

Charity registration number 1157579 (England and Wales)

Charity registration number SC050752 (Scotland)

Company registration number 09044459

OVERCOMING MULTIPLE SCLEROSIS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

OVERCOMING MULTIPLE SCLEROSIS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	K C Bayles P Hanson M Jordan Keane S M Middlemiss M L Sugarman S Saraf M Taylor
Charity number (England and Wales)	1157579
Charity number (Scotland)	SC050752
Company number	09044459
Registered office	c/o Gravita Oxford LLP First Floor, Park Central 40-41 Park End Street Oxford OX1 1JD
Auditor	Gravita Audit Oxford LLP First Floor, Park Central 40-41 Park End Street Oxford OX1 1JD
Bankers	Virgin Money UK PLC 177 Bothwell Street Glasgow G2 7ER

OVERCOMING MULTIPLE SCLEROSIS

CONTENTS

	Page
Introduction from the Chair	4
Trustees report	5 - 16
• Objectives and activities • Achievements and performance • Income generation • Financial review • Plans for future periods • Structure, governance and management	
Statement of Trustees responsibilities	17
Independent auditor's report	18 - 21
Statement of financial activities	22
Balance sheet	23
Statement of cash flows	24
Notes to the financial statements	25 - 36

OVERCOMING MULTIPLE SCLEROSIS

INTRODUCTION FROM THE CHAIR

Joining Overcoming MS in 2025 has been an incredible experience, and I am delighted to have become Chair of the Board of Trustees for such a transformational organisation. Diagnosed with MS in 2023, I was aware of the charity, but unaware of just how far reaching the work is, and how much goes on behind the scenes to ensure that every recommendation we make is founded on the most reputable research.

Seeing the scope of our work in person has been a privilege – the highlight of which was the coming together of our community at our first Living Well Live! – a new, hybrid event showcasing the very latest of hot topics, including sleep, gut microbiome, the nervous system and more. The energy and expertise both on and offline was palpable and it was my first real sense of the strong community feeling that flows through Overcoming MS in everything we do.

We have made significant steps this year in fully understanding the impact of our work. We know that event participants consistently give satisfaction scores of over 90%, but enhanced rigour, supported by external academic partners and the externally validated MSQoI-29 outcome measure, demonstrated a statistically significant difference in both physical and mental health scores for those making lifestyle changes. In addition, our own biannual community survey of 549 respondents showed that 92% said healthy lifestyle changes, such as those recommended by the Overcoming MS Program, have made it easier to manage the symptoms of their MS, with 20% (1 in 5) saying it has made it 'extremely' easier.

I would like to extend my deepest gratitude to everyone who makes our work possible. To our individual donors, fundraisers, trusts and corporate supporters – without you, our work would not be possible. To our passionate community, our volunteers, partners and collaborators, staff, and Board members – thank you for your dedication and passion. Through our combined efforts, more people can live well with MS.



Miriam Jordan Keane
Chair of the Board of Trustees

Date: 22nd June 2026

"Overcoming MS gives me a sense of control over my condition which otherwise feels completely beyond my control - and hope and community to the extent I have time and desire to access."

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

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 31 December 2025.

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 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 Trustees are responsible for the maintenance and integrity of the corporate and financial information including that is published on the charity's website.

OBJECTIVES AND ACTIVITIES

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

As a world-leading multiple sclerosis healthy lifestyle charity, we help people discover hope, learn about lifestyle, connect with the community, change lifestyle habits and live well for life.

What is MS?

Every five minutes, someone, somewhere in the world is told that they have multiple sclerosis. 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.

What is Overcoming MS?

Being diagnosed with MS can be devastating; in just seconds, the future that you saw for yourself and your loved ones has been shattered. A diagnosis often comes in the prime of your life, when you should be planning your future with confidence, not facing a lifetime of fear and uncertainty. Knowing you have MS can feel incredibly isolating and lonely. Hope can be hard to find.

Overcoming MS is here to give back that hope. We provide information and support, alongside a like-minded community to help everyone with MS understand that, through making healthy lifestyle choices, they can live well with MS.

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

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2025

ACHIEVEMENTS AND PERFORMANCE:

Overcoming MS exists to:

- 1) Provide high quality information and support about healthy lifestyle choices and MS.
- 2) Bring together a peer-supported community interested in living well with MS.
- 3) Drive long term change through partnership working and raising the quality of evidence and research into lifestyle and MS.

1) Providing high quality information and support about healthy lifestyle choices and MS

What is the challenge?

