

Berkshire MS Therapy Centre

SUPPORTING PEOPLE WITH MS



2022 REVIEW

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The Berkshire MS Therapy Centre supports local people with Multiple Sclerosis (MS) across Berkshire and surrounding areas. We are run by and for our local MS community.

2022 was undoubtedly another challenging year as we adapt post Covid but despite this our community stood strong and we have a lot to celebrate. With no NHS funding, we are very grateful to every individual and organisation who made this happen.

In 2022 we supported people with MS and their families by:

- providing a range of treatments and therapies
- providing an understanding environment where people can support and learn from each other
- making up-to-date information available and shared from reputable sources.

We provided
10,927
treatments



We supported
336
people



OUR PRIORITIES



Staying as active as possible

In 2022, we provided vital treatments including online and offline physiotherapy and exercises sessions, oxygen treatment and footcare to help people stay as active as possible.

“

Without the years of various physiotherapy I've done at the Centre, I am sure my mobility would be virtually non-existent. The fact that it is ongoing is a major plus because anything from the NHS is only for a short time.

”



Improving mental wellbeing

In 2022, we provided counselling services in-person, online and by telephone, ran relaxation and meditation courses and an ongoing class to help improve the mental wellbeing of our members and their families.

“

I have had several counselling sessions at the Centre and they are life changing. Thank you for everything

”



Reducing Loneliness

In 2022, our social area fully reopened and we increased the number of social activities we offered to help reduce loneliness and isolation. Our members regularly tell us how important this is.

“

The Centre is invaluable to my life with MS, I wouldn't like to try to cope without it. The people there – staff, volunteers and members – are all brilliant and have taught me so much. They have made it possible for me to cope and helped in every way. It's a magical place if you have MS.

”



“

The Centre helped me realise that there are lots of people like me. At times you can feel you are the only person to have MS.

”

OUR FUTURE PLANS

In 2023 the charity plans to:

- launch a new organisational strategy, supported by a new fundraising and communications programme
- improve outcome measurements, to monitor the effectiveness of the charity's services
- recruit new trustees to our Board
- develop a new website and communications materials
- explore ways to make the Centre building 'greener' and manage running costs
- increase staffing, invest in fundraising, member engagement and physiotherapy

2023 – 2028 priorities

In 2022 we reviewed our charity strategy to look at what the charity does to make sure we are still meeting the needs of our members and are making the most of our resources.

Our services will continue to focus on;

- improving physical and mental health
- enabling social support
- empowering people to manage their MS by providing information

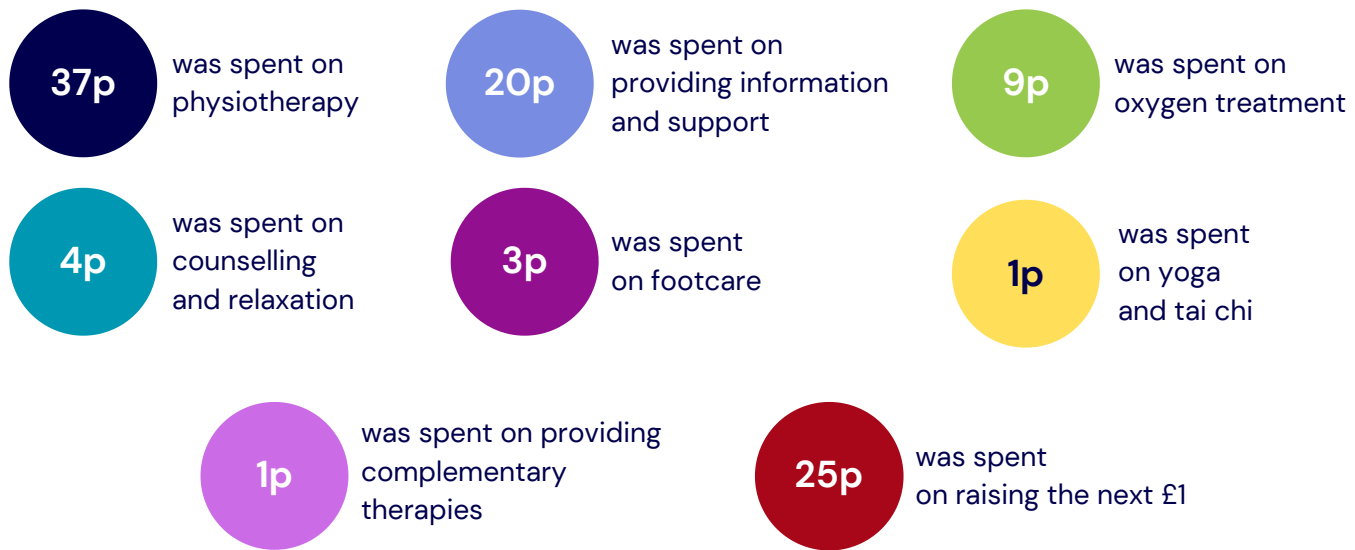
We will have a greater focus on carers and family members.

