



Overcoming
MS

Impact Report

2023

Helping people live well with MS

Our impact in 2023

In 2023, 86% of our community would recommend the Overcoming MS Program.

We also reached a record 382,000 people from over 150 countries, with our content contributing to our mission of enabling everyone with MS to achieve optimal health and wellbeing.

Inform: Letting people know that they can live well with MS

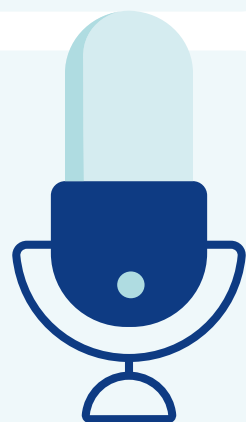
Google
14.6m
Google search reach impressions



Newsletter
22,000+
people subscribed to monthly e-newsletter



Podcast
118,000
podcast downloads, 38 new episodes



Webinars
8,000
webinar playbacks, 3,800 registered from 61 countries



Support: Helping people with MS to get the support they need

Support groups
99
global peer-support groups



Volunteers
127
volunteers contributed 7,239 hours



Live Well Hub
2,000
members in our brand new Live Well Hub app

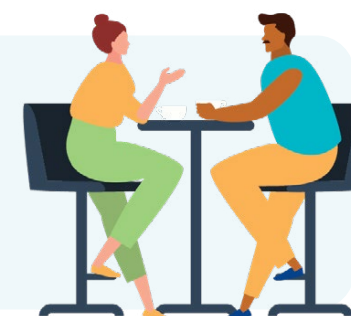


Social media
58,000
followers



Empower: Inspiring our community through campaigns and events, enabling them to support others

Public
5
4 Pop-Up events and 1 residential retreat



Campaigns
5
campaigns shared



89% Reported confidence to follow the Overcoming MS Program after the residential retreat

100% Evidenced higher levels of confidence to follow the Overcoming MS Program after Pathways course



Collaborate: Increasing our impact by working with others

MS charity campaigns
2
Successful campaigns with other MS charities



Reach
Worked with organisations across the globe to increase reach and understanding of lifestyle and MS



Our impact: Changing the lives of people with MS

Two-thirds of our community agree or strongly agree that the Overcoming MS Program has improved their, a family member's or friend's quality of life.

About MS and our charity's role

What is MS?

Every five minutes, someone, somewhere in the world is told that they have multiple sclerosis (MS). MS is a neurological condition that affects the central nervous system and causes a range of life-altering symptoms, which are different for everyone, making it difficult to manage. These include problems with balance, vision, extreme fatigue, pain, muscle spasms, problems with thinking and memory, as well as bowel and bladder issues and many more.

Having MS is life-altering, but a full and healthy life with MS is possible

The impact of an MS diagnosis

When you're diagnosed with MS, it can feel like 'a punch in the guts'; in just seconds, the future that you saw for yourself and your loved ones has been shattered. A diagnosis often comes at a time when you're in the prime of your life, when you should be planning your future, not facing a lifetime of uncertainty. Knowing you have MS can feel incredibly isolating and lonely. Fear of the unknown can descend as hope ebbs away, because currently, there is no cure for MS.

There is substantial scientific evidence that lifestyle choices, alongside medication, benefit physical and mental health.

The Overcoming MS Program

The information we share is based on the Overcoming MS Program, following the comprehensive research and subsequent book publication by Professor George Jelinek, Overcoming Multiple Sclerosis. The Program covers diet, vitamin D, physical activity, stress management, medication, family health (risk reduction for family members) and changing your life, for life (ie. ensuring long term lifestyle changes).

A high quality diet, such as that recommended as part of the Overcoming MS Program, has been shown to reduce disability progression in people with MS by as much as 50% over 7 ½ years.¹

Overcoming MS – bringing hope

Overcoming MS is here to enable everyone with MS to achieve optimal health and wellbeing through making informed healthy lifestyle choices.

