services provided by volunteers has not been included in these accounts as the monetary value is not easily measured.

Support costs are those functions that assist the work of the Charity but do not directly undertake charitable activities. Support costs include finance, personnel, payroll and governance costs which support the Charity's activities. The bases on which support costs have been allocated are set out in note 9.

**Stocks**

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

**Tangible Fixed Assets**

Assets are initially included at cost. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	-	20% straight line
Fixtures & fittings	-	20% straight line
Property improvements	-	20% straight line

The Charity has increased its capitalisation policy during the year to capitalise items above £500.

**Designated Funds**

Designated funds are unrestricted funds designated by the Board of Trustees for a specific purpose.

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**1. ACCOUNTING POLICIES (cont'd)**

**Unrestricted Funds**

Unrestricted funds are grants and other income receivable or generated for the objects of the Charity without further specified purpose and are available as general funds.

**Restricted Funds**

Restricted funds are to be used for specific purposes as laid down by the donor.

**Operating lease agreements**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against income on a straight-line basis over the period of the lease.

**Pensions**

The Charity operates a defined contribution pension scheme for all employees who have opted to participate. The assets of the schemes are held separately from those of the Charity in an independently administered fund.

**Barochamber**

The costs of the Barochamber were written off to the income and expenditure account in the year of purchase.

**2. INCOME FROM DONATIONS AND LEGACIES**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Donations	66,257	54,009
Gift Aid	2,540	1,845
Income from membership fees	-	12
	<hr/>	<hr/>
	68,797	55,866
	<hr/> <hr/>	<hr/> <hr/>

Income from donations and legacies was £68,797 (2022: £55,866) of which £64,797 (2022: £34,740) was unrestricted and £4,000 (2022: £21,126) was restricted.

**3. INCOME FROM OTHER TRADING ACTIVITIES**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Fundraising - events	2,824	1,500
Other fundraising	9,875	33,094
Merchandise & refreshment sales	2,019	2,736
	<hr/>	<hr/>
	14,718	37,330
	<hr/> <hr/>	<hr/> <hr/>

Income from other trading activities was £14,718 (2022: £37,330) of which £14,718 (2022: £17,578) was unrestricted and £nil (2022: £19,752) was restricted.

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**4. INCOME FROM CHARITABLE ACTIVITIES**

	Unrestricted	Restricted	2023	2022
	£	£	£	£
Oxygen Treatment	170,913	-	170,913	129,323
Physiotherapy	46,615	-	46,615	29,103
Other therapies	17,581	-	17,581	20,390
<b>Grants:</b>				
CEC – Health & Social Care Partnership	36,500	-	36,500	36,525
Edward Gostling Foundation	25,000	-	25,000	25,000
Garfield Weston Foundation	25,000	-	25,000	-
National Lottery Community Fund	-	26,906	26,906	28,589
Percy Bilton Charitable Trust	2,810	-	2,810	-
RS MacDonald	16,000	-	16,000	10,000
SG Community Health & Wellbeing Fund	-	-	-	10,292
	<u>340,419</u>	<u>26,906</u>	<u>367,325</u>	<u>289,222</u>

Income from charitable activities was £367,325 (2022: £289,222) of which £340,419 (2022: £225,341) was unrestricted and £26,906 (2022: £63,881) was restricted.

**5. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2023	2022
	£	£
Net movement in funds	39,280	(14,934)
Add back depreciation charge	44,192	34,599
Add back loss on disposal of fixed assets	1,561	34
Interest received	(824)	(515)
Decrease/(Increase) in stock	324	147
Decrease/(increase) in debtors	(805)	447
Increase/(decrease) in creditors	2,176	2,000
Increase in cash from operating activities	<u>85,904</u>	<u>21,778</u>

**6. NET INCOME FOR THE YEAR**

<b>This is stated after charging: -</b>	2023	2022
	£	£
Independent Examiner's remuneration:		
- External Scrutiny	1,890	1,560
- Payroll administration	1,195	1,114
Depreciation	44,192	34,599
Loss on disposal of fixed assets	1,561	34