We will look to increase the number of people attending the Centre by breaking down as many barriers as possible and increasing awareness of the Centre, strengthening our commitment to inclusivity.

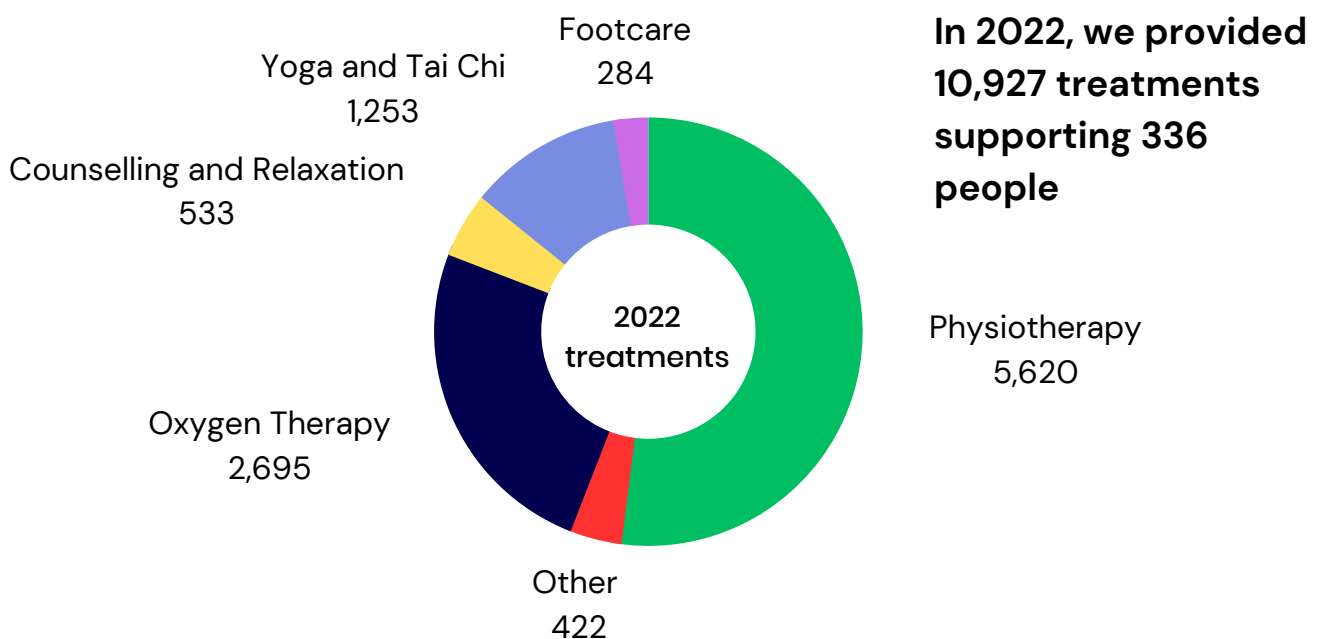
OUR SPENDING

In 2022, we spent £509,977 supporting our local MS community. In 2021, this was £443,082.

