FINANCIAL STATEMENTS

FOR

31 DECEMBER 2017



Company Registration Number SC122837 Charity Number SC014991

The Trustees are pleased to present their annual Trustees' report together with the financial statements of the Charity for the year ended 31 December 2017 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).

Objectives and Activities

Our Vision: Empowering and Enabling People Living with MS and other neurological conditions to actively manage their Lives

Our Mission: To deliver co-ordinated, holistic and person—centred support services and therapies to people living with MS and other neurological conditions assisting them in managing their daily lives

The company's objects and principal activities are:

- To deliver co-ordinated, holistic and person-centred therapies, support and advice services to people living with multiple sclerosis and other health 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 multiple sclerosis and other health 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 the physical, mental, emotional and social health and well-being of people living with multiple sclerosis and other health conditions and their families / carers to achieve their potential and ensure that they have the confidence and capacity to be active members and contributors in their local communities and civil society.

The main activities for the year continued to focus upon the provision of self-management activities, therapies, treatments and support services: oxygen treatment, physiotherapy, complementary therapies, exercise classes including physiotherapy, yoga and Pilates, and specialised information and advice on all aspects of MS and living with long term conditions.

The strategies employed to assist the Charity to meet these objectives in 2017 include the following:

- Provision of a facility where self-management support, information and advice is available that will
 enable people living with multiple sclerosis and other neurological and long-term conditions, their
 family/carers to manage their lives;
- Specialist neurological physiotherapy 1:1 and group physiotherapy classes are offered to people living with multiple sclerosis;
- Adapted specialised exercise (physical activity) classes in Pilates and yoga are offered to people living with multiple sclerosis;
- Complementary therapies including acupuncture, reflexology. Reiki, massage and hypnotherapy are offered to all clients;
- Oxygen treatment is offered to people living with multiple sclerosis, other neurological conditions and long-term conditions.

The Therapy Support Fund and Minimum Payment System

In May 2017 the Board of Trustees, after consultation with clients, members and staff, introduced a new minimum payment system and Therapy Support Fund (TSF). This replaced the previous contribution-based system and was taken in light of the unpredictable nature of the contribution/donation-based system, stagnant income levels and increasing running costs.

It is the MS Therapy Centre Lothian's undertaking to never turn anyone away who needs its help, therefore the creation of the Therapy Support Fund (TSF) recognises the fact that there are clear links between long term health conditions, deprivation, lifestyle factors and the wider determinants of health. People living with a long-term health condition are more likely to be disadvantaged across a range of social indicators, including educational and employment opportunities, home ownership and income. These can severely restrict a person's ability to access and afford vital support, therapies and services.

Our minimum payment system (charges) operates for those who are able to contribute towards the cost of their therapies and/or treatments. The TSF enables the Charity to maintain an average 50% subsidy of the actual costs of delivering specialised services and support therapies, reducing the financial burden for people living with long term health conditions. It also allows the Charity to address health inequalities by removing the financial barrier -the minimum charge- for those who are not able to pay by providing them with full continuing access to all our therapies and services. Oxygen treatment, one to one physiotherapy, acupuncture, group physiotherapy are all supported through the TSF. Payment is made directly to the freelance therapist for complementary therapies (clinical and aromatherapy massage, and reflexology) and charges are approximately 50% of the commercial rate. For adapted yoga or Pilates, a charge is made for each block of 8 sessions. This charge only covers the cost of the freelance tutors.

Service Delivery Model

The charity operates in a 'person-centred' environment with support provided through a mix of health professionals, client support workers and volunteers. Activities, therapies and treatments are delivered within a culture of supportive self-care where clients are encouraged and assisted to develop skills and strategies to manage their condition, and to cope with the emotional, physical and practical impact it has on daily life.

