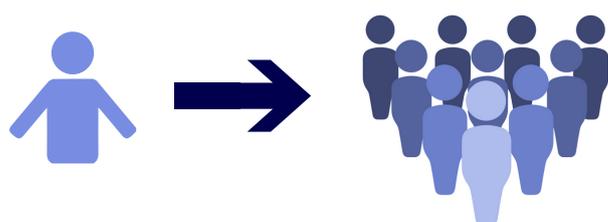


Berkshire MS Therapy Centre 2017 Review

In 2017, the Berkshire MS Therapy Centre had the busiest year to date providing 10,588 treatments in support of the local MS community. This is a 14% increase in just two years at a time of economic challenge.



What we did



400 people received treatment with 1,123 receiving support via our newsletter and online information. For every person receiving support it is estimated another 10 benefit indirectly.

Complementary

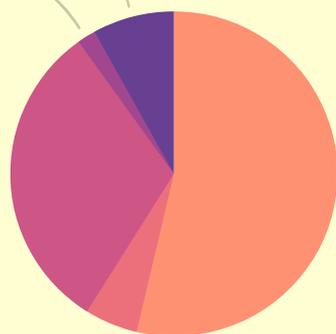
8%

Counselling

2%

Oxygen

31%



Exercise

54%

Foot care

5%

Physiotherapy and exercise classes continue to dominate our service provision at the Centre in Reading and at the Henley MS Support Centre. Thirty one people took part in the MS Society funded iStep Research project by Brunel University.

Demand for footcare grew by 30% and counselling grew by 68%

In addition to these vital treatments, we continue to have a vibrant community offering support, information and guidance to each other.

Thanks to a donation from White Fuse Media we launched a new, mobile-optimised website, www.bmstc.org, making it easier for people to make the difficult first step. A donation from the Big Lottery will allow us to update our new members pack ensuring people get the support they need when they need it.

The difference the Centre makes



As a small charity punching above its weight we have made a huge impact:

81%

of our members report being more mobile

89%

of our members report being more confident living with MS

83%

of our members report being more independent

49%

need fewer healthcare appointments



82% of our members attending physiotherapy report being worried about falls



86% feel more confident walking due to attending the Centre and **75%** report falling less due to physiotherapy, so avoiding a major cause of hospital admittance.

MS has an enormous effect on employment and the average person with MS loses 18 working years.



51% of those receiving oxygen treatment remain employed. They all credited oxygen treatment with helping them to be able to stay in work.

I am certain that, without the help and treatment I get through the Berkshire MS Therapy Centre, I would be a lot less active and more disabled. It is such a huge positive advantage that I don't know how I would cope without it.

It's the difference between sitting in a chair, getting stiff, and having as good a life as I can get. I also get to interact with people who understand my illness and can give me advice.

Income and Expenditure

For every £1 raised:

30p came from Donations

18p came from Fundraising

15p came from Charitable Trusts

9p came from Local Councils

8p came from Collections

6p came from Gift Aid

5p came from Local Companies

9p came from other sources including the shop, services for non MS people and rent



We received no funding from the NHS or local CCGs. We depend entirely on the generosity of our supporters to make sure our Centre can continue to provide these vital treatments for the local MS community.

Thank you to everyone who fundraised, donated and supported the Centre.

Due to our committed volunteer team, every £1 we raise is worth £1.25.

Every year our volunteers donate over 100,000 hours of time worth over £100,000 to the Centre.



How we spent every £1:

43p was spent on Physiotherapy and Exercise Provision

7p was spent on Oxygen Treatment

3p was spent on Counselling

3p was spent on Foot Care

1p was spent on Complementary Therapies

18p was spent on Information and Support

25p was spent raising the next pound



In 2016 the charity was fortunate to receive a substantial gift after being remembered in the Will of one of our supporters. In 2017 we continued to use this money to invest into new physiotherapy equipment and the long-term health of our Centre.

Berkshire Multiple Sclerosis Therapy Centre Ltd

Financial Statement	2017	2016
	£	£
Income from:		
<i>Donations & legacies</i>		
Donations & subscriptions	208,953	187,001
Legacies		240,000
Grants receivable	28,169	39,098
<i>Charitable activities</i>		
Payments for equipment	1,669	5,940
Other income	5,265	-
<i>Activities trading activities</i>		
Fundraising activities	96,224	101,839
Treatments to those without MS	11,106	15,099
Electricity - Feed in Tariff	1,164	1,210
Shop activities	8,671	7,394
Rent received	7,450	7,000
<i>Investments</i>	263	709
Total	368,934	605,290
Expenditure on:		
Raising funds		
Fundraising activities	111,284	99,209
Shop activities	5,820	4,136
Charitable activities		
Cost of activities in furtherance of the charity's objects	340,716	337,647
Grants	-	1,000
Total	457,820	441,992
Net expenditure	(88,886)	163,298
NET MOVEMENT IN FUNDS FOR YEAR	(88,886)	163,298
Funds at the start of the year	1,319,480	1,156,182
Funds at the end of the year	1,230,594	1,319,480

"While our total funds look strong, £897,267 is tied up in fixed assets which is mainly the Therapy Centre building. £160,937 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 172,390 in free reserves (as defined by the Charity Commission) which represents some five months running costs. The Trustees' reserve policy objective is to hold 6-12 months in free reserves."