Research from Overcoming MS in 2025 found that less than a quarter of people believe that making healthy lifestyle choices would make a big difference to those living with MS – compared to two thirds who thought lifestyle changes would significantly benefit those with heart disease¹. There can no longer be any debate about the body of evidence demonstrating that healthy lifestyle choices can positively influence symptoms and slow progression in people living with MS. But the majority of those diagnosed are simply unaware, or don't know where to start.

What did we do in 2025?

- **Information and support for newly diagnosed**

Overcoming MS supports those diagnosed with MS with courses of increasing depth, to help people take on more healthy lifestyle changes. Realising that there was an entry level gap in understanding the benefits of lifestyle, in 2025 we launched a new 'Discover' online event to give people a short introduction, delivered by people with lived experience of MS supported by a new 'Why lifestyle' section on our website. Upon feeling more informed, people can then choose to go deeper with our 8-week Pathways course or residential Retreat.

- 6 x Discover sessions delivered with a 93% quality score achieved. Out of the 320 people attending, 51% were new to Overcoming MS. 85% reported feeling confident in the support Overcoming MS offers after attending.
- 3 x Pathways courses delivered with 94 people attending. 100% participants reported they achieved their personal goal. Confidence to follow the Overcoming MS Program improved 30% and there were immediate post-service improvements in mental and physical quality of life scores (measured using the validated MSQoL-29 outcome measure).
- Our annual Retreat reached a cohort of 28 participants, with a quality score of 94% and an 88 NPS. There were immediate improvements in mental and physical quality of life scores.

¹ Survey conducted by OnePoll between 10th and 12th November 2025 with 2,000 representative UK adults.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

- **The Living Well series – keeping up-to-date**

Our Living Well series has grown over the past few years – starting with our podcast, then supported with webinars and blogs, and in 2025 launching our Living Well Live! hybrid community event. The series is targeted at those who are already managing their wellbeing, to give the inspiration and motivation to keep going, as well as update on new research (e.g. changes in vitamin D recommendations) or discuss hot topics in wellbeing (e.g. gut microbiome, sleep, the impact of the nervous system). Speakers across our Living Well Series included community members, plus external experts such as Dr Aaron Boster (neurologist), Jody Barber (physiotherapist), Karen Lee (nutritionist), Brett Drummond (MS Translate), Josie Crawley (nurse educator and poet), Dr Agne Straukiene (neurologist), and many, many more.

- Season 7 of the podcast delivered 38 episodes, 63.5K downloads and 45.9K listeners. It has a 4.9 star rating on Apple Podcasts.
- Season 6 of our webinars received a 92% quality score. 3.4K registrations and 3.1K replays. 92% reported feeling confident in adopting healthy lifestyle changes after attending.
- Living Well Live! launched with over 400 attendees in person and online, from across 20 countries. NPS of 90 with 37% of audience being new to Overcoming MS. As a result of the event, 84% felt more in control of their health, 88% planned to take action as a result of attending, and 86% felt that the strategies shared were realistic and possible.

- **Expanding our reach**

Put simply, not enough people know about the importance of healthy lifestyle in managing MS. We have to change this, focusing on new audiences, more people, and more diverse communities. Overcoming MS naturally appeals to those who are able to self-educate and self-motivate, with the funds to buy higher quality food or join physical activity classes. We sought to change this through partnering with other organisations to offer a wider range of services to MS communities, and through launching our new 'Real Food, Real Budgets' resource – a recipe resource to address the financial barriers to eating healthily, developed through working with Food Banks. We also launched a series online seated and standing exercises to reduce cost barriers to physical activity.

- Overall reach increased, with 15.3m Google search impressions (up from 14.2m in 2024), 58,000 social media followers (up from 54,000) and 859,000 email opens (up from 502,000).
- MS Awareness Week, in partnership with seven other MS charities, achieved 92 pieces of news coverage in 47 outlets.
- We won a £10,000 pro bono health communications support from SAY Communications to develop a lifestyle awareness campaign, which will be launching early in 2026 to target those unaware of the importance of lifestyle.
- 'Real Food, Real Budgets' received 2,000 website views and the recipe collection was downloaded 950 times. This resource was particularly popular with nurses, wanting tangible support for patients in their clinics.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

Outcome:

Through our activities, Overcoming MS reached thousands of people to help them discover hope and learn about lifestyle choices that could help them live well with MS. Our evidence-based resources and events gave people the information they need to make informed decisions, as well as the confidence to make lasting lifestyle changes.

"Overcoming MS supports people in a positive and hopeful way. It is not focused on being ill but being well."

2) Bringing together a peer-supported community interested in living well with MS

What's the challenge?