Stage	Service Activity	Desired Outcome
MS Clients: Newly	Provide information and advice on	Improved understanding of MS and
Diagnosed	understanding and/or type of MS;	associated symptoms; improved knowledge
	symptom management; disease modifying	and understanding of initial treatment
	treatments (DMTs), and initial	interventions (DMT); improved coping ability
	physiotherapy assessment and advice.	and mental health; engagement in a support
		network.
MS Clients: Maintenance	Provision of person-centred self-	Improved understanding of self-management
and self-management	management support, therapies and	activities available; improved knowledge and
support	activities; on-going assessment and review	understanding in managing symptoms;
	and advice; signposting/referrals to	increased self-efficacy; improved coping
İ	specialist services (statutory and	ability and mental health; engagement in a
	voluntary); support with stress and	peer support network.
	symptom management.	
Neurological and other	Provide information, advice and	Improved understanding of self-management
Health conditions	understanding on condition; symptom	activities available; improved symptom
	management; person-centred assessment	management; improved coping ability and
	of needs and self-management advice	mental health; engagement in a peer support
	signposting to external specialist support	network.
	groups.	<u> </u>

Service Activity

Our service model illustrates the Charity's approach to ensuring clients, families and carers receive a personal and individual self-management support package. We aim to create with the client a Personal Treatment Plan (PTP), and in delivering this we have developed a range of service activities.

Service	Description
Specialist Information and advice	We provide an Information Hub. This information ranges from specific booklets on the types of MS, to information on associated symptoms such as fatigue, balance, bladder problems, tremor, cognition and memory issues. In addition, we provide information on healthy eating, on diet, exercise, mobility aids, benefits, self-directed care, and latest research updates. We also provide specialist information on other conditions including: Fibromyalgia, Arthritis, ME, CFS, Stroke, Migraine, and symptoms and drugs, such as pain and antidepressants.
Oxygen Treatment	The Centre also offers oxygen treatment for people living with MS and other neurological and long-term conditions. We employ robust person-centred assessment protocols to assess client suitability. We write to each client's GP/Consultant and assess co-morbidity issues and medications. Oxygen Treatment is an "adjunctive treatment" for the majority of conditions, meaning it is used in conjunction with other treatments and is a part of your self-care and healthcare regime. We comply with guidelines set out by MS National Therapy Centres and protocols within the field of hyperbaric medicine. Each condition has a specific protocol.
Specialist Physiotherapy	The Centre employs the services of 2 part-time specialist neurological physiotherapists, supported by an assistant (part-time) within a well-equipped department. Each client attending is given a detailed assessment of his or her condition with exercises and advice tailored to individual needs to promote general health and maintain/improve control and mobility of limbs. Emphasis is placed on what people can do at home, with or without assistance. Adjustments are made as required to each individual's programme. Physiotherapy clients benefit from one-to-one assessments and sessions but can also move into group sessions if the physiotherapist feels that this would be beneficial in maintaining their flexibility, balance and strength on an ongoing basis.
Adapted Exercise Classes	We offer a range of specially adapted Pilates and yoga classes (Standing and Seated) and physiotherapy classes: Circuit, Standing, Seated and Balance. Exercise is an important part of the self-management of long term conditions and plays an important role in successful maintenance of health and emotional well-being. We offer classes aimed at improving posture, easing muscle pain and building energy reserves.
Complementary Therapies	We offer a range of complementary therapies; clinical and aroma therapy massage, reflexology, reiki, hypnotherapy and acupuncture. These therapies can help reduce feelings of fatigue, improve sleep, stress, improve mood, and help to detoxify the body, ease muscle pain, joint stiffness and create an enhanced state of relaxation and wellbeing.
Service Referrals	We work in partnership with a number of statutory and voluntary organisations providing specialist support. On behalf of clients, we make direct referrals regarding benefits and welfare issues, mobility equipment, occupational therapy and social care. We also make direct referrals to rehabilitation services and specialist consultants and nurses.

ANNUAL REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2017

Partnership working: client assessments and outreach	Our physiotherapists work with professional colleagues based in the statutory services. This has enabled various pathways to be developed to support
service	clients in accessing appropriate and timely support. This also has the benefit of saving valuable NHS time and resource. Services include: Equipment assessments and provision; Occupational Therapy — client needs/home assessments; MS Nurses — client reviews; Care providers — assessment of clients moving & handling needs; outreach — assessment and treatment in
	client homes.

