

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

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OVERCOMING MULTIPLE SCLEROSIS
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2020**

Trustees

Anthony Grant Bloom
Linda Michelle Bloom
Marc Louis Sugarman
Caroline Julia Margaret Clarke

Company registered number

09044459

Charity registered number

1157579

Registered office

Thame House
Thame Road
Haddenham
Aylesbury
Buckinghamshire
HP17 SHU

Chief Executive Officer

Gary McMahon (Until 10th July 2020), Grazia Berry (From 6th July 2020)

Independent examiners

Critchleys Audit LLP
Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

Bankers

Clydesdale Bank
35 Regent Street
Piccadilly Circus London
SW1Y 4ND

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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

Chair's statement

This has been an important year for Overcoming MS in which we welcomed our new Chief Executive Grazina Berry and approved our new three-year strategic framework. Our team, led by Grazina, has worked hard to develop exciting new plans that will enable even more people with MS to access and be empowered by the OMS programme and the healthy lifestyle changes that we know benefit so many.

The advent of Covid 19 in March inevitably changed the context upon which the above was achieved, and it has been a sobering year in which our resilience as a charity has been tested both operationally and financially. The crisis brought with it many challenges including the need to re-assess and pivot towards the changing needs of the MS community. As our members reported increased isolation, we increased our digital capability and this and other key priority changes have all been built into our new strategic framework.

As we move forward, I would particularly like to thank Gary McMahon who stepped down this year as Chief Executive and whose contribution to OMS was exceptional. Thanks must also go to our hard working team, volunteers and supporters who have navigated the unforeseen challenges of this particularly hard year with resolve and determination. At a time of such uncertainty, we remain resilient, adaptable, and more determined than ever to continue to provide the best support and realistic hope to every person with MS.

Linda Michelle Bloom,

Chair of Overcoming MS

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of Overcoming Multiple Sclerosis (the company) for the year ended 31st December 2020.

The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

The company also operates under the names Overcoming MS and OMS.

Objectives and Activities

a. Policies and Objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit.

The principal objectives of the charity are to relieve people with multiple sclerosis and to promote public health in relation to multiple sclerosis in particular but not exclusively by:

- providing information and advice for people with multiple sclerosis to take control of their health
- fostering a community of support for people with multiple sclerosis and their families
- promoting a holistic approach to multiple sclerosis taking into account peoples' psychological, physical and social needs and utilising the best available treatments
- promoting and undertaking research into self-help techniques for the management of multiple sclerosis insofar as these are compatible with advice received from people's doctors or consultant physicians
- supporting and promoting charities funding multiple sclerosis research

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

b. Review of Activities

Overcoming MS undertook a stakeholder consultation as part of a strategic review in 2020. The Board of Trustees approved Overcoming MS's new strategic direction in December 2020. The full strategy document, *Find realistic hope and a full life, find OMS: The OMS Strategy 2021-23* can be downloaded at www.overcomingms.org. It outlines the Charity's refreshed strategic objectives and three-year plan in more detail.

Who we are: Overcoming MS is the world's leading multiple sclerosis healthy lifestyle charity. We are unique in our evidence-based focus upon MS self-management, formulated as a holistic, practical program.

Our vision: Everyone with MS feels empowered to take control of their health, is making informed lifestyle choices and living the fullest life possible.

What we do: Overcoming MS informs, supports and empowers people with multiple sclerosis to self-manage their condition day-to-day. We collaborate with others to help people to manage their MS in practical and evidence-based ways.

- 1. Inform:** We ensure people affected by MS are fully informed about evidence-based ways to help self-manage multiple sclerosis.
- 2. Support:** We help people living with MS to feel supported through our work including OMS Circles, our growing global network of volunteer groups.
- 3. Empower:** We advocate for and with people living with MS to demonstrate how self-management and lifestyle choices are a vital part of living a full life. We influence policymakers and campaign to raise awareness of the importance and benefits of MS self-management.
- 4. Collaborate:** We support and contribute to the growing body of evidence around lifestyle choices and self-management of MS to help influence and create change amongst healthcare professionals and policymakers. We work in partnerships to create genuine and sustainable benefits for people living with MS.