Having a diagnosis of MS can be incredibly isolating and lonely. Managing MS can, in itself, be overwhelming, especially when navigating new routines and treatments. The uncertainty of the future can be incredibly daunting. Sometimes you just need to be with people who 'get it', people who understand, share tips and advice and help face a future with positivity. In addition, as a charity delivering for people with MS, it is essential that everything we do is informed by those with lived experience.

What did we do in 2025?

- **Peer to peer support**

Our unique Live Well Hub encourages people to ask for or give support, engage in specialist topics, plus acts as the platform for our peer-support groups, or Circles. Every Overcoming MS course is co-designed and delivered by our Program Facilitators – people with expertise in the chosen topic (eg nutrition, meditation, physical activity, etc) who also live with MS. Attendees regularly tell us about the difference it makes to hear about topics from someone who understands what it is like to live with MS.

- We now have 116 Circles, connecting people online and in person. These include those based on geography, cohort groups from our more intensive courses enabling people to continue to support each other, and those based on specialist interests. New groups this year included Men's health, Women's health, Parents, New to Overcoming MS and a Faith group (for all faiths).
- 7,000 members made over 60,000 contributions on our Live Well Hub.

- **Lived experience influencing our work**

We conducted our *Your Voice, Your Story, Shaping Hope in 2025* community survey, receiving 549 responses and valuable MS QoL29 data (a recognised MS impact measure) to influence future service provision. We are very grateful to our huge range of volunteers, including our fantastic podcast host; the Communications Advisory Group (assessing tone and messaging); research advisors; Trustees; Circle Ambassadors; those attending photoshoots or contributing stories and quotes; recruitment panel interviewees; representing Overcoming MS at external meetings (eg local service mapping or conferences); shaping agendas or resources; and much more.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

- 107 volunteers contributed an average of 4 hours per month, totalling 5,136 hours annually. 60% of these have volunteered for Overcoming MS for over three years, demonstrating a long-term commitment to the charity and supporting people living with MS.
- 80% of volunteers reported that they understand how their work contributes to and makes a difference to the community.

Outcome:

Through our activities, we have reduced the isolation that so many people with MS feel, through bringing together hundreds of individuals, providing a means for them to meet likeminded people, and contribute their experiences and stories. Our community feedback, surveys and volunteers ensure that we lead with true representation of people's needs, as well as the amplification of their combined voices to thousands more.

"Overcoming MS is the only charity where I've found community, lifestyle support and hope. It's life changing and every time I attend an event, I walk away wanting to do more."

3) Driving long term change through partnership working and raising the quality of evidence and research into lifestyle and MS.

What's the challenge?

2.8 million people live with MS. We cannot do this alone. Despite a large body of evidence on the importance of healthy lifestyle in managing MS symptoms and long-term progression, there is still a strong need for further research in the sector. Expanding knowledge and expertise is fundamental to improving the lives of people with MS. By strengthening our expert network and collaborating with healthcare professionals and partners, we ensure that evidence-based approaches to MS management are widely understood and accessible to all.

What did we do in 2025?

- **Evidence beyond repute**

Overcoming MS plays a key role in promoting and maintaining the evidence base around lifestyle and MS in a responsible and reputable way. In 2025, acting on feedback from healthcare professionals as well as additional research studies, we updated our recommendations around vitamin D – one of the Overcoming MS Program pillars. Internally we created an Evidence Gathering Group to increase speed/quality of response to new research or research concerns, as well as new processes to advance essential external research (eg requests to promote trials, sharing research surveys with community etc) through clear criteria to ensure reputability.

- Abstracts highlighting the impact and robustness of measurement were presented at the European Association of Neurology's and MS Trust's annual conferences.
- We published a qualitative review on 'Voluntary sector lifestyle courses lead to

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

improved outcomes in MS' in the British Journal of Neuroscience and Nursing.

- **Engaging with healthcare professionals**

In 2025, we made a strong case for engaging with healthcare professionals (HCPs) with an external survey of 2,000 representative UK adults showing that almost a third of respondents said that they would only feel comfortable making lifestyle changes to help address MS symptoms if a healthcare professional recommended it to them. Yet with just 16% of Overcoming MS community members strongly agreeing that their healthcare professionals are discussing healthy lifestyle choices with them during appointments, there is a clear gap for us to fill. We have therefore focused on ways to increase knowledge and reduce the burden of time.