Achievements and Performance

The Charity delivered a TOTAL of 9,147 therapies in 2017

The Charity welcomed:

- 72 new clients living with multiple sclerosis, and
- 165 clients living with other neurological and long-term conditions
 - The Therapy Support Fund supported 103 clients directly, who attended 390 therapies and/or self-management activities with a value of £9500 (May December 2017).
 - The Therapy Support Fund supported 3769 oxygen treatment attendees through subsidised sessions (May- December 2017)
 - The Therapy Support Fund supported 494 physiotherapy attendees through subsidised sessions (May – December 2017)

Some service delivery statistics for year ending 31 December 2017:

- 1,000 specialist information and advice leaflets and booklets were provided for clients and their families
- 1,244 Oxygen treatment sessions were provided and had 5569 Attendees
- 656 attendees for one to one physiotherapy sessions
- 246 attendees for acupuncture
- 816 attendees for group physiotherapy classes
- 1,378 attendees for adapted exercise classes, Pilates and yoga
- 482 attendees for complementary therapies
- 18 home visits made to clients

Community Support

- We provided 71 community placement nursing students with information sessions on understanding MS and self-management approaches
- We provided four students with work experience/student placement opportunities (1 physiotherapy, 1 nurse and 2 school pupils)

Staffing Cost Support

The Robertson Trust has supported the Charity since 2013, initially for a two-year period in providing funding equivalent to 50% of salary and associated costs for our project support worker role. This role was developed to improve the Centre's client interface, client interaction, and in the development of the Charity's services. During 2015 the Charity secured further funding (50% for 3 years) for this position until September 2018.

Volunteer Support

The Voluntary Action Fund supported the Charity's **Positive Links** programme from August 2017 – April 2018. This initiative is aimed at encouraging and supporting people with long-term health conditions into volunteering and providing them with person-centred support and training. It also supported specialist volunteer training and development for two staff members.

Fundraising Events

Launched in 2014, one of our annual fundraising events held in the spring each year, Mad Hatters Tea Party, continues to be a successful activity in raising awareness of MS, the Charity's work and in raising funds locally. In 2017 the Charity launched another annual event *Ladies What Lunch* in partnership with Dean Vs MS awareness campaign. This was hugely successful.

This is complemented by other events such as the annual coffee morning and Christmas Fair. In addition, the Centre is very appreciative of the efforts of supporters who undertake sponsored events to raise funds. The Centre was also working with Maclay Murray and Spens LLP as their Charity Partner whose staff raised funds for the Centre during 2016 and in the early part of 2017.

Changes to the current Service Level Agreement

Throughout 2017 the Charity benefited from a service level agreement (SLA) with NHS Lothian to provide advice and support and therapies for people living with MS in the Lothians area. This agreement contributes to approximately 16% of the Charity's income. The agreement also assists the Charity in developing better working partnerships with health professionals and service pathways for MS clients. However, the introduction of Public Bodies (Joint Working (Scotland) Act 2014 provided the framework for the newly formed Integrated Joint Boards in April 2016. This brought together NHS and local council care services under one partnership arrangement for each local authority area and consequent apportionment of the pan-Lothian budget to each authority. Future funding decisions will be taken on a locality basis which may be a detrimental step for small Charities providing Lothian-wide services, such as MSTC. Whilst our SLA is secure until 31st March 2019, it is uncertain at this time what the impact of these changes will have on future agreements.

Pilotlight: Strategic Development Support

Pilotlight is a unique, capacity building Charity offering free tailored strategic planning support to charities and social enterprises that are tackling disadvantage in the UK. The MS Therapy Centre Lothian applied for support from Pilotlight in July 2016 and will begin a year-long engagement to plan for sustainability, development and growth in April 2018. Our two main strategic aims are:

1. To work with Pilotlight in developing the Charity's capacity building capabilities, and strategic planning for the Charity's future sustainability.

2. To develop and implement an income generation strategy for MS therapies and support services, and focused fundraising activities; to develop a brand and marketing strategy as part of the income generation strategy.

General Data Protection Regulations (GDPR)

GDPR comes into effect on 25th May 2018. The preparatory works for this began in November 2017 with staff and Trustee training in Glasgow. The rollout and implementation of GDPR has involved a full review of all policies, practices and processes to ensure compliance. Staff and volunteer training timetabled, and time and resources allocated to ensure an efficient and smooth implementation on the required date.

Financial Review

Total income for the year was £261,021 (2016: £191,289). Under an SLA (Service Level Agreement) with NHS Lothian the Charity received an annual payment of £36,347 (2016: £29,799) and also £18,757 for a secondment of one of MSTC's physiotherapists. A further £27,222 (2016: £13,967) of grants were awarded from Charitable Trusts and, along with contributions and charges (since 1 May 2017), for the main therapies, these go towards meeting the costs of the main treatments and other projects, namely oxygen therapy and physiotherapy.