As the world's leading multiple sclerosis healthy lifestyle charity, we:

- **Inform:** Ensure people are aware and fully informed about the Overcoming MS Program.
- **Support:** Giving people the confidence to follow the Overcoming MS Program through our range of events, webinars and content, plus facilitating peer to peer support through our accessible and responsive community.
- **Empower:** Helping people with MS feel more hopeful, optimistic, and confident, knowing they can take control of their MS and lead a full and healthy life.
- **Collaborate:** Influence and work with the broader MS community, healthcare professionals and other experts to increase our reach and our impact.

¹ Simpson-Yap S, Neate SL, Nag N, Probst YC, Yu M, Jelinek GA, Reece JC: Longitudinal associations between quality of diet and disability over 7.5 years in an international sample of people with multiple sclerosis. Eur J Neurol 2023, 30:3200-3211.

Welcome

Our vision is a world in which living a full and healthy life with MS is possible for all. We were delighted to welcome more research published into how the Overcoming MS Program helps people improve their MS symptoms and long term prognosis, offering hope and optimism to all those impacted by MS.

2023 saw us expanding our services to the MS community, including the return of our life-changing residential retreats and the launch of new Pop-Up events and of our new community service, the Live Well Hub app. Working together with other organisations is essential and my sincere thanks goes to all the MS charities and other organisations who collaborated to benefit those affected by MS.

I extend my deepest appreciation to all our supporters – partners and collaborators, Trusts and Foundations, individual donors and fundraisers, our dedicated staff team, community, Board and volunteers. You all help us make a positive impact on the lives of people with MS.

“We are helping to restore hope that living well with MS is possible”

– Dowshan Humzah
Chair of the Board, Overcoming MS



Informing and supporting through content, events and courses

With health professionals across the globe stretched and in crisis – and often not informed about the benefits of lifestyle for people with MS – they aren't able to provide vital information about lifestyle choices. People with MS can feel overwhelmed by all the available information and are unsure who to trust, which is where Overcoming MS comes in, guiding people to evidence-backed, relevant guidance.

Engaging, informative content

In 2023 we achieved 14.6 million impressions on Google, and reached a record 382,000 people from over 150 countries with our web content, with 1.1 million page views. We have over 22,000 people subscribed to receive our email content and regularly hear how to live well with MS.

“[When managing a stressful period] the first thing I did was the month of meditation from the website. I think that was my saving grace.”

We continued creating regular content including blogs, recipes, and our most ambitious podcast season to date with 38 new episodes, achieving 118,000 podcast downloads from over 100 countries. Topics covered the pillars of the Program plus topics like menopause and MS, MS and creativity, and a conversation with an MS nurse who has multiple sclerosis.

“Fantastic podcast! Feel very connected to others with MS, and it really helps to maintain motivation. I am very grateful for this wonderful, supportive resource.”

Season 4 of our webinar series, 'Finding Hope with Overcoming MS', covered topics such as mindfulness for stress management, the latest MS research and Ask the expert. 3,800 people from 61 countries registered with over 8,000 playbacks and our webinars achieved an overall satisfaction score of 96%.

“The webinars are so informative. I have received more information in 90 minutes than I have in a long while. They are very useful for me.”

Campaigns to inspire

We worked on five campaigns to empower our community and others with MS. This included 'Hope Reborn' – a powerful video set to music in partnership with Fabio D'Andrea, featuring actress Rose Leslie and members of the community. We ran campaigns for MS Awareness Week, for World

MS Day and Volunteers' Week. We also created a new video campaign with our community, 'I am Overcoming MS', empowering people to share their stories, how lifestyle changes have helped them and showing how everyone's experience with MS is different.

Events: Pop-Ups

We delivered four Pop-Up events across the UK after the community told us they would like more face-to-face events. These included presentations from experts with lived experience of MS and the Program. We visited Edinburgh, Bristol, Buxton and Guildford.

“Buxton Pop-Up, it was a massively important event for me. The range of people – ages, symptoms, stories, treatments – was great. It helped me know that Overcoming MS is a believable way of life.”

Events: Retreats

2023 saw a return to our life-changing residential retreats, with forty participants attending a 3-day retreat in the UK. Our retreats aim to provide a solid understanding of the Overcoming MS Program, and enable attendees to create supportive connections.

Our new hybrid approach included a four week digital introduction. Results showed an 81% improvement in mental health and well-being and 97% of respondents said their original goal for the retreat had been met.