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**7. EXPENDITURE**

	CHARITABLE ACTIVITIES			2023 £	2022 £
	Raising Funds £	Treatment Services £	Project Costs £		
<b>Direct costs</b>					
<b>allocated to activities:</b>					
Fundraising & marketing	8,060	-	-	8,060	8,427
Physiotherapy staff costs (note 10)	-	101,487	27,409	128,896	109,659
Physio & other therapy services	-	7,090	-	7,090	7,149
Beneficiary support costs	-	-	2,000	2,000	-
Equipment maintenance and running costs	-	13,383	295	13,678	27,483
<b>Support Costs</b>					
<b>allocated to activities:</b>					
Other staff costs (note 10)	15,294	101,850	5,404	122,548	130,396
Staff recruitment & training	-	2,314	620	2,934	1,434
Volunteer & Trustee expenses	-	1,016	-	1,016	1,492
Purchases	1,850	-	-	1,850	1,457
Rent, rates, insurance & repairs	-	22,894	6,380	29,274	30,343
Heat & light	-	14,079	-	14,079	5,533
Telephone & IT support	-	6,364	-	6,364	6,483
Office supplies, post and stationery	-	5,674	-	5,674	3,038
Travel & subscriptions	-	1,957	468	2,425	3,563
Independent Examination fee	-	1,890	-	1,890	1,560
Accountancy support	-	4,370	-	4,370	4,075
Legal and consulting fees	-	3,597	-	3,597	12,137
Payroll administration	-	1,195	-	1,195	1,114
Bank charges & other admin	-	8,701	-	8,701	6,772
Loan interest	-	990	-	990	1,119
Depreciation	-	34,043	10,149	44,192	34,599
Loss on disposal of fixed assets	-	1,561	-	1,561	34
	<u>25,204</u>	<u>334,455</u>	<u>52,725</u>	<u>412,384</u>	<u>397,867</u>

Total expenditure was £412,384 (2022: £397,867) of which £359,659 (2022: £314,553) was unrestricted and £52,725 (2022: £83,314) was restricted.

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**8. SUMMARY ANALYSIS OF EXPENDITURE AND RELATED INCOME FOR CHARITABLE ACTIVITIES**

This table shows the cost of the two main charitable activities and the sources of income directly to support those activities:

	<b>Treatment Services</b>	<b>Project Activities</b>	<b>TOTAL</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Costs	(334,455)	(52,725)	(387,180)
Contributions for therapy	235,109	-	235,109
Direct grant support	36,500	30,906	67,406
	<hr/>	<hr/>	<hr/>
Net shortfall of funds from charitable activities	(62,846)	(21,819)	(84,665)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**9. ANALYSIS OF GOVERNANCE AND SUPPORT COSTS**

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between the two main charitable activities undertaken (see note 7) in the year. Refer to the table below for the basis for apportionment and the analysis of support and governance costs.

**Analysis of Support and Governance Costs**

	<b>General Support</b>	<b>Governance Function</b>	<b>TOTAL</b>	<b>Basis of Apportionment</b>
	<b>£</b>	<b>£</b>	<b>£</b>	
Salaries, wages & related costs	119,458	-	119,458	staff time
Volunteer/Trustees expenses	738	278	1,016	exp' claim
Premises & office costs	98,114	-	98,114	invoiced exp'
Independent examination fees	-	1,890	1,890	governance
Accountancy / other professional fees	8,512	650	9,162	invoiced exp'
	<hr/>	<hr/>	<hr/>	
TOTAL	226,822	2,818	229,640	
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**10. STAFF COSTS**

The aggregate staff costs were:

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Salaries	232,508	221,092
Employers' NI	13,402	13,683
Pension	4,451	4,386
Staff insurance/Health Plan	1,083	894
	<hr/>	<hr/>
	251,444	240,055
	<hr/> <hr/>	<hr/> <hr/>

No employee received emoluments totalling more than £60,000 in the year. No directors received any remuneration or reimbursed expenses in the current or previous year. No directors received payment for professional or other services supplied to the Charity (2022: £Nil).