The Overcoming MS Program:

Our advice and information centres upon our system of MS self-management, known as the Overcoming MS program. It promotes a comprehensive and holistic approach to multiple sclerosis self-management, with clear evidence-based actions to help support physical and

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TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

mental health. It focuses on lifestyle and environmental areas shown to influence MS progression, such as diet, stress and a lack of Vitamin D.

The Overcoming MS program is a product of pioneering work by Professor George Jelinek and the Neuroepidemiology Unit (NEU) of the Melbourne School of Population and Global Health, University of Melbourne, Australia. Its evidence is broad-based and incorporates over 1,000 research studies from some of the world's leading medical journals.

c. Main Activities and Achievements

During 2020 the Charity continued to pursue its objectives as detailed above, and key activities and achievements are listed below.

1. Inform

1.1. Podcast

The *Living Well with MS* is Overcoming MS's podcast. It aims to be informative and inspiring to help people with multiple sclerosis make healthier lifestyle choices. The podcast has been hosted by Overcoming MS volunteer Geoff Allix since it launched in 2019 and has a growing number of listeners worldwide.

Overcoming MS produced 17 full-length (30-40 minutes) *Living Well with MS* episodes in 2020, interviewing scientists, fitness specialists and nutritionists. In response to the COVID-19 pandemic, the Charity also produced a series of 12 shorter 20-minute episodes called *Coffee Break*. These were conversations between Geoff and other people with MS sharing their experiences about daily life with MS and the pandemic.

Living Well with MS has more than 45 reviews on iTunes with **100% rating it 4/5 or 5/5**. It is ranked within the **top 20%** of all podcasts by listenership. Over 2020 there were **75,284** unique downloads in total, with an average of **2,596 unique downloads** per episode.

1.2. Webinars

Pre-Covid-19, Overcoming MS's activities focussed upon organising popular face-to-face events providing information and support. These events included the Charity's annual UK conference, a series of one-day workshops and four week-long residential retreats. Locations ranged worldwide, according to need, resource and demand.

With all planned events cancelled due to the pandemic, Overcoming MS launched an interactive webinar series called Refresh with OMS in May 2020. The five webinar sessions were held live with an expert speaker and included a Q&A. The Charity's expert facilitators (including an NHS consultant,

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TRUSTEES' REPORT (continued)
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a Nutritional Therapist, and Chartered Clinical Psychologist) who would typically help to run the Charity's traditional events, played a vital role.

434 people attended the webinars from 55 countries worldwide, from Canada and the Netherlands to New Zealand. The sessions had over **2,000** replays in 2020. The Charity answered **245** questions from people keen to understand healthier choices with MS. **96%** rated the quality of information as high or very high. **81%** said they felt more informed, and **63%** felt better supported. **90%** said they would like to attend a future webinar.

1.3. Website and digital

The Charity focusses upon providing practical digital resources to help people follow the healthy lifestyle that can help improve their MS. Wherever possible, Overcoming MS develops content with its volunteer community including blogs, recipes, meditation and exercise guides.

The Overcoming MS team produced **four times more e-newsletters** in response to the pandemic compared to 2019, to provide regular contact for **19,500** people with MS, and share news and content. Overcoming MS website users **averaged 31,000 every month** over 2020. There were **1,380,471 web page views** in total during the year.

1.4. Free book scheme

The *Overcoming MS* book is a valuable and popular guide for people with MS and it has been critically acclaimed by leading health professionals.

There were fewer book requests on average in 2020 due to the pandemic. With frequent office closures and postal delays, it was more challenging for Overcoming MS to deliver books. As a result, the Charity put in place a new fulfilment system to help work more efficiently in this area in 2021. In 2020, Overcoming MS distributed **1,007 free books** in the UK and Ireland supported by generous funding from private individual donors. The Charity trialled a free e-book project in the US and provided **1,815 e-books**.

2. Support

2.1. Circles

Overcoming MS launched this grassroots support service in 2018 with 20 Circles. Circles are local groups providing community support to people with MS following the OMS program and are facilitated by a volunteer Ambassador.

However, by the end of 2020 there were **81 active Circles** providing support to **2,100 people** living with MS worldwide in **24 countries**.