“I arrived feeling anxious and left liberated, well informed with courage and determination to change my life for life! Can't thank you all enough.”

Course: Pathways

Participants joined the second Pathways cohort, an interactive 6-week online course with expert Facilitators to build understanding of the Overcoming MS Program. Evaluation showed a 100% improvement in overall measures (wellbeing, confidence to follow the Program, ability to talk with family and friends) and 100% would recommend Pathways to others.

The oral presentation of our Pathways impact evaluation won an award for lifestyle medicine projects from the British Society for Lifestyle Medicine.



Pauline's story

My diagnosis

I would like to take you back to the 14th of June 2018. I woke up that morning and life seemed good. Until a stranger, who without looking at me but instead staring at his computer screen, said: "I can confirm this is multiple sclerosis." What was this man talking about? I was 46 years old. I was the vision of health. I had torn a rotator cuff, which lead to an MRI which would lead to a spinal surgeon thinking I might have a spinal issue, it wasn't, it was MS. I don't think I've overcome the shock of the delivery of that diagnosis. I left, in a daze.

Before I left I asked the neurologist, "Any advice?" It was a throwaway comment by me, I didn't know what to say or how to cope with what I had heard. He looked at me and he said, "Everything you have ever wanted to do, do it now." With those words, this man wiped out my life, all of it ahead. The bits of the world that I'd saved to travel to when I retired - gone. Every single plan I had - gone.

I'm a lawyer and so one of the first things I did was look up what the law says about multiple sclerosis. It defines MS as a disability along with two other conditions, AIDS and cancer. So, the condition I had just found I have is on a par with AIDS and cancer.

The life-changing impact of Overcoming MS

Nine months later, I went on the Overcoming Multiple Sclerosis residential retreat and it changed my life. It changed my perspective of what this disease meant, in real terms, and emotionally. The support, the community there that week. That support has continued.

When I left, I had all these new friends and I cannot begin to express just how powerful the hope that the charity gives is, to someone who feels that their future is wholly doomed. I had been told there was nothing to be done - MS is incurable. Go away and wait for your wheelchair because that is the

expectation. But after the Overcoming MS retreat, I realised, you can manage this condition, you can do things to help yourself.

My journey

18 months later, I had no new lesions. I had no sign of active MS. I was fortunate, not everyone is in that position. Five and a half years later, I still have no new lesions. I have no signs of active disease, no obvious signs of deterioration. It's exactly what I hoped for when I found the charity and of course I am ecstatic about that, but it does not change the fact that as someone who has been diagnosed with such a crushing condition, there is always fear, an underlying fear and that's where the charity comes in. It gives me hope.

My support of the charity

The support Overcoming MS provides is indescribable and, ever since the retreat, I have been wholly committed to doing anything I possibly can to ensure that everyone in my position that day knows and understands that there is help. There is something you can do for yourself. There is a charity and a community of people that are there with advice that can help you.

So now I am playing my part as a trustee of Overcoming Multiple Sclerosis to help reach more people like me.



Share your own Overcoming MS story by emailing us at digital@overcomingms.org

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– Pauline



Connection to like-minded community members

Because we know that people with MS can feel isolated and making lifestyle changes can be hard, we host supportive groups run by our volunteers connecting like-minded individuals and a newly-launched app where people can exchange tips and ideas.

Circle support groups

At the end of 2023, we had 107 volunteer Ambassadors – 75% of whom rate themselves as extremely passionate and committed – across 99 Circles in 26 countries with 3,086 members. See below for stats by area.

“**Finding the Overcoming MS community is finding the active, optimistic people with MS that don’t live by their diagnosis.**”

Our volunteers

Our volunteers play an essential role – without them we could not deliver our services. Volunteer roles include Ambassadors, Communications Advisory group, content contributors and our podcast host. We have 127 volunteers contributing on average 4.75 hours each and every month.

The volunteers’ survey of 2023 found that over 90% of volunteers scored their understanding of the Program at 4+ out of 5, showing that they are ideally placed to support our community and help us impact new members.

Ambassador support

During 2023, we supported our Ambassadors through safeguarding, mental health first aid, mindfulness and healthy boundaries training including a livestream delivered by community members. Ambassadors had 88% confidence level to approach a safeguarding issue.