- We were incredibly proud to launch our CPD-accredited online course, *Transforming Brain Health: Integrating Lifestyle and Self-Management in MS Care*, in partnership with the British Society of Lifestyle Medicine. This gives a concrete platform to support HCPs in updating their knowledge and raising awareness of the evidence-base for lifestyle modifications in MS treatment.
- We hosted a HCP Roundtable with 14 key attendees to discuss the priorities around HCP engagement. One pilot was delivered as part of this group with potential to replicate.
- HCP partners played an active role in shaping and co-creating our content, across podcasts, webinars, website pages and articles, as well as informing the development of our HCP education course. This collaborative approach not only enhanced the quality and credibility of our resources, but also ensured they remained relevant and practical for clinical settings.

- **Partnership working**

As a small charity, Overcoming MS' impact is far greater through working in partnership with others. Partnerships included:

- A pilot wellbeing event in Stoke for people with progressive MS piloted with the rehabilitation team: Positive impact re information sharing, qualitative feedback and improved self-efficacy scores.
- University of Nottingham MS Employment Feasibility Study: 2 x Program Facilitators have received training, with 19 trial participants recruited from our community. Will lead to new area of employment support once the study reports.
- Manchester Mapping Project: Including representation and involvement of a Circle Ambassador, we have fed into discussions around optimal care pathways and the creation of a toolkit for healthcare professionals re MS charities support.
- Neuroepidemiology Unit at the University of Melbourne (NEU): working together to support analysis of Retreat and Pathways data to improve impact reporting.
- European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS): Official supporting partner of the Patient Community Day, helping reaching new audiences.
- Neurology Academy: Endorsing learning masterclasses for healthcare

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2025

- professionals, raising awareness and providing resources.
- Neurological Alliance: participating in a public call for greater investment in research on neurological conditions, as well as a statement of recommendations to address the key challenges facing the clinical neuroscience workforce, and a response to the future of the NHS consultation.
- European Academy of Neurology: Partnering in the Brain Health Mission Partnership, and endorsing the 'Brain health - time matters' report, from the MS Brain Health collaboration team.
- MS Awareness Week: working with seven other leading MS charities to raise awareness of multiple sclerosis.

Outcome:

Overcoming MS is playing a key role in facilitating conversations between healthcare professionals and their patients, as well as advancing reputable lifestyle research to inform the overall sector.

***"As both a Facilitator and someone following the Program, I feel confident and reassured knowing that the evidence has been reviewed and the advice is being updated.
It makes a lot of sense."***

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

INCOME GENERATION

None of the transformational work described on the preceding pages would be possible without the generosity of our incredible supporters. From Ping Pong tournaments to walking Hadrian's wall, birthday fundraisers to sponsored Pilates and yoga classes, our brilliant community continues to amaze and astound us with their ingenuity, dedication and indefatigability. We're also hugely grateful to the trusts, foundations and corporate partners who support our work and all those wonderful individuals who contribute through major gifts, regular gifts, legacy pledges, gifts in memory and responses to our appeals. Their continuing commitment enables all that we do to help people with MS to live well.

In 2025, we were delighted to maintain our high level of direct investment in our charitable activities, with 74p in every £1 spent going on the products and services we offer to our community. Likewise, our own fundraising team delivered a highly effective fundraising operation, with £4 raised for every £1 spent on fundraising activities.

Our total income was £1,177,872 fundraised from donations, community, grants and through pro-bono services. In 2024 our total income was £1,204,378.

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, our individual fundraisers and everyone who has supported us. We would like to thank the Souter Charitable Trust and PB Dumbell for their support and The Bloom Foundation for their ongoing contribution. We would also like to thank some of our individual fundraisers, Darren Bloom, Ed Downes, Katherine Furman, Debra Davies, Ian Airey-Regardsoe and Tim Cobb, who have all made a great effort to fundraise for Overcoming MS throughout the year.

Overcoming MS has been reliant on core funding from The Bloom Foundation for many years. We have made a strategic commitment to reduce our dependence on The Bloom Foundation as our core funder over the next few years. Our funding focus is therefore to diversify income generation through a balanced portfolio of different income streams.

Expenditure

Our total expenditure in 2025 was £1,153,371 and in 2024 was £983,038. 74% of our expenditure was spent on delivering and expanding our program of support.

Gifts-in-kind

We were delighted to have won £10,000 of health communications support from SAY Communications. We also received gift-in-kind design and brand support from JMA Creative to the value of £7,189. We also received £89,258 from the Google Grant, and pro bono HR/legal support and staff training with estimated values of £30,000 and £6,652 respectively.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

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 these financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal funding

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 2025.

c. Reserves policy

The reserves policy requires that unrestricted reserves of not less than three months' total costs be maintained to meet the charity's commitments at any time. At 31st December 2025 the minimum unrestricted reserves required, after excluding the value of gifts-in-kind, was £252,568.