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TRUSTEES' REPORT (continued)
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Region	Circles	Country
United Kingdom	34	England (26) Scotland (5), Northern Ireland (2), Wales (1)
Europe	20	Germany (7), Netherlands (3), Italy (2), Belgium, Czech Republic, Denmark, Greece, Portugal, Slovakia, Switzerland, Turkey (1)
Africa and the Middle East	2	Israel (1), South Africa (1)
Australasia	10	Australia (6), New Zealand (2), India (1), Taiwan (1)
North and South America	15	USA (10), Canada (4), Brazil (1)

Due to the pandemic, it was an exceptionally challenging year for Circles. Our voluntary groups help people stay connected at a time when they may feel most anxious and isolated. Overcoming MS Ambassadors were unable to provide face-to-face support. With the loss of income over 2020, the Charity suspended Ambassador recruitment and training due to a lack of staff resources.

2.2. Digital Support

Queries from members of the OMS community became more complex as a result of the pandemic. People with MS could not easily access their healthcare teams, with essential neurological and physiotherapy appointments cancelled due to NHS redeployment. People with MS are very anxious about the impact of new vaccines on their condition and are likely to be shielding.

Over 15,000 people are registered on our online forum, which, moderated by a team of volunteers, and a medical professional employed by Overcoming MS, provides advice and support.

3. Empower

3.1. Community engagement

To help formulate Overcoming MS's new strategic framework 2021-23 and 2021 business plan, the Charity organised four community-focused Theory of Change workshops. **25 volunteers** joined the

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TRUSTEES' REPORT (continued)
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staff team over video conference, to help represent different types of MS, backgrounds and geographies. The Charity will continually review and refine its plan as it seeks feedback from the communities it serves.

3.2. Policy

Overcoming MS joined the **MS Academy's "Raising the Bar in MS" Healthy Lifestyle** work stream. The MS Academy delivers an innovative MS educational programme for health and allied health professionals. "Raising the Bar" brings NHS MS stakeholders together to identify and resolve barriers to care, reduce health inequalities, and share best practice. It aims to ensure that everyone has access to preventative care at the point of MS diagnosis.

The Healthy Lifestyle working group developed a plan over 2020 to help professionals to focus on health and wellness with their patients, and to provide the information and support needed for people with MS.

Overcoming MS also became members of **the Neurological Alliance**, a campaigning coalition of more than 80 organizations working together to improve the quality of care for every person living with a neurological condition.

4. Collaborate

4.1. Partnership with the NEU

Overcoming MS invested **£31,881** for the second year to develop and **pilot an online course** in partnership with the NEU, based on the Overcoming MS program. The Multiple Sclerosis Online Course (MSOC) will trial with 200 people with MS in 2021.

In 2020 the Charity provided **£4,599** funding to ensure open access for **two** NEU research papers.

- **£2,095** - Published in the journal *Informatics for Health and Social Care* "Therapeutic utilisation of meditation resources by people with multiple sclerosis: Insights from an online patient discussion forum."
- **£2,479** - Published in the journal *Multiple Sclerosis and Related Disorders* "Depression mediates the relationship between fatigue and mental health-related quality of life in multiple sclerosis."

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4.2. Gift-in-Kind Partnerships

During 2020, Overcoming MS also received significant pro-bono design support provided by JM Advertising in Melbourne, Australia. The value amounted to around AUD 50,000.00 (GBP26,350).

Financial Review

a. Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal Funding

The Charity experienced a 58% drop in income compared to 2019, closing 2020 with a deficit of £246,919. During the year income was received from three main sources: donations, grants and events.

The charity is regulated by the Fundraising Regulator and adheres to the Fundraising Code of Practice. There has been no failure to comply with the scheme and no complaints were received either directly or indirectly through any party in 2020.

c. Reserves Policy

Having set aside designated reserves to cover the anticipated 2021 costs of major projects, the Trustees consider that there are in the Charity sufficient funds to cover six months' overhead expenditures in accordance with the policy and aims set out in prior years.

At the end of 2020 the charity held total reserves of £434,889 (2019: £681,808) comprising:

Unrestricted:	£266,482	(2019: £347,714)
Restricted	£13,741	(2019: £ 19,741)
Designated	£154,666	(2019: £314,353)

The Trustees recognise the unpredictable nature of charity funding, and are taking steps to diversify its fundraising sources with a new three-year fundraising strategy in 2021.

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TRUSTEES' REPORT (continued)
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Structure, Governance and Management

a. Constitution

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 14th May 2014. The company is constituted under a Memorandum of Association dated 14th May 2014 and is a registered charity number 1157579.