Social media support

We regularly post and answer questions posed by our community on our social media channels, including Facebook, Instagram, Pinterest, X (formerly Twitter) and LinkedIn. We now have 58,000 social media followers.

Live Well Hub launch

Launched in July 2023, our Live Well Hub is a unique global, online community where people with multiple sclerosis can hear direct from experts, find out about events, and get lifestyle tips, ideas and support. By the end of 2023, we had 2,000 members registered on the Hub, supporting connections and conversations across our global Circles community.

“**I’m loving the new Live Well Hub. It’s much easier to communicate with my Circle members, share information and recipes (the thing we all love to do) and chat both privately and as a group. And then being able to connect with other OMSers around the world is a huge bonus.**”

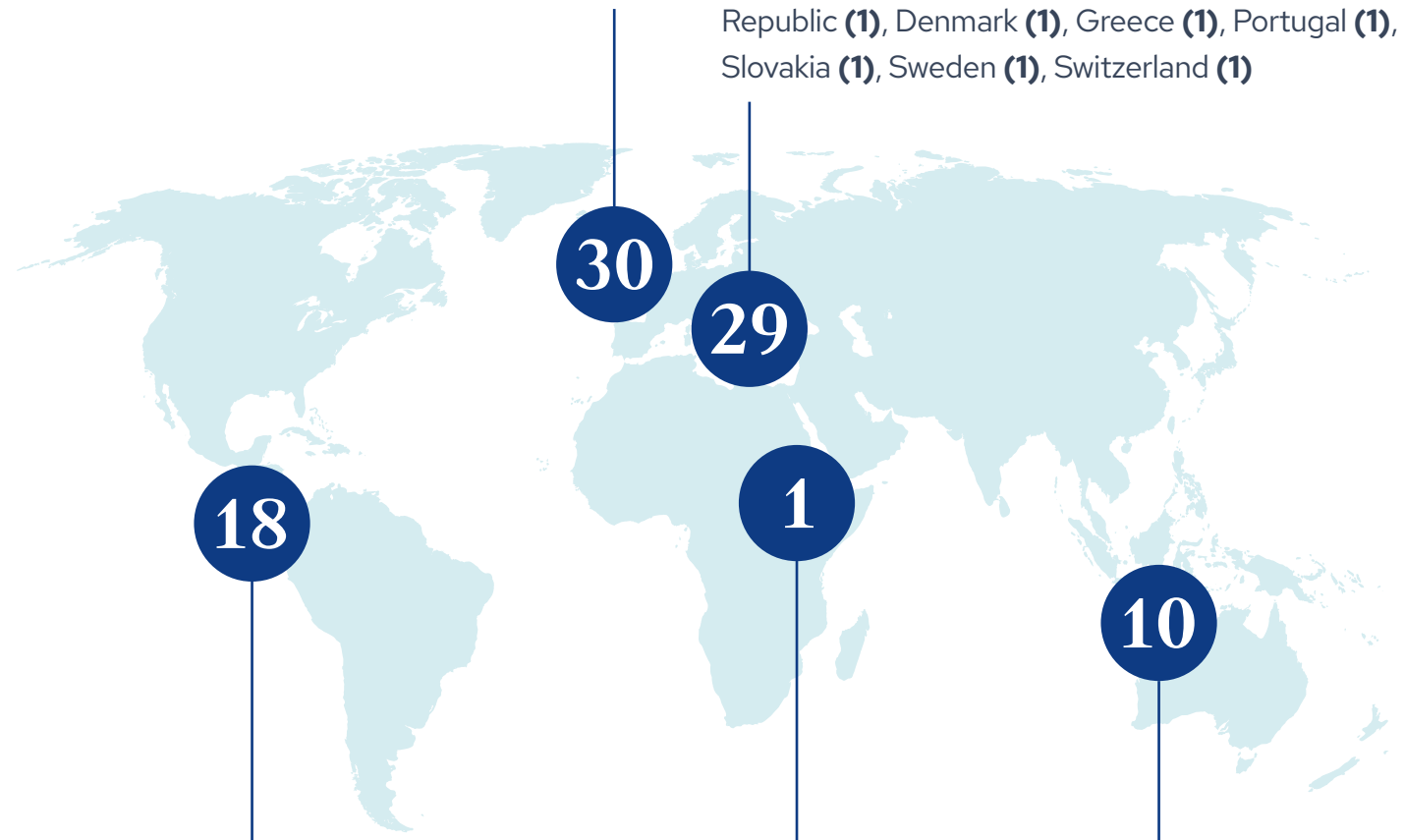
Global Connections

United Kingdom

England (24), Scotland (3), Northern Ireland (2), Wales (1)