At the end of 2025, the charity held total reserves of £530,463 (2024: £505,962) comprising:

Unrestricted:	£ 469,392	(2024: £ 405,684)
Designated:	£ 50,300	(2024: £ 80,000)
Restricted:	£ 10,771	(2024: £ 20,278)

d. Energy consumption

The Trustees consider there is no requirement for any disclosure pursuant to SI2018/1155 as the charity's energy consumption is minimal.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

PLANS FOR FUTURE PERIODS

We have worked with our community to establish our focus for 2024 - 2026. In 2026, we will develop our plans for 2027-29.

- We will raise awareness of the importance of healthy lifestyle and how Overcoming MS can help, so that as many people as possible understand that there is hope after an MS diagnosis.
 - By engaging healthcare professionals to advocate healthy lifestyle to their patients.
 - By investing in our digital functionality and content so we can reach more people across the globe.
- We will deliver world class information, tools and support to the Overcoming MS community, so they have the confidence and knowledge to live well with MS.
 - By enhancing our existing products and services and expanding access to all.
 - By working closely with our community and our experts to deliver the support people need.
- We will build the authority of Overcoming MS, so that we can increase our reach and impact.
 - By clearly communicating the existing evidence base and researching new developments.
 - By influencing and working in partnerships to share our expertise and learn from others.
- We will grow a collaborative, knowledgeable, passionate and sustainable team, so that we can increase our responsiveness to the needs of our community.
 - By developing our staff and volunteers.
 - By building our team of Facilitators to increase our capacity and impact.
- We will develop our financial growth, so that we can increase our independence.
 - By increasing fundraising via diversified activity.
 - By generating income through other sources while reducing our cost base.

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

K C Bayles

L M Bloom (Resigned 24 Nov 2025)

K Carpenter (Resigned 16 March 2026)

P Hanson

P Harris (Resigned 22 June 2026)

M Jordan Keane (Appointed 18 Aug 2025)

S M Middlemiss

M L Sugarman

S Saraf

M Taylor (Appointed 18 Aug 2025)

Trustees are provided with Charity Commission and other guidance as to their duties and responsibilities both during and after recruitment.

a) Constitution

The charity is registered as a company limited by guarantee and is constituted under a Memorandum of Association dated 14 May 2014. It is registered with the Charity Commission for England and Wales, number 1157579 and with the Office of the Scottish Charity Regulator, number SC050752.

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) 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 healthcare-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. At every meeting, the Board of Trustees scrutinises risks that Overcoming MS faces.

In the opinion of the Trustees, a key material risk facing the charity is the challenging fundraising environment due to increased competition, a reduced number of funders and

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

global economic implications. We have invested in our fundraising team and revisited our fundraising strategy to help mitigate this risk.

d) 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 approve all strategic plans for the development of the charity.

The Trustees have delegated the day-to-day management of the charity to its Chief Executive Officer, Alexandra Holden, and the Senior Leadership Team.

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

New Trustees receive a comprehensive induction, emphasising the charity's charitable objectives and strategic goals. This process also provides briefings on the key responsibilities of Trustees and the Board, as well as an understanding of MS and the specific needs of the MS community we are seeking to address.

e) Public benefit

The Trustees confirm that they have complied with the duty in Section 4 Part 1 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity.

Auditor

In accordance with the company's articles, a resolution proposing that Gravita Audit Oxford LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.



Suruchi Saraf FCCA, MSc, DChA

Treasurer

Date: 22nd June 2026

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF TRUSTEES RESPONSIBILITIES

The Trustees, who are also the directors of Overcoming Multiple Sclerosis for the purpose 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 which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees, on 22nd June 2026 and signed on their behalf by:



Suruchi Saraf FCCA, MSc, DChA
Treasurer, Overcoming MS

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

Opinion

We have audited the financial statements of Overcoming Multiple Sclerosis (the charitable company) for the year ended 31 December 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 require us to report to you if, in our opinion:

- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees responsibilities, the Trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having an effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and other management, and from our knowledge and experience;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence where applicable; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws.