The other principal funding sources for the Charity are voluntary contributions, and since 1 May 2017, charges for treatment, donations and fundraising income. Overall income has increased, mainly due to the impact of introducing a charging system for treatments for those who are able to contribute.

Total expenditure for the year was £240,598 (2016: £218,597) of which 60% (2016: 58%) was staff costs and 40% (2016: 42%) was non-staff costs.

The net result for the year was a surplus of £20,423 (2016: deficit £27,308). The new charging policy implemented this year has successfully addressed the shortfalls in the previous years. Unrestricted funds had a surplus before transfers of £16,508 (2016: deficit £24,663).

Unrestricted funds at the year-end stood at £147,964 (2016: £131,456) and restricted funds stood at £18,173 (2016: £14,258). The Board of Trustees considers that maintaining unrestricted funds of approximately 3-6 months running costs is appropriate. The Charity's costs are currently in the region of £18,500 per month of which some £10,500 relates to salaries and pensions. The general funds at 31 December 2017, are standing at around £42,000, which represents a reserve of 2.2 months of running costs. Further work is required to reach the minimum target level of reserves in the coming year, but the Board consider this will be achievable given the improvements in 2017.

Risk Management

The Board of Trustees review the major risks (loss of funding, health & safety, internal control) to which the Charity is exposed and where appropriate, systems or procedures are established to mitigate these risks. Difficulty with funding is continually reviewed and regular budgeting and monitoring of finances leads to targeted fundraising initiatives. 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 data protection, complaints, confidentiality, and the protection of vulnerable groups, handling and retention of disclosure information, volunteering, and equal opportunities.

In October 2017, as income levels increased as a result of minimum payments and Personal Treatment Plans, a formal enquiry was raised with HMRC to determine whether MS Therapy Centre's activities would be

subject to VAT. The response was clear, for those with long-term conditions/disabilities there is no liability. For those clients accessing oxygen treatment services to alleviate symptoms of short-term conditions there is no exemption. All future income must now be accounted in separate ways to measure against annual thresholds.

Investment Policy

Most of the Charity's funds have been held on long-term deposit and generated a return of approximately 0.1% during the year to 31 December 2017. The on-going low interest rate environment means they are not contributing as much to the income of the Charity as in previous years. Therefore, a programme of capital expenditure, aimed at upgrading the Centre and improving the energy efficiency and carbon footprint commenced in 2015 and was continued in 2016 in order to reduce the costs going forward. This has already resulted in reductions to overhead costs and has also ensured that the facilities enhance the clients' experience and support service excellence, as well as providing improved working conditions for staff and volunteers.

Reserves Policy

A portion of the reserves is designated for emergency or planned expenditure. Of note, £5,000 is available for essential Oxygen Treatment Chamber (Barochamber) maintenance and £100,854 is designated for future improvements (see note 15 of the accounts).

The Board of Trustees consider that between 3-6 months of operating costs is an appropriate level of general funds to maintain. Following a comprehensive review of their income generation strategies in January 2017 and again in May, the Board of Trustees, as a consequence, implemented a new minimum charging structure with a view to addressing the shortfall in the general funds target level in the coming years. The Trustees are pleased in the improvement in the level of general funds during the year.

Plans for Future Periods

The Trustees are aware that essential expenditure in recent years has had an impact on our balance sheet. A financial plan and budget have been put in place to consolidate a secure, sustainable financial position in 2018, while continuing to pursue and expand the Charity's activities in the forthcoming years.

The year on year increase in numbers of clients using the services of the Centre is placing further challenge and strain on staff, due to the limitations of the premises we currently occupy in Swanfield. Both clients and staff experience times of pressure, arising from lack of space at class or oxygen session changeover. This is posing a health and safety concern, particularly with so many client wheelchair users, and the Trustees will be required to address this issue in 2018.

The increase in numbers of service users with other neurology and long-term health conditions is very welcome as has assisted the Charity to maintain the minimum payment for all services at approximately 50% of actual cost. Without this additional income, the operating hours and services provided within the Centre would be severely curtailed and charges significantly increased. Our strategic development priorities for 2018 include working with Pilotlight in developing our capacity building capability and strategic planning for future development to ensure the Charity approaches and developments are both forward thinking and sustainable.