**Particulars of employees:**

The average number of staff, calculated on a head count basis, excluding directors, employed by the Charity during the financial year was:

	<b>2023</b>	<b>2022</b>
	<b>No.</b>	<b>No.</b>
Chief Executive Officer	1	1
Deputy Chief Executive Officer	1	-
Physiotherapists	2.25	3
Project Officers	2.5	2.5
General Assistants	5.25	5
	<hr/>	<hr/>
	12	11.5
	<hr/> <hr/>	<hr/> <hr/>



**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

<b>11. TANGIBLE FIXED ASSETS</b>	<b>Computer Equipment £</b>	<b>Fixtures &amp; Fittings £</b>	<b>Property Improvements £</b>	<b>Total £</b>
<b>COST</b>				
At 1 January 2023	9,275	168,565	89,705	267,545
Additions	1,900	35,189	18,767	55,856
Disposals	(4,826)	(8,254)	(763)	(13,843)
	<hr/>	<hr/>	<hr/>	<hr/>
<b>At 31 December 2023</b>	<b>6,349</b>	<b>195,500</b>	<b>107,709</b>	<b>309,558</b>
	<hr/>	<hr/>	<hr/>	<hr/>
<b>DEPRECIATION</b>				
At 1 January 2023	7,245	72,086	59,783	139,114
Charge for the year	823	31,905	11,464	44,192
Released on disposal	(3,953)	(7,566)	(763)	(12,282)
	<hr/>	<hr/>	<hr/>	<hr/>
<b>At 31 December 2023</b>	<b>4,115</b>	<b>96,425</b>	<b>70,484</b>	<b>171,024</b>
	<hr/>	<hr/>	<hr/>	<hr/>
<b>NET BOOK VALUE</b>				
<b>At 31 December 2023</b>	<b>2,234</b>	<b>99,075</b>	<b>37,225</b>	<b>138,534</b>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<b>At 31 December 2022</b>	<b>2,030</b>	<b>96,479</b>	<b>29,922</b>	<b>128,431</b>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<b>12. DEBTORS</b>				
			<b>2023</b>	<b>2022</b>
			<b>£</b>	<b>£</b>
Gift aid receivable			1,901	1,841
Prepayments and accrued income			3,200	3,045
Other debtors			1,305	715
			<hr/>	<hr/>
			<b>6,406</b>	<b>5,601</b>
			<hr/> <hr/>	<hr/> <hr/>
<b>13. CREDITORS: amounts falling due within one year</b>				
			<b>2023</b>	<b>2022</b>
			<b>£</b>	<b>£</b>
Bank loans (note 15)			5,358	5,226
Other creditors & accruals			9,602	8,416
			<hr/>	<hr/>
			<b>14,960</b>	<b>13,642</b>
			<hr/> <hr/>	<hr/> <hr/>

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**14. CREDITORS: amounts falling due after more than one year**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Bank loans (note 15)	31,399	36,757
	31,399	36,757
	31,399	36,757

**15. BANK LOANS**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Due in less than one year	5,358	5,226
Due in one to two years	5,494	5,358
Due in two to five years	17,329	16,902
Due in more than five years	8,576	14,497
	36,757	41,983
	36,757	41,983

The Charity secured the UK Government backed Bounce Back Loan in May 20. The loan term has been extended to ten years with no payments in the first twelve months and interest covered by the UK Government. The interest rate is 2.5% fixed for the remaining nine years.

**16. ANALYSIS OF CHANGES IN NET DEBT**

	<b>At 1<sup>st</sup> Jan 2023 £</b>	<b>Cash flows £</b>	<b>Other non- cash changes £</b>	<b>At 31st Dec 2023 £</b>
<b>Cash and cash equivalents</b>				
Cash	236	(58)	-	178
Instant access bank accounts	99,128	24,714	-	123,842
Fixed or notice term deposits	117,510	-	-	117,510
	216,874	24,656	-	241,530
	216,874	24,656	-	241,530
<b>Borrowings</b>				
Debt due within one year	(5,226)	(132)	-	(5,358)
Debt due after more than one year	(36,757)	5,358	-	(31,399)
	(41,983)	5,226	-	(36,757)
	(41,983)	5,226	-	(36,757)

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 DECEMBER 2023**

**17. COMMITMENTS UNDER OPERATING LEASES**

At 31 December 2023 the Charity had total commitments under non-cancellable operating leases as set out below.