In 2014 the company took over activities from a predecessor charitable trust, also named Overcoming Multiple Sclerosis. The principal objective of the company is to provide relief to people diagnosed with multiple sclerosis.

b. Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

c. Organisational structure and decision making

Regular formal meetings of the Board of Trustees take place to provide support and guidance to the Chief Executive, who is employed to manage the operational activities of the charity. The Trustees maintain oversight of governance, costs and management and also approve all strategic plans for the development of the charity.

In the US and Australia, the charity has established independent charitable entities. The Chair and CEO of OMS are both Directors of these respective charitable entities, alongside local Directors in both countries. All charitable entities are aligned with the same authorised purposes and charitable goals.

d. Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud, error and the consequences of providing health care related information.

The charity has put in place a robust risk management framework and a corporate risk register that enables the identification, management and monitoring of risk at operational and strategic levels. The Board of Trustees scrutinizes risks that Overcoming MS faces at every meeting.

In the opinion of the Trustees a key material risk facing the charity is the challenging global fundraising environment as a result of the pandemic which may delay achieving financial sustainability. A new three-year fundraising strategy that comes into effect in 2021 will help mitigate against this risk.

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TRUSTEES' REPORT (continued)
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Plans for future periods

Overcoming MS is determined to ensure that the pandemic's legacy will ultimately be positive for the charity's operations and strategic direction. Over the coming year and beyond, the Charity plans to:

- **Explore new partnership opportunities with other charities and companies to boost its practical support, focusing on mental and physical health.**
 - **Grow its profile with healthcare professionals, to help reach people living with MS and the 6,700 people in the UK who are newly diagnosed annually, and into other territories including the US.**
 - **Expect virtual events and webinars to become a permanent offering. When face-to-face activities can safely resume, the Charity will prioritise geographical areas with the highest incidence rates of MS and prioritise overlooked MS groups.**
 - **Increase its strategic focus upon the active prevention of MS. Alongside helping people with their daily MS self-management, MS prevention will help play a part in alleviating the pressures on health systems created by Covid-19.**
 - **Widen support to encompass the whole family unit affected by MS. Not only are close relatives at increased risk of developing MS, but an MS diagnosis also significantly impacts the entire family.**
-

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TRUSTEES' REPORT (continued)
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Trustees' Responsibilities Statement

The Trustees (who are also directors of Overcoming Multiple Sclerosis for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they 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 charitable company for that period. In preparing these 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 judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees, on 30/03/21 and signed on their behalf by:



Marc Louis Sugarman
Trustee

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INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

Independent examiner's report to the Trustees of Overcoming Multiple Sclerosis

I report to the charity trustees on my examination of the accounts of Overcoming Multiple Sclerosis Charitable Company (the Company) for the year ended 31 December 2020, which are set out on pages 8 to 22.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's report

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

- 1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- 2) the accounts do not accord with those accounting records; or
- 3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Name of examiner: Katherine Wilkes

Name of firm: Critchleys Audit LLP

Relevant professional body: Institute of Chartered Accountants in England and Wales

Address: Beaver House, 23-38 Hythe Bridge Street, Oxford, OX1 2EP

Date: 19 April 2021

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**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING
INCOME AND EXPENDITURE ACCOUNT) FOR THE
YEAR ENDED 31 DECEMBER 2020**

	Note	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
INCOME FROM:					
Donations and legacies	2	561,356	-	561,356	1,082,730
Charitable activities	3	-	-	-	108,867
Fundraising income	4	18,265	-	18,265	186,152
Investments	5	1,032	-	1,032	425
TOTAL INCOME		580,653	-	580,653	1,378,174
EXPENDITURE ON:					
Raising funds	6	73,129	-	73,129	104,544
Charitable activities	7,8,9	748,443	6,000	754,443	946,908
TOTAL EXPENDITURE	10	821,572	6,000	827,572	1,051,452
NET EXPENDITURE BEFORE OTHER RECOGNISED GAINS AND LOSSES		(240,919)	(6,000)	(246,919)	326,722
NET MOVEMENT IN FUNDS		(240,919)	(6,000)	(246,919)	326,722
RECONCILIATION OF FUNDS:					
Total funds brought forward		662,067	19,741	681,808	355,086
TOTAL FUNDS CARRIED FORWARD		421,148	13,741	434,889	681,808

All activities relate to continuing operations.