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;
- reviewing relevant correspondence.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes BSc FCA (Senior Statutory Auditor)

For and on behalf of Gravita Audit Oxford LLP, Statutory Auditor
Chartered Accountants

First Floor, Park Central
40-41 Park End Street
Oxford
OX1 1JD

Date: 25/6/26

OVERCOMING MULTIPLE SCLEROSIS
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total	Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total
	Notes	2025 £	2025 £	2025 £	2025 £	2024 £	2024 £	2024 £	2024 £
Income and endowments from:									
Donations and legacies	3	1,135,543	-	-	1,135,543	1,125,555	-	49,575	1,175,130
Investments	4	6,524	-	-	6,524	4,510	-	-	4,510
Other income	5	24,876	10,929	-	35,805	24,738	-	-	24,738
Total income		<u>1,166,943</u>	<u>10,929</u>	<u>-</u>	<u>1,177,872</u>	<u>1,154,803</u>	<u>-</u>	<u>49,575</u>	<u>1,204,378</u>
Expenditure on:									
Raising funds	6	298,788	-	-	298,788	245,974	-	-	245,974
Charitable activities	7	809,008	36,716	8,859	854,583	701,894	-	35,170	737,064
Total expenditure		<u>1,107,796</u>	<u>36,716</u>	<u>8,859</u>	<u>1,153,371</u>	<u>947,868</u>	<u>-</u>	<u>35,170</u>	<u>983,038</u>
Net income/(expenditure)		59,147	(25,787)	(8,859)	24,501	206,935	-	14,405	221,340
Transfers between funds		4,561	(3,913)	(648)	-	(79,554)	80,000	(446)	-
Net movement in funds	9	63,708	(29,700)	(9,507)	24,501	127,381	80,000	13,959	221,340
Reconciliation of funds:									
Fund balances at 1 January 2025		405,684	80,000	20,278	505,962	278,303	-	6,319	284,622
Fund balances at 31 December 2025		<u>469,392</u>	<u>50,300</u>	<u>10,771</u>	<u>530,463</u>	<u>405,684</u>	<u>80,000</u>	<u>20,278</u>	<u>505,962</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

OVERCOMING MULTIPLE SCLEROSIS

BALANCE SHEET

AS AT 31 DECEMBER 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Intangible assets	13		31,291		34,642
Tangible assets	14		4,519		10,101
			<u>35,810</u>		<u>44,743</u>
Current assets					
Debtors	15	41,164		69,487	
Cash at bank and in hand		515,933		446,382	
		<u>557,097</u>		<u>515,869</u>	
Creditors: amounts falling due within one year	16	(62,444)		(54,650)	
		<u></u>		<u></u>	
Net current assets			494,653		461,219
			<u></u>		<u></u>
Total assets less current liabilities			530,463		505,962
			<u></u>		<u></u>
The funds of the Charity					
Restricted income funds	19		10,771		20,278
Unrestricted funds – general			469,392		405,684
Unrestricted funds – designated reserves	20		50,300		80,000
			<u>530,463</u>		<u>505,962</u>

The financial statements were approved by the Trustees on 22nd June 2026.



S Saraf FCCA, MSc, DChA

Treasurer

Company registration number 09044459 (England and Wales)

OVERCOMING MULTIPLE SCLEROSIS
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2025

		2025		2024	
	Notes	£	£	£	£
Cash flows from operating activities					
Cash generated from operations	23		75,930		171,593
Investing activities					
Purchase of intangible assets		(7,148)		(29,112)	
Purchase of tangible fixed assets		(5,755)		(798)	
Investment income received		6,524		4,510	
Net cash used in investing activities			(6,379)		(25,400)
Net cash generated from financing activities					
			-		-
Net increase in cash and cash equivalents			69,551		146,193
Cash and cash equivalents at beginning of year			446,382		300,189
Cash and cash equivalents at end of year			515,933		446,382

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Charity information

Overcoming Multiple Sclerosis is a charitable company limited by guarantee incorporated in England and Wales. The registered office is c/o Gravita Oxford LLP, First Floor, Park Central, 40-41 Park End Street, Oxford, OX1 1JD.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Donated goods, facilities and services - donated goods, facilities and professional services are recognised in income at their fair value when their economic benefit is probable, can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the benefit of the gift to the charity. For example the amount the charity would be willing to pay in the open market for such facilities and services. Where recognised, a corresponding amount is recognised in expenditure.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

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 are allocated in full to support costs.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website & CRM Integration	25% straight line method
---------------------------	--------------------------

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Office equipment	25% straight line
IT equipment	50% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

The charity has revised its depreciation policy to capitalise only assets costing more than £500 and to depreciate all assets over four years on a straight line basis, except for laptops and similar IT equipment which will be written off over two years. This has resulted in an additional charge of £8,376 in the year. Management deemed this more appropriate to represent the useful life of the tangible assets.