Reference and administrative details

Company Number

SC122837

Charity Number

SC014991

Registered office &

Unit 40C, Swanfield

Operational Address

Edinburgh EH6 5RX

Independent Examiner

Kevin Cattanach CA

Whitelaw Wells

Chartered Accountants

9 Ainslie Place Edinburgh EH3 6AT

Bankers:

The Royal Bank of Scotland

2 Bernard Street, Edinburgh, EH6 6PU

Scottish Widows Bank Plc

67 Morrison Street, Edinburgh, EH3 8YJ

Directors/Board of Trustees:

Carole Macartney (Chair)

(resigned due to maximum term May 2017)

Sheila West

(resigned due to maximum term January 2017)

Janice Thomson, Chair

(appointed Chair at AGM April 2017)

Yvonne Rafferty, Paul Bartlett

Cathal Cunningham, Treasurer

Charlotte McNeill

(resigned April 2018)

Sylvia Smith, Vice Chair

Robin Stevenson

Malcolm Chisolm

(appointed January & resigned December 2017)

Dean Reilly

(appointed January 2017)

Kelly McLellan

(appointed May 2017)

Rohini Khabanda

(appointed May 2017)

Company Secretary

Yvonne Rafferty

Operations Manager

Nancy Campbell

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 Objects of the Charity and the Articles of Association were updated in General Meeting on 11 November 2013 to reflect relevant changes in company and charity law, as specified in Companies Act 2006 and the Charities and Trustee Investment Act (Scotland) 2005 and to reflect more accurately the aims of the Charity. This was undertaken following an independent feasibility study, in full consultation with the members and complying with the regulations as set out by the Office of the Scottish Charity Regulator. A further minor amendment to the Articles of Association was agreed at the AGM in June 2016 to increase the maximum number of trustees.

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, excluding employees.

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 MS are appropriately reflected through the diversity of the trustee body, with a mix of members with MS and those who, though not themselves, diagnosed with MS, 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.

New Trustees will be 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 will be led by the Chair of the Board of Trustees and the Operations Manager 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.

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 quarterly. 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. As at 31 December 2017, the Board of Trustees has nine members from a variety of backgrounds. The Company Secretary also sits on the Board of Trustees but has no voting rights unless they are also a member of the Board.

A scheme of delegation is in place. Day-to-day responsibility for the provision of the services rests with the Operations 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.

As at 31 December 2017, the Operations Manager was supported by a staff team consisting of a Project Worker, a Project Support Worker, Lead Physiotherapist, Senior Physiotherapist and Band 5 Physiotherapist, and two General Assistants. All posts are part time, other than the Project Worker and Project Support Worker. As far as funding allows, the Centre employs staff on open-ended contracts.

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 and estimate that they contribute in the region of £16,000 (on average 40 hours a week of volunteer support)

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 MS National Therapy Centres (MSNTC), an umbrella Charity registered in England and Wales and also in Scotland. As a member of MSNTC, the Charity benefits from reduced oxygen prices, training and the provision of national standards for the delivery of oxygen therapy. MSNTC 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.

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:

多Lhomson Trustee/Chair

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

Approved by the Board of Trustees on 7th May 2018

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEEES OF MULTIPLE SCLEROSIS THERAPY CENTRE LOTHIAN LIMITED

I report on the accounts of the Charity for the year ended 31 December 2017 which are set out on pages 13 to 26.

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

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: 7th May 2018

INCOME AND EXPENDITURE ACCOUNT INCORPORATIONG THE STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 DECEMBER 2017

	Note	Unrestricted £	Restricted £	2017 £	2016 £
INCOME				_	_
Income and endowments from:					
Donations and legacies	(2)	36,830	2,400	39,230	43,392
Charitable activities	(3)	165,925	19,972	185,897	113,097
Other trading activities	(4)	35,858	-	35,858	34,455
Investments		36	-	36	345
TOTAL INCOME		238,649	22,372	261,021	191,289
		250,010	,0,,_	202,022	131,203
EXPENDITURE					
Expenditure on:					
Raising funds	(7)	27,975	-	27,975	20,670
Charitable activities	(7)	194,166	18,457	212,623	197,927
					
TOTAL EXPENDITURE		222,141	18,457	240,598	218,597
NET INCOME/(EXPENDITURE)					
FOR THE YEAR BEFORE TRANSFERS		16,508	3,915	20,423	(27,308)
Transfers	(15,16)	-	-	-	-
NET MOVEMENT IN FUNDS		16,508	3,915	20,423	(27,308)
Reconciliation of Funds:					
Balances brought forward at 1 Janua	ary 2017	131,456	14,258	145,714	173,022
					
Balances carried forward at 31 Dece	mber 2017	147,964	18,173	166,137	145,714
					

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 16 to 26 form part of these financial statements.