Europe

Germany (11), The Netherlands (3), Belgium (2), Italy (2), Republic of Ireland (2), Spain (2), Czech Republic (1), Denmark (1), Greece (1), Portugal (1), Slovakia (1), Sweden (1), Switzerland (1)



North and South America

USA (13), Canada (3), Brazil (1), Columbia (1)

The Middle East

Israel (1)

Australia and Asia

Australia (4), New Zealand (4), India (1), Hong Kong (1)

11 Thematic Circle

Living well with Progressive MS, Global Circle, Family Life and MS, Pathway to Overcoming MS

Yasmin's story

My diagnosis

I was diagnosed at the age of 29. And the diagnosis itself was completely life-changing. I had my first symptom a couple years before that. I woke up one day and the vision in my left eye was a little bit off, a little bit blurred. And over a period of about five days, my vision completely deteriorated.

It took me a little while to go and actually get some medical help because I was so stuck in the rat race. My manager at the time encouraged me to go to hospital. Then, lots of symptoms came out of the blue over a couple of years until I eventually got my diagnosis.

When I had the diagnosis, my medical professionals didn't really leave me feeling anything but terrified. Some of their comments terrified me: like 'Go live your life now.' I left my diagnosis appointment feeling completely lost and hopeless.

Hope and ongoing impact from Overcoming MS

So when I found Overcoming MS, it was just a little light in a very dark place and there was a little bit of hope that maybe there is a different path here. Maybe there's another option. I still remember that feeling to this day.

So, what Overcoming MS means to me is this lightness, this feeling, which I can't always put into words. It's hope. There are things that you can do to help.

“Overcoming MS needs to reach more people. More people need to know that they can do things to help them live a healthier life with this condition.”

– Yasmin

I know that I've got so much more control over my future. And all these years in, I feel so much better, healthier, happier, more content. But Overcoming MS hasn't just helped me improve my health. It's had a knock on impact on lots of areas of my life. And I know I wouldn't be who I am today without the charity.

The charity's need to reach more people

The charity is filled with so many great things. The podcast has been really helpful. The books, the recipes, and for me, the biggest thing is the Overcoming MS Circles and my local Circle. I still remember the day we all met for the first time and just being in that safe space where we just got each other. That's healing in itself.

Overcoming MS needs to reach more people. More people need to know that they can do things to help them live a healthier life with this condition. It is not well known at the moment. It's about making sure that people have the choice.



Share your own Overcoming MS story by emailing us at digital@overcomingms.org





Co-designing and collaborating

Collaboration is key to how we deliver impact. We work together with our community members and constantly seek new ways to co-design our offering with them and we collaborate with partners to increase our reach and our impact.

Co-designing with our community

We seek new ways to co-design with our community, to keep them at the centre of our thinking.

- We have people with MS on our board and in our staff team.
- We work closely with our Communications Advisory Group, who all have MS.
- The community is involved in the recruitment of new team members.
- Regular surveys are distributed and feedback is sought from our community, which has shaped the direction of the 2024-26 strategy.
- We have held focus groups to develop our healthcare professional strategy, bite-sized information leaflets, and to develop content for MS Awareness Week in the UK.
- Our Train the Trainer programme and retreat planning for 2024 was shaped based on community feedback.

Collaborating with MS charities and other organisations

Overcoming MS is a member of the MS Charities CEO and Policy and Evidence working groups, campaigning alongside five other UK-based MS charities.

Together, we presented a joint policy positioning paper to Parliament on MS and mental health. It was informed by the experiences of people with MS which was published as part of Mental Health Awareness month. We also attended a roundtable discussion with Ministers.