1.8 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts (if held) are shown within borrowings in current liabilities.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources, appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The specific judgements/estimates relate to appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments.

3 Income from donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Donations and gifts	480,543	-	480,543	413,735	-	413,735
Grants	655,000	-	655,000	711,820	49,575	761,395
	<u>1,135,543</u>	<u>-</u>	<u>1,135,543</u>	<u>1,125,555</u>	<u>49,575</u>	<u>1,175,130</u>

4 Income from investments

	Unrestricted funds	Unrestricted funds
	2025	2024
	£	£
Interest receivable	<u>6,524</u>	<u>4,510</u>

5 Other income

	Unrestricted funds general	Unrestricted funds designated reserves	Total	Unrestricted funds general	Unrestricted funds designated reserves	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Client events	24,851	10,929	35,780	24,703	-	24,703
Book royalties	25	-	25	35	-	35
	<u>24,876</u>	<u>10,929</u>	<u>35,805</u>	<u>24,738</u>	<u>-</u>	<u>24,738</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

6 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Fundraising costs	53,119	23,481
Staff costs	132,034	122,862
Support costs	113,635	99,631
	298,788	245,974

7 Expenditure on charitable activities

	Charitable expenditure 2025 £	Charitable expenditure 2024 £
Direct costs		
Staff costs	386,497	305,743
Digital technology investment	30,504	37,373
Other beneficiary related activities	184,969	149,287
Contractors and consultancy	5,063	6,503
	607,033	498,906
Share of support and governance costs (see note 8)		
Support	234,830	229,938
Governance	12,720	8,220
	854,583	737,064
Analysis by fund		
Unrestricted funds – general	809,008	701,894
Unrestricted funds – designated reserves	36,716	-
Restricted funds	8,859	35,170
	854,583	737,064

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

8 Support costs allocated to activities

	2025	2024
	£	£
Staff costs	68,305	72,359
Depreciation and amortisation	21,836	8,790
Website and publicity costs	39,930	31,636
Internet and IT costs	61,231	80,634
Bank and credit card charges	680	1,506
Printing, postage and stationary	1,386	2,315
Subscriptions	3,219	2,108
Professional fees	82,160	63,915
Hire of meeting rooms	7,465	5,616
Travel costs	23,004	25,191
Office expenses	39,249	35,499
Governance costs	12,720	8,220
	<u>361,185</u>	<u>337,789</u>

Analysed between:

Fundraising	113,635	99,631
Charitable expenditure	247,550	238,158
	<u>361,185</u>	<u>337,789</u>

9 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	12,720	8,220
Depreciation of owned tangible fixed assets	11,336	3,220
Amortisation of intangible assets	10,500	5,570
	<u></u>	<u></u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

Seven trustees (2024: five) received expenses totalling £2,454 (2024: £1,380) during the year for travel.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

11 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
	14	13
Employment costs	2025	2024
	£	£
Wages and salaries	519,950	444,701
Social security costs	53,016	47,382
Other pension costs	<u>13,870</u>	<u>8,881</u>
	<u>586,836</u>	<u>500,964</u>

Redundancy and termination payments totalling £31,249 were made in the reporting period.

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2025	2024
	Number	Number
In the band £60,001 - £70,000	1	-
In the band £70,001 - £80,000	2	-
In the band £80,001 - £90,000	-	1

Remuneration of key management personnel

	2025	2024
	£	£
Aggregate compensation	<u>88,583</u>	<u>92,244</u>

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

13 Intangible fixed assets

	Website & CRM Integration £
Cost	
At 1 January 2025	40,213
Additions - internally developed	7,148
At 31 December 2025	47,361
Amortisation and impairment	
At 1 January 2025	5,570
Amortisation charged for the year	10,500
At 31 December 2025	16,070
Carrying amount	
At 31 December 2025	31,291
At 31 December 2024	34,642

14 Tangible fixed assets

	IT equipment £
Cost	
At 1 January 2025	20,459
Additions	5,755
At 31 December 2025	26,214
Depreciation and impairment	
At 1 January 2025	10,359
Depreciation charged in the year	11,336
At 31 December 2025	21,695
Carrying amount	
At 31 December 2025	4,519
At 31 December 2024	10,101

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

15 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Other debtors	-	25,747
Prepayments and accrued income	41,164	43,740
	<u>41,164</u>	<u>69,487</u>

16 Creditors: amounts falling due within one year

	Notes	2025	2024
		£	£
Other taxation and social security		25,161	10,301
Deferred income	17	6,493	22,349
Other creditors		3,681	3,497
Accruals		27,109	18,503
		<u>62,444</u>	<u>54,650</u>

17 Deferred income

	2025	2024
	£	£
Other deferred income	<u>6,493</u>	<u>22,349</u>

Income has been deferred where attendees have paid fees for events that occur in future periods.