For every £1 spent...



Treatment numbers



OUR IMPACT

In 2022 feedback showed

99%

of our members report meeting other people with MS beneficial

83%

of our members tell us that the Centre helps them to stay physically active

94%

of people who attend oxygen treatment report a benefit in fatigue and general wellbeing

100%

of our members would recommend the Centre to other people with MS

92%

tell us that BMSTC helps them to access MS information they trust

7%

feel confident accessing exercise without the Centre

HOW WE ARE FUNDED

With no NHS funding, we rely on donations and fundraising to run our services. We are very grateful for everyone who allowed us to support our MS community

In 2022, we raised £501,493. In 2021, we raised £373,955.

For every £1 raised...



“

It was an astonishing experience and I am so proud to have raised so much for the MS Centre

”



WE WOULD LIKE TO THANK

Berkshire Community Foundation
Berkshire Masonic Charity
Buchanan Programme & Mark Frew
CAF Resilience Fund
Centrica
Co-op Local Community Fund
Darren Rippendale
Douglas Arter Foundation
Emma Scoones
Garfield Weston Foundation
Gerald Palmer Eling Trust
Good Exchange
Greenham Trust
Harrison Solicitors
James Cowper Kreston Foundation
Jane Redman
Katie McDaniel
Louis Baylis (Maidenhead Advertiser) Charitable Trust
Lynne Whiteland and the Boars Bridge Festival community
Miss Lawrence Trust
National Lottery Community Fund
Orr Mactintosh Foundation
Peter Bilton Charity
Postcode Society Trust
Prince Philip Trust Fund
Reading Borough Council
Reading St Laurence Charitable Trust
Sarah Browning
Shanly Foundation
Shinfields Window Co.
Sindlesham Court
Stepping Forward
The Light Fund
The Syder Foundation
Woodroffe Benton Foundation

Thank you to everyone who donated, collected and fundraised for the Centre. Without you we would not be able to provide our services.

We are very grateful to the 100 volunteers who provided our services, keep our charity running and made it such a wonderful environment

FINANCIAL STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 DECEMBER 2022

	2022	2021
<u>Income and Endowments from:</u>		
Donations and legacies		
Donations and subscriptions	£403,109	£306,047
Legacies	£9	£6
Grants receivable	£28,630	£29,563
Charitable activities		
Payments for equipment	£879	£350
Other income	-	-
Other trading activities		
Fundraising activities	£57,560	£35,913
Treatments to those without MS	£2,040	£90
Electricity - Feed in Tariff	£2,307	£1,675
Shop activities	£3,260	£190
Rent received	-	-
Investments	£3,699	£121
TOTAL	£501,493	£373,955
 <u>Expenditure on:</u>		
Charitable activities		
Cost of furtherance of the charity's objects	£382,560	£344,715
Raising Funds		
Fundraising activities	£124,061	£98,154
Shop activities	£3,356	£213
TOTAL	£509,977	£443,082
Net expenditure	(£8,484)	(£69,127)
Transfers between funds	-	-
Funds at the start of the year	£1,045,837	£1,114,964
Funds at the end of the year	£1,037,353	£1,045,837

While our total funds look strong, £697,565 is tied up in fixed assets which is mainly the Therapy Centre building. £126,588 is represented by other restricted funds and designated funds. The designated funds comprise a legacy receipt earmarked for projects and equipment replacement for the longer term benefit to the charity. There is £213,200 in free reserves (as defined by the Charity Commission) which represents 4.7 months running costs. The Trustees' reserve policy objective is to hold 6-12 months in free reserves.