We also worked with other UK charities on 2023 MS Awareness Week campaign to help increase

the reach and impact of 'MS Makes Me' and with the MS Society on the impactful video 'Hope Reborn'.

We are part of the Neurological Alliance (CEO Group and Policy Group) and BSLM.

Raising our profile

We have attended key external conferences and events to widen our network and knowledge base. In 2023 we attended the MS Trust conference, the Primary Care show, Veg Med, presented at BSLM (British Society for Lifestyle and Medicine), Manchester Mindfulness Festival and ECTRIMS / ACTRIMS.

Maria's story

My diagnosis

I was diagnosed four years ago at age 50 but I'd actually had symptoms for 15 to 20 years and each time I went to the doctors, I was told "There's nothing wrong with you."

Discovering the Overcoming MS Program

Shortly after my diagnosis, I was very lucky in that a friend of mine sent me 'Recovering from Multiple Sclerosis' by George Jelinek and Karen Law. I was in my darkest hour, I thought my life was over. I was feeling awful, the fatigue was unreal. It was just dreadful.

I picked this book up. I mustered up all the energy just to be able to start the book and I was enthralled. I could not put it down because these are real people and it was telling their individual stories. Whilst no story was exactly the same because we're all different, I took a piece from everything I could see; there were parts in everybody's story that resonated with me.



“You really can live your life how you want to live it, not how MS dictates it.”

– Maria

Finding hope

I feel I was very lucky to find the Overcoming MS Program at that time. It really did help me. It really does give you hope that your life isn't over because a diagnosis of MS really does turn your whole life upside down. As soon as you start googling, all you hear is doom and gloom. But actually you can take control of your own life. Through diet, exercise, meditation, it's not the end.

Volunteering

I volunteered because I felt that even if one person who's diagnosed with MS listens to my story and it could help them, then I've done my bit. I really, really want to get the message out there. You really can live your life how you want to live it, not how MS dictates it.



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Developing the evidence and our expertise

Evidence is at the centre of our work. We keep up with the latest research relating to lifestyle and MS and develop insights about the delivery of our services. We work with experts to deliver our work and seek to engage healthcare professionals, as experts to communicate the importance of lifestyle.

HOLISM results

Further cementing the evidence base for the Overcoming MS Program, our long-term partners from the Neuroepidemiology Unit at the University of Melbourne published their most recent work from the HOLISM Study in the 'European Journal of Neurology'. The paper announced the latest results of a longitudinal study of 602 people with MS over 7.5 years, and showed that a long-term, high-quality diet (that of the Overcoming MS Program) reduces the risk of future disability progression by up to 50% over the 7.5 years. Consumption of meat and dairy was associated with worsening disability.

Facilitators and other expert partners

A large number of our support services are delivered by our Facilitators, who are both experts in their relevant field and have lived experience of MS. In order to build capacity to increase the number of people we can support, we launched a new Train the Trainer programme. Seven trainees joined the mentoring programme. As part of their training, they have delivered webinars, presented at Pop-Ups and attended the retreat with a formal assessment at the end of the training.

We also partnered with other experts, such as neurologist Dr Aaron Boster, who contributed to our webinar series.

Healthcare Professional Engagement

Engaging with healthcare professionals (HCPs) is an essential part of our work. Clinical nurses and neurologists will be the first to tell a person about their diagnosis and subsequent routes for support (ie lifestyle options), and allied healthcare professionals are involved in a person's ongoing care. Being told about the importance of healthy lifestyle options from a healthcare professional gives credibility and means that more people can get the positive hope they need, much earlier.

A new Healthcare Engagement Strategy for 2024-2026 was developed and a new Healthcare Professional Advisory Group was created with expert contributors. New content and resources have been developed including a dedicated healthcare professional webpage, a Circle on our new Live Well Hub for healthcare professionals living with MS and another Circle for healthcare professionals supporting the MS community.

Community Survey

We run a comprehensive survey every two years to get high volume data and insight into the impact of the Program, our information and services on those who we are here for – our community. Our 773 survey participants told us:

- In 2021, only 38% of respondents felt confident in discussing healthy lifestyle choices with their HCP. In 2023, this had grown to 54%.
- 46% felt confident in their understanding of the Program and empowered to make the right choice for them, an increase of 8% since 2021.
- Respondents rated us an overall 4.1 (out of 5) in quality of contacting Overcoming MS.
- They also rated the quality of our resources at 4.2 (out of 5) and our products and services as 3.85.