Deferred income is included in the financial statements as follows:

	2025	2024
	£	£
Deferred income is included within:		
Current liabilities	<u>6,493</u>	<u>22,349</u>
Movements in the year:		
Deferred income at 1 January 2025	22,349	1,338
Released from previous periods	(22,349)	(1,338)
Resources deferred in the year	<u>6,493</u>	<u>22,349</u>
Deferred income at 31 December 2025	<u>6,493</u>	<u>22,349</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

18 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	13,870	8,881

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2025 £
Mats and bean bags	109	-	(109)	-	-
Bursaries for events	3,919	-	-	(648)	3,271
Train-the-trainer	16,250	-	(8,750)	-	7,500
	<u>20,278</u>	<u>-</u>	<u>(8,859)</u>	<u>(648)</u>	<u>10,771</u>
Previous year:	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Mats and bean bags	-	500	(391)	-	109
HCP	-	19,475	(19,475)	-	-
Webinars	-	9,500	(9,500)	-	-
Bursaries for events	6,319	-	(2,400)	-	3,919
Pop-up events	-	3,850	(3,404)	(446)	-
Train-the-trainer	-	16,250	-	-	16,250
	<u>6,319</u>	<u>49,575</u>	<u>(35,170)</u>	<u>(446)</u>	<u>20,278</u>

Fund descriptions:

Mats and bean bags - equipment for use at pop-up events

Bursaries - to provide financial assistance for qualifying attendees at retreats

Train-the-trainer - to provide education, material, and support to facilitators.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

20 Unrestricted funds - designated reserves

These are unrestricted funds which are material to the Charity's activities.

	At 1 January 2025	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
One day life style event	20,000	10,929	(25,722)	(5,207)	-
Community Survey	5,000	-	(4,294)	(706)	-
Audience Insight	10,000	-	(3,300)	-	6,700
Website References	15,000	-	(3,400)	-	11,600
Research Fund	10,000	-	-	2,000	12,000
Retreats research and testing	10,000	-	-	-	10,000
Major donor prospecting	10,000	-	-	-	10,000
	<u>80,000</u>	<u>10,929</u>	<u>(36,716)</u>	<u>(3,913)</u>	<u>50,300</u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
One day life style event	-	-	-	20,000	20,000
Community Survey	-	-	-	5,000	5,000
Audience Insight	-	-	-	10,000	10,000
Website References	-	-	-	15,000	15,000
Research Fund	-	-	-	10,000	10,000
Retreats research and testing	-	-	-	10,000	10,000
Major donor prospecting	-	-	-	10,000	10,000
	<u>-</u>	<u>-</u>	<u>-</u>	<u>80,000</u>	<u>80,000</u>

21 Analysis of net assets between funds

	Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total
	2025 £	2025 £	2025 £	2025 £
At 31 December 2025:				
Intangible fixed assets	31,291	-	-	31,291
Tangible assets	4,519	-	-	4,519
Current assets/(liabilities)	433,582	50,300	10,771	494,653
	<u>469,392</u>	<u>50,300</u>	<u>10,771</u>	<u>530,463</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

	Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total
	2024 £	2024 £	2024 £	2024 £
At 31 December 2024:				
Intangible fixed assets	34,642	-	-	34,642
Tangible assets	10,101	-	-	10,101
Current assets/(liabilities)	360,941	80,000	20,278	461,219
	<u>405,684</u>	<u>80,000</u>	<u>20,278</u>	<u>505,962</u>

22 Related party transactions

In the year pro bono legal advice valued at £30,000 (2024: £20,000) was received from a company in which one of the Trustees is a shareholder.

Aggregate unrestricted donations of £1,200 (2024: £1,200) were received from related parties

23 Cash generated from operations

	2025 £	2024 £
Surplus for the year	24,501	221,340
Adjustments for:		
Investment income recognised in statement of financial activities	(6,524)	(4,510)
Amortisation and impairment of intangible assets	10,500	5,570
Depreciation and impairment of tangible fixed assets	11,336	3,220
Movements in working capital:		
Decrease/(increase) in debtors	28,323	(42,426)
Increase/(decrease) in creditors	23,650	(32,612)
(Decrease)/increase in deferred income	(15,856)	21,011
Cash generated from operations	<u>75,930</u>	<u>171,593</u>

24 Analysis of changes in net funds

The Charity had no material debt during the year.