	<b>Land and buildings</b>	
	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Operating leases which expire:</b>		
Within 1 year	14,980	14,980
Within 2 to 5 years	18,140	33,120
	<u>33,120</u>	<u>48,100</u>
	<u><u>33,120</u></u>	<u><u>48,100</u></u>

**18. UNRESTRICTED FUNDS**

	<b>Balance at 1 January 2023</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>Balance at 31 December 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Designated Funds:					
Barochamber Repair & Improvement fund	125,000	-	-	-	125,000
Therapy support fund	-	320,909	(334,455)	13,546	-
	<u>125,000</u>	<u>320,909</u>	<u>(334,455)</u>	<u>13,546</u>	<u>125,000</u>
	<u>125,000</u>	<u>320,909</u>	<u>(334,455)</u>	<u>13,546</u>	<u>125,000</u>
General funds	94,773	99,849	(25,204)	(3,841)	165,577
	<u>94,773</u>	<u>99,849</u>	<u>(25,204)</u>	<u>(3,841)</u>	<u>165,577</u>
	<u>219,773</u>	<u>420,758</u>	<u>(359,659)</u>	<u>9,705</u>	<u>290,577</u>
	<u><u>219,773</u></u>	<u><u>420,758</u></u>	<u><u>(359,659)</u></u>	<u><u>9,705</u></u>	<u><u>290,577</u></u>

The Barochamber Repair and Improvement fund (formerly the Development Fund) is set up to finance any future major repairs to the chamber system or any future re-location costs of the Centre, or the purchase of a new Barochamber should the existing chamber need replacing. The replacement cost is anticipated to be in excess of the balance currently held.

The Therapy Support Fund has been set up to enable *anyone* to access the services of the Centre and by so doing address health inequalities by removing financial barriers for those who are unable or find it difficult to pay for the cost of treatment.

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**18. UNRESTRICTED FUNDS (cont'd)**

The other main funders contributing to the Therapy Support Fund in 2023 are listed below.

Hospital Saturday Fund	£2,000	Stafford Trust	£5,000
Capricorn Energy	£4,000	Robert Haldane Trust	£1,000
February Foundation	£5,000	PF Charitable Trust	£3,000
Nancy Massey Charitable Trust	£3,000	Tillyloss Trust	£1,000
Preceptory & Priory of St Anthony of Leith	£3,000	JTH Charitable Trust	£1,000
Mrs M Black Charitable Trust	£2,000	Hugh Fraser Foundation	£2,000
The Ward Family Charitable Trust	£1,500	David Family Trust	£3,000
Jules Thorn Charitable Trust	£3,000	Freemasons of Edinburgh	£1,000
Lothian Buses Employees Fund	£800	Souter Trust	£3,000
Johnston Smillie Charitable Trust	£2,000	Robert Haldane Trust	£1,000
Earl of Eldon Charity	£1,000	Walker Schoolbraid Charity	£1,000

**UNRESTRICTED FUNDS - 2022**

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
Designated Funds:					
Barochamber Repair & Improvement fund	125,000	-	-	-	125,000
Therapy support fund	10,000	244,791	(289,669)	34,878	-
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	135,000	244,791	(289,669)	34,878	125,000
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General funds	77,279	33,383	(24,884)	8,995	94,773
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	212,279	278,174	(314,553)	43,873	219,773
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**19. RESTRICTED FUNDS**

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
Physiotherapy equipment	3,149	-	(1,151)	-	1,998
Adapt & Thrive	29,527	-	(7,514)	-	22,013
NLCF – Wellbeing Support Service	29,627	26,906	(33,681)	-	22,852
Digital Transformation Project	173	-	(173)	-	-
Online Physio class Equip Fund	2,318	-	(801)	-	1,517
Physio classes at LVSC	8,245	-	(7,110)	-	1,135
Molli Suit Physio Equip Campaign	10,000	-	(295)	(9,705)	-
Long Covid Support Fund	-	4,000	(2,000)	-	2,000
	<u>83,039</u>	<u>30,906</u>	<u>(52,725)</u>	<u>(9,705)</u>	<u>51,515</u>

Physiotherapy equipment – Funds received from a number of Trusts and Foundations in 2022 to purchase up to date equipment for use in the physiotherapy department including Functional Electrical Stimulation (FES) equipment and MOTOMed movement therapy equipment. Funds received from Nancie Massie Charitable Trust, Cotton Trust and Percy Bilton Trust. The remaining balance represents the net book value of assets purchased.