Award-winning Pathways evaluation

Following the mixed-methods research carried out on the efficacy of our pilot Pathway course, we evidenced the success of delivering peer to peer self-management support in following the Overcoming MS Program. We submitted an abstract in response to the British Society for Lifestyle Medicine's call for lifestyle medicine projects and were invited to submit both oral and poster presentations, winning an award for the oral presentation given by our Medical Advisor, Dr Jonathan White.



Expert story: Jeanette Reece, University of Melbourne

I am Head of the Neuroepidemiology Unit (NEU) at the University of Melbourne in Australia, leading a team of multidisciplinary researchers including biostatisticians, neurologists, psychologists, and dietitians to examine the role of lifestyle risk factors such as diet, exercise, and stress reducing activities in the development and progression of MS.

Ultimately, this research aims to generate high quality evidence to support the role of healthy lifestyle modification in reducing the risk of developing MS, and improving future health prospects in people living with MS.

Our recent evidence on healthy lifestyle

In 2023, the NEU published several high impact publications in top MS-related journals to provide strong evidence for the beneficial effects of healthy lifestyle modification in people living with MS. Some of these papers include:

- A systematic review of published studies examining tobacco smoking and depression and anxiety in people living with MS found strong evidence for a link between smoking and depression and anxiety in current smokers, as well as links with depression in former smokers.[1] This review contributes to a growing body of literature linking smoking with adverse health outcomes in people with MS, and

suggests current-smokers should be monitored for depression and anxiety, and monitoring for depression in former-smokers.

- Based on analysis of data from a large international cohort of people living with MS collected by the NEU over 7.5 years (the HOLISM [Health Outcomes and Lifestyle In a Sample of people with Multiple sclerosis] study), our studies found:

» Robust evidence indicating that people with a high quality diet had a 50% lower risk of disability at 7.5 years than those on a poorer quality diet.[2] Therefore, dietary modification may represent a point of intervention for reducing disability in people with MS, and could be promoted adjunct with clinical treatment to improve future health outcomes.

» Engaging with three or more healthy lifestyle behaviours (no-meat/no-dairy diet with omega-3 supplementation, meditation practice, exercise, vitamin D supplementation and/or non-smoking) was associated with greater quality of life than those engaging with only one healthy behaviour.[3]

“**Our research aims to generate high quality evidence to support the role of healthy lifestyle modification in reducing the risk of developing MS, and improving future health prospects in people living with MS.**”

— **Jeanette Reece,**
Head of Neuroepidemiology Unit,
University of Melbourne

Therefore, engagement with multiple healthy lifestyle behaviours may provide additional health benefits over engaging with one healthy behaviour, and could be encouraged in clinical management.

Upcoming evidence

- A major study underway in the NEU examines the impact of our novel MS online course (MSOC) on the health and wellbeing of people with MS, as tested in a large international randomised controlled trial. This course provides information based on the Overcoming MS Program over 7 web-based modules and its development was financially supported by the

Overcoming MS charity. Data is being analysed from participants 6 months after taking the course to see if they have improved fatigue, depression, anxiety, disability or quality of life.

- Other research in progress is examining the role of different types of healthy diet such as a Mediterranean diet or an anti-inflammatory diet on health outcomes (fatigue, depression, anxiety, disability, and quality of life) in people living with MS using data from the large cohort study, the UK MS Register.





Help support our work

Thank you to everyone who has helped us raise money in 2023 – through trusts, donations and fundraising. Through your support we are helping more people to live well with MS.

Fundraising

Last year we were thrilled to have the continued support of our community. In October we introduced our inaugural abseil, our MS inclusive event, championed by our President and Founder, Linda Bloom, raising almost £50,000.

In November we were delighted to receive the support of Tim Cobb of Cobb PR who organised a luncheon in Brighton. £25,000 was raised by an incredibly generous audience.