BALANCE SHEET

31 DECEMBER 2017

			2017	2016
	Note	£	£	£
FIXED ASSETS				
Tangible assets	11		13,467	21,398
CURRENT ASSETS				
Stock		852		3,029
Debtors	12	14,401		7,724
Cash at bank and in hand		141,046		122,558
		156,299		133,311
CREDITORS: amounts falling due within one year	13	(3,629)		(8,995)
NET CURRENT ASSETS			152,670	124,316
TOTAL ASSETS LESS CURRENT LIABILITIES			166,137	145,714
FUNDS				
FUNDS Unrestricted:				
Designated funds	15	105,854		105,854
General funds	15	42,110		25,602
			147,964	131,456
Restricted Funds	16		18,173	14,258
			166,137	145,714

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 2017.
- (b) The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2017 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.

. Sylma A. Smith Sylvia Smith

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 7th May 2018, and are signed on their behalf by:

The notes on pages 16 to 26 form part of these financial statements

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2017

	Note	<u>2017</u> £	<u>2016</u> £
Cash flows from operating activities: Net cash provided by/ (used in) operating activities	5	19,026	(13,245)
Cook flows from investing activistics			
Cash flows from investing activities: Interest received	•	36	345
Purchase of tangible fixed assets		(574)	(7,517)
•			, , ,
		· · ·	
Net cash provided used in investing activities		/E20\	/7 17 2 \
activities		(538)	(7,172)
			
Increase/ (Decrease) in cash and cash			
equivalents in the year		18,488	(20,417)
Cash and cash equivalents at the			
beginning of the year		122,558	142,975
Cash and cash equivalents at the		141,046	122,558
end of the year			

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 DECEMBER 2017

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 2016) — Charities SORP (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Multiple Sclerosis Therapy Centre Lothian 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 consider that there are no material uncertainties about the ability of the Charity to continue as a going concern for the foreseeable future. Accordingly, the accounts have been 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.
- 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.

1. ACCOUNTING POLICIES (cont'd)

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 the policy not to capitalise items under £100.

Designated Funds

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

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.

1. ACCOUNTING POLICIES (cont'd)

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

	2017	2016
	£	£
Donations -	29,805	27,306
Gift Aid	3,228	1,774
Gifts in kind	5,500	13,400
Income from membership fees	697	912
	·	
	39,230	43,392

Income from donations and legacies was £39,230 (2016: £43,392) of which £36,830 (2016: £43,392) was unrestricted and £2,400 (2016: £Nil) was restricted.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	2017	2016
	£	£	£	£
Oxygen Treatment	78,417	-	78,417	51,119
Physiotherapy	27,651	-	27,651	6,929
Other therapies	16,260	-	16,260	11,283
Grants:				
NHS Lothian	36,347	-	36,347	29,799
Anton Jurgens Charitable Trust	4,000	•	4,000	-
The Robertson Trust	-	10,000	10,000	10,000
VAF	-	8,972	8,972	-
Other small grants < £2,000	3,250	1,000	4,250	3,967
	165,925	19,972	185,897	113,097

Income from charitable activities was £185,897 (2016: £113,097) of which £165,925 (2016: £101,597) was unrestricted and £19,972 (2016: £11,500) was restricted.

4. INCOME FROM OTHER TRADING ACTIVITIES

	2017	2016
	. £	£
Fundraising - events	19,808	19,127
Other fundraising	10,661	11,652
Merchandise & refreshment sales	5,389	3,676
	35,858	34,455

Income from other trading activities was £35,858 (2016: £34,455) of which £35,858 (2016: £34,455) was unrestricted and £Nil (2016: £Nil) was restricted.