The notes on pages 11 to 22 form part of these financial statements.

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REGISTERED NUMBER: 09044459

BALANCE SHEET
AS AT 31 DECEMBER 2020

	Note	£	2020 £	£	2019 £
FIXED ASSETS					
Tangible assets	13		18,181		17,839
CURRENT ASSETS					
Debtors	14	123,167		130,301	
Stock	15	3,398		-	
Cash at bank and in hand		370,228		604,776	
		496,793		735,077	
CREDITORS:					
amounts falling due within one year	16	(80,085)		(71,108)	
NET CURRENT ASSETS			416,708		663,969
NET ASSETS			434,889		681,808
CHARITY FUNDS					
Restricted funds	17		13,741		19,741
Designated funds	17		154,666		314,353
Unrestricted funds	17		266,482		347,714
TOTAL FUNDS			434,889		681,808

The financial statements were approved and authorised for issue by the Trustees on 30/03/21 and signed on their behalf, by:



Marc Louis Sugarman
Trustee

The notes on pages 17 to 28 form part of these financial statements.

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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2020

	2020	2019
Note	£	£
Cash flows from operating activities		
Net cash provided by operating activities	19 <u>(229,603)</u>	<u>315,843</u>
Cash flows from investing activities		
Purchase of fixed assets	13 <u>(4,945)</u>	<u>(1,449)</u>
Change in cash and cash equivalents in the year	(234,548)	314,394
Cash and cash equivalents brought forward	604,776	290,382
Cash and cash equivalents carried forward	20 <u><u>370,228</u></u>	<u><u>604,776</u></u>

The notes on pages 17 to 28 form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements 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 (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Overcoming Multiple Sclerosis meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 COMPANY STATUS

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £10 per member of the company.

1.3 FUND ACCOUNTING

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

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

1.4 INCOME

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES (continued)

1.5 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the company. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the company's educational operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.6 TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities incorporating Income and Expenditure Account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Office equipment	25% reducing balance

1.7 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

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NOTES TO THE FINANCIAL STATEMENTS
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1. ACCOUNTING POLICIES (continued)

1.8 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.9 LIABILITIES

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.10 INVENTORY

Inventory is valued at the lower of cost and net realisable value, cost being the purchase price on a first in, first out basis.

2. INCOME FROM DONATIONS

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Donations	136,356	-	136,356	315,318
Grants	425,000	-	425,000	767,412
Total donations and legacies	<u>561,356</u>	<u>-</u>	<u>561,356</u>	<u>1,082,730</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Retreats and reunions	-	-	-	108,867
	<u>-</u>	<u>-</u>	<u>-</u>	<u>108,867</u>

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4. FUNDRAISING EVENTS

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Lunch parties	-	-	-	16,013
Gala dinner	18,200	-	18,200	158,185
Book sales	65	-	65	480
Challenge events	-	-	-	11,474
	<u>18,265</u>	<u>-</u>	<u>18,265</u>	<u>186,152</u>

5. INVESTMENT INCOME

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Interest Income	<u>1,032</u>	<u>-</u>	<u>1,032</u>	<u>425</u>

6. COST OF RAISING FUNDS

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
General fundraising costs	18,358	-	18,358	16,946
Wages and salaries – Fundraising	49,990	-	49,990	78,024
National insurance	4,416	-	4,416	8,217
Pension cost	365	-	365	1,357
	<u>73,129</u>	<u>-</u>	<u>73,129</u>	<u>104,544</u>

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7. COSTS OF CHARITABLE ACTIVITIES

	(Note 8) Direct costs	(Note 9) Support costs	Total	Total
	2020	2020	2020	2019
	£	£	£	£
Unrestricted	516,603	231,840	748,443	935,579
Restricted	6,000	-	6,000	11,329
Total 2020	<u>522,603</u>	<u>231,840</u>	<u>754,443</u>	<u>946,908</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Unrestricted 2020	Restricted 2020	Total 2020	Total 2019
	£	£	£	£
Retreats and reunions	1,314	-	1,314	180,416
Digital technology investment	315,842	-	315,842	244,260
Other customer related activities	23,052	6,000	29,052	45,428
Wages and salaries - charitable activities	163,259	-	163,259	180,745
National insurance	11,020	-	11,020	14,253
Pension cost	2,116	-	2,116	2,014
	<u>516,603</u>	<u>6,000</u>	<u>522,603</u>	<u>667,116</u>