Throughout the year we celebrated all of our supporters from skydivers and marathon runners, to crafters and cake bakers. As a charity that receives no statutory funding, we remain forever grateful to our funders and community who so generously donate and fundraise on our behalf. With their support, we can continue to deliver our services to those living with a diagnosis of MS.

Income

Our total 2023 income was £1,016,960.

Fundraised from donations, community, and grants and through pro-bono services. In 2022 our total income was £847,954.

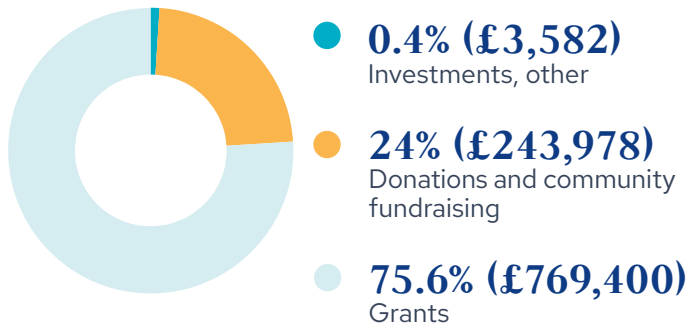
As a small charity we will continue to work hard with our funders and supporters to expand our programme of support and help more people with MS live a full and healthy life.

We are grateful to all our funders. We would like to thank The Happy Charitable Trust for their support and The Bloom Foundation for their ongoing contribution.

We have made a strategic commitment to reducing our dependence on The Bloom Foundation as our core funder over the next few years and to

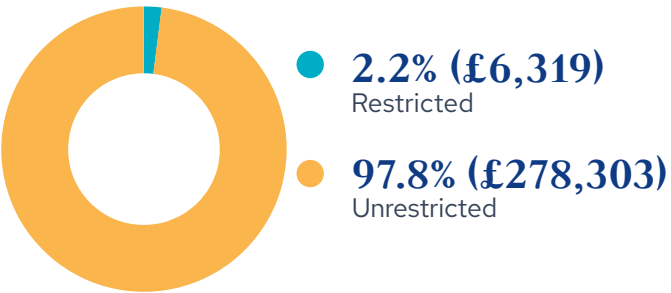
diversifying our income generation through a wider number of Trusts and alternative income sources. In 2023 we have started to put some foundations in place to achieve this.

We are regulated by the Fundraising Regulator and adhere to the Fundraising Code of Practice. We did not receive any complaints about our fundraising activities in 2023.



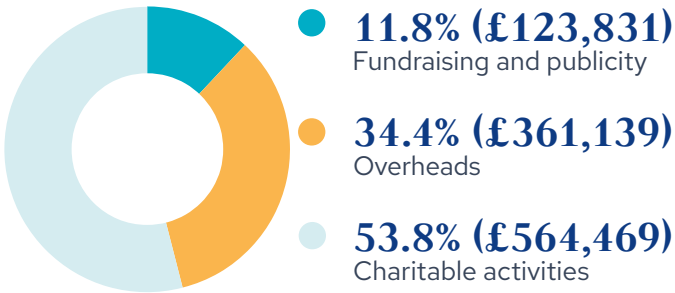
Reserves

At the end of the year, we held total reserves of £284,622.



Expenditure

Our total expenditure in 2023 was £1,049,439.



Over 50% of our expenditure was spent on delivering and expanding our programme of support.

Gift-in-kind

We received gift-in-kind design and brand support from JMA Creative to the value of £1,000. We

also received £85,000 from the Google Grant and pro bono HR and legal support with an estimated value of £5,000.



You can download a full copy of our audited accounts and annual report at:
overcomingms.org/about-us/overcoming-ms-governance



With your support, we can enable more people to live well with MS

Thank you

Thank you to all our fundraisers, donors, staff, trustees, and volunteers for helping us to support and empower more people with multiple sclerosis.

Please consider supporting us so we can continue helping people live well with MS.

“

Supporting Overcoming MS is just such a great way for people to keep positive. Improve every which way you can in your life to give yourself the best chance. Overcoming MS definitely has that approach. It's positive and uplifting.”

– Overcoming MS volunteer

Overcoming MS

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In Scotland No. SC050752.

Australia: Registered with the ACNC. ABN 50 603 488 508

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