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

	2017	2016
	£	£
Net movement in funds	20,423	(27,308)
Add back depreciation charge	8,505	10,615
Interest received	(36)	(345)
Decrease/(Increase) in stock	2,177	(2,108)
(Increase)/decrease in debtors	(6,677)	4,328
(Decrease)/Increase in creditors	(5,366)	1,573
		
Net cash provided/(used in) by operating activities	19,026	(13,245)

6. NET EXPENDITURE FOR THE YEAR

This is stated after charging: -		2017	2016	
		£	£	
Independent Exar	miner's remuneration:			
	- External Scrutiny	1,300	1,220	
	- Payroll administration	826	1,179	
Depreciation		8,505	10,615	

7. EXPENDITURE

	CHARITABLE ACTIVITIES				
	Raising Funds	Treatment Services	Project Costs	2017	2016
	fullus	£	£	2017 £	2016 £
Direct costs	_	-	_	-	-
allocated to activities:					
Fundraising & marketing	10,762	-	•	10,762	4,103
Physiotherapy staff costs (note 10)	, -	62,997	-	62,997	50,159
Physio & other therapy services	-	7,835	-	7,835	7,215
Equipment maintenance		,		•	. , – -
and running costs	-	15,090	198	15,288	13,595
Support Costs		•		•	,
allocated to activities:					
Other staff costs (note 10)	14,509	51,521	15,498	81,528	76,961
Staff recruitment & training	-	1,278	1,166	2,444	966
Volunteer & Trustee expenses	-	1,097	18	1,115	1,210
Purchases	2,704	-	-	2,704	2,168
Rent, rates, insurance & repairs	-	24,784	1,237	26,021	21,345
Heat & light	-	2,096	-	2,096	2,620
Telephone & IT support	-	1,956	-	1,956	1,932
Office supplies, post and stationery	-	7,222	-	7,222	7,693
PR and advertising	-	254	33	287	8,430
Travel & subscriptions	-	1,575	-	1,575	1,472
Independent Examination fee	-	1,300	-	1,300	1,220
Accountancy support	-	4,820	-	4,820	4,675
Payroll administration	-	826	-	826	1,179
Bank charges & other admin	-	1,317	-	1,317	1,039
Depreciation	-	8,198	307	8,505	10,615
	27,975	194,166	18,457	240,598	218,597
			-		

Total expenditure was £240,598 (2016: £218,597) of which £222,141 (2016: £204,452) was unrestricted and £18,457 (2016: £14,145) was restricted.

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

	Treatment Services	Project Activities	TOTAL
	£	£	£
Costs	(194,166)	(18,457)	(212,623)
Contributions for therapy	103,571	-	103,571
Physio secondment fees	18,757	-	18,757
Direct grant support	43,597	19,972	63,569
Net cost funded from other income	(28,241)	1,515	(26,726)
•			

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

	General Support	Governance Function	TOTAL	Basis of Apportionment
	£	£	£	
Salaries, wages & related costs	66,030	-	66,030	staff time
Volunteer/Trustees expenses	1,028	69	1,097	exp' claim
Premises & office costs	52,211	•	52,211	invoiced exp'
Independent examination fees	-	1,300	1,300	governance
Accountancy and other legal fees	4,320	500	4,820	invoiced exp'
				
TOTAL	123,589	1,869	125,458	
				

10. STAFF COSTS

The aggregate staff costs were:

The aggregate stan costs were:	2017 £	2016 £
Salaries	136,364	120,324
Employers' NI	7,484	6,155
Pension	677	641
		
	144,525	127,120
	-	

No employee received emoluments totalling more than £60,000 in the year. No directors received any remuneration but one director (one director in 2016) received reimbursed travel expenses totalling £69 (2016: £68). In 2017 the Charity began a scheme to support staff with the costs of childcare. This scheme has government approval and involves minimal outlay being offset through National Insurance allowances. No directors received payment for professional or other services supplied to the Charity (2016: £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:

		2017 No.	2016 No.
Operations Manager		1.0	1.0
Physiotherapists		3.0	2.0
Project Officers		2.0	2.0
General Assistants	•	2.0	2.0
	•		~ ~~~~~~~
		8.0	7.0