Funding from the Communities & Recovery Fund (Adapt & Thrive) supporting the remodelling and refitting of our premises, expansion of physiotherapy treatment rooms with increased physio equipment. The remaining balance represents the net book value of assets purchased with these funds.

Funding from National Lottery Community Fund, Improving Lives for three years from November 2022 to October 2024 to support the development of a Wellbeing Support Service and a new Wellbeing Support Officer.

Digital Transformation/Online Physio Class Equipment – funding from various sources to support the purchase of online equipment for services and classes. The remaining balances represent the net book value of assets purchased with these funds.

Funding from the SG Mental Health & Wellbeing Fund (via EVOC) to work in partnership with Edinburgh Leisure to deliver physio/exercise classes at Leith Victoria Swim Centre (LVSC). The remaining balance represents the net book value of equipment purchased for assistance with patient mobility.

Funding from the Crerar Trust to purchase a Molli Suit for the physiotherapy rehabilitation hub. The equipment was purchased at the start of 2023 removing the restriction.

Funding from the Souter Trust to provide support for clients suffering with Long Covid in accessing oxygen therapy.

**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
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**19. RESTRICTED FUNDS (cont'd)**

**Fund Transfers**

Molli Suit Physio Equip Campaign - Restriction met on purchase of equipment and balance of funds transferred to fixed assets.

**RESTRICTED FUNDS - 2022**

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
Physiotherapy equipment	4,742	-	(1,593)	-	3,149
Adapt & Thrive	60,820	-	(30,319)	(974)	29,527
NLCF – Wellbeing Support Service	25,099	28,589	(24,061)	-	29,627
Breathe Better with MS	4,961	-	(4,961)	-	-
Digital Transformation Project	259	-	(86)	-	173
Online Physio class Equip Fund	3,119	-	(801)	-	2,318
Physiotherapy support services	2,917	-	(2,917)	-	-
The Alliance	1,550	-	(1,550)	-	-
Physio classes at LVSC	-	10,292	(2,047)	-	8,245
Oxygen Generator fund	2,000	37,480	(13,415)	(26,065)	-
AlterG Physio Equip Campaign	-	18,398	(1,564)	(16,834)	-
Molli Suit Physio Equip Campaign	-	10,000	-	-	10,000
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	105,467	104,759	(83,314)	(43,873)	83,039
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**20. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Tangible fixed assets	111,472	27,062	138,534
Current assets	225,464	24,453	249,917
Current liabilities	(14,960)	-	(14,960)
Long term liabilities	(31,399)	-	(31,399)
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Net assets	290,577	51,515	342,092
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**MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
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**20. ANALYSIS OF NET ASSETS BETWEEN FUNDS (Cont'd)**

**ANALYSIS OF NET ASSETS BETWEEN FUNDS - 2022**

	<b>Unrestricted Funds 2022</b>	<b>Restricted Funds 2022</b>	<b>Total Funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	91,219	37,212	128,431
Current assets	178,953	45,827	224,780
Current liabilities	(13,642)	-	(13,642)
Long term liabilities	(36,757)	-	(36,757)
	<hr/>	<hr/>	<hr/>
Net assets	219,773	83,039	302,812
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**21. COMPANY LIMITED BY GUARANTEE**

The members have each agreed to contribute £1 in the event of the company being wound up.

**22. RELATED PARTY TRANSACTIONS**

Directors donated and contributed £1,912 (2022: £2,650) to the Charity during the year by way of voluntary donations and contributions to services. Other than donations, no director or a person related to a director had any personal interest in any other contract or transaction entered into by the Charity during the year.

**23. TAXATION**

The company has charitable status and is therefore exempt from tax on its charitable income under the provision of section 505 of the Income and Corporation Tax.