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9. SUPPORT COSTS OF CHARITABLE ACTIVITIES

	Governance costs 2020 £	Support costs unrestricted 2020 £	Support costs restricted 2020 £	Total 2020 £	Total 2019 £
Website and publicity costs	-	25,454	-	25,454	52,493
Internet and IT costs	-	12,562	-	12,562	19,033
Bank and credit card charges	-	1,262	-	1,262	1,665
Printing, postage and stationary	-	1,186	-	1,186	6,536
Subscriptions	-	587	-	587	1,227
Professional fees	-	25,171	-	25,171	24,691
Rent and rates	-	20,884	-	20,884	23,954
Travel costs	-	2,970	-	2,970	15,625
Office expenses	-	25,471	-	25,471	21,474
Exchange (gain) / loss	-	(4,490)	-	(4,490)	8,031
Independent examination fees	4,200	-	-	4,200	-
Auditor fees	-	-	-	-	5,000
Wages and salaries- support costs	-	102,581	-	102,581	84,736
National insurance	-	8,912	-	8,912	8,420
Pension cost	-	487	-	487	1,187
Depreciation	-	4,603	-	4,603	5,720
	4,200	227,640	-	231,840	279,792

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10. ANALYSIS OF RESOURCES EXPENDED BY EXPENDITURE TYPE

	Staff costs 2020 £	Depreciation 2020 £	Other costs 2020 £	Total 2020 £	<i>Total</i> <i>2019</i> £
Expenditure on raising voluntary income	54,771	-	18,358	73,129	104,544
COSTS OF RAISING FUNDS	54,771	-	18,358	73,129	104,544
Charitable activities unrestricted	288,375	4,603	451,265	744,243	930,669
Charitable activities restricted	-	-	6,000	6,000	11,329
CHARITABLE ACTIVITES	288,375	4,603	457,265	750,243	941,998
EXPENDITURE ON GOVERNANCE	-	-	4,200	4,200	5,000
	343,146	4,603	479,823	827,572	1,051,452

11. NET INCOME/ (EXPENDITURE)

This is stated after charging:

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		2020	<i>2019</i>
		£	£
Depreciation of tangible fixed assets:		<u> </u>	<u> </u>
- owned by the charity	-	4,603	<i>5,720</i>

During the year, no Trustees received any remuneration, benefits in kind or reimbursements of expenses (2019 - £NIL).

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12. STAFF COSTS

Staff costs were as follows:

	2020	2019
	£	£
Wages and salaries	315,830	341,658
Social security costs	24,347	32,991
Other pension costs	2,969	4,304
	<u>343,146</u>	<u>378,953</u>

The average number of persons employed by the charity during the year was as follows:

	2020	2019
	No.	No.
Employees	6	9

The number of higher paid employees was:

	2020	2019
	No.	No.
In the band £90,001 - £100,000	-	1
In the band £100,001 - £110,000	1	-

The Charity's key management personnel received remuneration and benefits totalling £164,313 (2019: £116,991) during the year.

Redundancy, termination and ex gratia severance payments are accounted for in the period in which the payments were made. During the current financial year such payments amounted to £50,000 paid to 1 employee. (2019: £14,250 made to 1 employee) and were charged to unrestricted funds.

	Fixtures and Fittings	Office Equipment	Total.
	£	£	£
COST			
At 1 January 2020	10,951	31,184	42,135
Additions	-	4,945	4,945
At 31 December 2020	<u>10,951</u>	<u>36,129</u>	<u>47,080</u>
DEPRECIATION			
At 1 January 2020	6,771	17,525	24,296
Charge for the year	1,044	3,559	4,603
At 31 December 2020	<u>7,815</u>	<u>21,084</u>	<u>28,899</u>
NET BOOK VALUE			
At 31 December 2020	3,136	15,045	18,181
At 31 December 2019	<u>4,180</u>	<u>13,659</u>	<u>17,839</u>

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14. DEBTORS

	2020 £	2019 £
Amounts owed by related undertakings (Note 21)	109,662	104,940
Other debtors	5,276	10,680
Prepayments	8,229	14,681
	<u>123,167</u>	<u>130,301</u>