11. 1	ANGIBLE FIXED ASSETS	Equipment £	Fittings £	Fixtures & Improvements £	Property Total £
	COST			_	
	At 1 January 2017	3,938	41,778	52,849	98,565
	Additions	574	41,770	32,043	574
	Additions				
	At 31 December 2017	4,512	41,778	52,849	99,139
	DEPRECIATION				
	At 1 January 2017	3,258	37,884	36,025	77,167
	Charge for the year	450	1,886	6,169	8,505
	,				
	At 31 December 2017	3,708	39,770	42,194	85,672
	NET BOOK VALUE				
	At 31 December 2017	804	2,008	10,655	13,467
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			=	
	At 31 December 2016	680	3,894	16,824	21,398
	·				
12. [DEBTORS			2017	2016
				2017 £	2016 £
	Income tax recoverable			6,535	3,307
	Prepayments and accrued income			2,265	2,277
	Other debtors			5,601	2,140
				14,401	7,724
					
13.	CREDITORS: amounts falling due wi	thin one year			
				2017	2016
				£	£
	Other creditors & accruals			3,629	8,995
				3,629	8,995
					

14. COMMITMENTS UNDER OPERATING LEASES

At 31 December 2017 the Charity had total commitments under non-cancellable operating leases as set out below.

· ·	Land and buildings	
	2017	2016
•	£	£
Operating leases which expire:		
Due within 1 year	14,400	14,400
	14,400	14,400
	· ·	

15. UNRESTRICTED FUNDS

	Balance at 1 January				Balance at 31 December
	2017	Income	Expenditure	Transfers	2017
	£	£	£	£	£
Designated Funds: Barochamber Repair &					
Improvement fund	105,854	-	-	-	105,854
Therapy support fund	-	149,568	(175,409)	25,841	-
	105,854	149,568	(175,409)	25,841	105,854
General funds	25,602	89,081	(46,732)	(25,841)	42,110
	131,456	238,649	(222,141)	-	147,964

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.

16. RESTRICTED FUNDS

	Balance at 1 January				Balance at 31 December
	2017	Income	Expenditure	Transfers	2017
	£	£	£	£	£
Physiotherapy equipment	2,564	2,400	(265)	-	4,699
KICC Active Lothian	42		(42)		-
Project Support Worker	7,500	10,000	(10,000)	-	7,500
Creative Writing Project	3,732 ⁻	-	(3,732)	-	•
Staff Development Fund	420	-	(420)	-	-
Volunteer Fund (VAF)	-	8,972	(3,998)	-	4,974
Gett – Physio Fund	-	1,000	-	-	1,000
					
	14,258	22,372	(18,457)	-	18,173
	=				

Physiotherapy equipment – Funds received from a number of Trusts and Foundations to purchase up to date equipment for use in the physiotherapy department, Functional Electrical Stimulation (FES) equipment. Funds received from Nancie Massie Charitable Trust and Cotton Trust.

The Robertson Trust have match funded along with MSTC a fulltime project support worker for continued delivery of the mainstream services. This financial support comes to an end in August 2018.

Funding from the Voluntary Action Fund is supporting the Positive Links initiative which is aimed at providing funding for staff training to support volunteer opportunities for people living with long term health conditions.

Funding from Gett Taxi's App partially funded a physiotherapy post in delivering group physiotherapy group exercise classes.

Completed Projects. KICC Active Lothian was funded by the Alliance Scotland. Funds were raised via Crowdfunder, Ryvoan Trust and the Rotary Club, South Queensferry to support a Creative Writing project. Staff training and development has been supported by the Hugh Fraser Foundation and the Stafford Trust.

The other funding awards received in 2017 are listed below. There was no restriction on their use.

Maclay, Murray & Spens	£1677	The Hugh Fraser Foundation	£2000
Lothian Buses Employees' Charitable Fund	£2000	Douglas Arter Foundation	£500
Nike (carrier bag tax)	£4224	JHT Charitable Foundation	£500
The Albert Hunt Trust	£2000	Randolph Hill	£500

17. ANALSYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds 2017	Restricted Funds 2017	Total Funds 2017
	£	£	£
Tangible fixed assets Current assets	12,845 138,748	622 17,551	13,467 156,299
Current liabilities	(3,629)	-	(3,629)
Net assets	147,964	18,173	166,137

18. COMPANY LIMITED BY GUARANTEE

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

19. RELATED PARTY TRANSACTIONS

Directors donated and contributed £4,500 (2016: £3,906) 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.

20. 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 Taxes Act 1988.