15. STOCK

	2020 £	2019 £
Book stocks	3,398	-
	<u>3,398</u>	<u>-</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Other taxation and social security	6,378	7,165
Other creditors	664	-
Accruals and deferred income	72,152	63,632
Amounts owed to related undertakings (Note 21)	891	311
DEFERRED INCOME	<u>80,085</u>	<u>71,108</u>
Deferred income at 1 January 2020	5,915	
Resources deferred during the year	2,335	
Amounts released from previous years	(5,915)	
Deferred income at 31 December 2020	<u>2,335</u>	

The deferred income represents deposits received prior to the year-end for Retreat and Reunion events taking place in 2021.

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17. STATEMENT OF FUNDS-CURRENT YEAR

	Balance as at 1 January 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2020 £
Unrestricted funds:					
Unrestricted funds	347,714	580,653	(821,572)	159,687	266,482
Designated funds	314,353	-	-	(159,687)	154,666
Restricted Funds:					
Gawler books	6,741	-	-	-	6,741
UK books	5,000	-	(5,000)	-	-
Northern Ireland activities	1,000	-	(1,000)	-	-
Bursaries for events	7,000	-	-	-	7,000
Total of funds	<u>681,808</u>	<u>580,653</u>	<u>(827,572)</u>	<u>-</u>	<u>434,889</u>

Fund Descriptions:

The Gawler books donation is to fund OMS books delivered to the Gawler foundation in Australia.

The UK books donations are to fund the free OMS book scheme in the UK.

The Northern Ireland donation is restricted to OMS activities in Northern Ireland.

The bursaries donation is to fund the admission to OMS events for qualifying individuals.

COMPARATIVE STATEMENT OF FUNDS – PRIOR YEAR

	Balance as at 1 January 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2019 £
Unrestricted funds:					
Unrestricted funds	352,166	1,350,024	(1,040,123)	(314,353)	347,714
Designated funds	-	-	-	314,353	314,353
Restricted Funds:					
Gawler books	2,920	14,550	(10,729)	-	6,741
UK books	-	5,600	(600)	-	5,000
Northern Ireland activities	-	1,000	-	-	1,000
Bursaries for events	-	7,000	-	-	7,000
Total of funds	<u>355,086</u>	<u>1,378,174</u>	<u>(1,051,452)</u>	<u>-</u>	<u>681,808</u>

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18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2020 £	Restricted funds 2020 £	Designated funds 2020 £	Total funds 2020 £
Tangible fixed assets	18,181	-	-	18,181
Current assets	328,386	13,741	154,666	496,793
Creditors due within one year	(80,085)	-	-	(80,085)
	<u>266,482</u>	<u>13,741</u>	<u>154,666</u>	<u>434,889</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2019 £	Restricted funds 2019 £	Designated funds 2019 £	Total funds 2019 £
Tangible fixed assets	17,839	-	-	17,839
Current assets	400,983	19,741	314,353	735,077
Creditors due within one year	(71,108)	-	-	(71,108)
	<u>347,714</u>	<u>19,741</u>	<u>314,353</u>	<u>681,808</u>

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

	2020 £	2019 £
Net income for the year (as per Statement of Financial Activities)	(246,919)	326,722
Adjustment for:		
Depreciation charges	4,603	5,720
Decrease/(Increase) in stock	(3,398)	-
Decrease/(Increase) in debtors	7,134	(6,096)
Increase/(Decrease) in creditors	8,977	(10,503)
Net cash provided by operating activities	<u>(229,603)</u>	<u>315,843</u>

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20. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2020	2019
	£	£
Cash in hand	370,228	604,776
Total	<u>370,228</u>	<u>604,776</u>

21. RELATED PARTY TRANSACTIONS

Included in donations received during the year are donations of £427,200 (2019: £764,069) made by Trustees of the charity and charities which they control.

At the balance sheet date, the charity was owed £109,662 (2019: £104,940) by OMS Australia, a related charity. This balance relates to funds raised in Australia on behalf of the UK charity and expenses paid by the Australian charity on behalf of the UK charity.

At the balance sheet date, the charity owes £891 (2019: £311) to OMS USA, a related charity. This balance relates to expenses paid by OMS USA on behalf of the UK charity.