



**NeuroMuscular
Centre**

IMPACT REPORT 2023-2024

**Including Annual Report
and Financial Statements**



Introduction to our Impact Report

Our Impact Report highlights the impact of our work throughout the past year, providing a window into the NeuroMuscular Centre. It serves as a snapshot of the friendships, support, and innovative spirit that define our charity.

To truly understand NMC, there's no better way than hearing the stories of the people who make it special and throughout this report you'll be hearing those stories. From the bonds formed to the encouragement shared, these moments capture the essence of what makes NMC unique.

Our Impact Report is based on our Social Accounts, which were introduced to NMC by Matthew Lanham, Matthew retired from NMC in June 2024 and a new CEO,

Ben Edson, was appointed. This represented a significant change for NMC and it was during this period of transition that much of the data gathering was taking place. Furthermore, during this period there was a change in Government, who brought with them a change in priorities for the NHS and so these accounts were formulated in the context of change.

Even though the context was one of change, Ben quickly identified the importance of the Social Accounts to NMC and decided to complete them. This process has been a valuable experience and enabled important data to be gathered that conveys not just our achievements but also the spirit of connection and community that is at the heart of NMC.

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WHAT ARE NEUROMUSCULAR CONDITIONS?

There are about **150 neuromuscular conditions** that we see and seek to provide support for at NMC.

There are about 150 neuromuscular conditions that we see and seek to provide support for at NMC. These conditions are genetic and inherited. They are all characterised by steady progressive muscle wasting albeit at very varying paces. The physical consequences for those with these conditions are some degree of physical and mobility disability. This varies but, by way of

illustration for the reader, around a third of those who come to NMC use a power wheelchair to get about, and many of those who are still “on their feet” we describe as precariously ambulant.

The conditions affect more than the individual who has it. Family, friends, partners, and colleagues are all more or less affected and we seek to support that wider community. Given the inheritance patterns, we recognise the emotional and psychological issues that some in the family can face. Put simply, aspects of anger and guilt, fear and regret can all manifest themselves.

04



NMC MISSION STATEMENT

NMC works together to support people affected by neuromuscular conditions, creating an environment where full potential and optimal well-being can be achieved through employment, training and physiotherapy.



OBJECTIVES

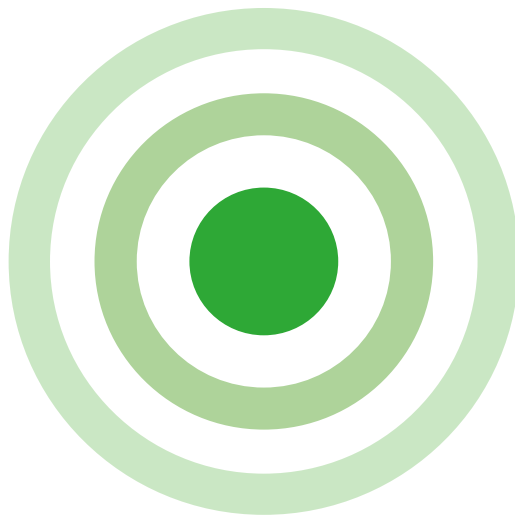
At NMC we have four objectives:

OBJECTIVE 01

To enable adults with neuromuscular conditions to maintain or improve their physical, mental and emotional well-being.

OBJECTIVE 03

To provide adults with neuromuscular conditions with opportunities to lead fulfilling and economically productive lives



OBJECTIVE 02

To provide a range of services, opportunities and support to improve the quality of lives for individuals affected both directly and indirectly by neuromuscular conditions.

OBJECTIVE 04

To enable people with neuromuscular conditions to expand and fulfil their potential.

NMC Values

We are a values based organisation, and our eight values are:

1 We are a caring organisation with an open management style which values and respects individuals.

2 We enjoy what we do, creating a warm, welcoming, and positive environment.

3 We are an inclusive community which is informed, influenced, and guided by people with neuromuscular conditions.

4 We create and maintain an environment where disability is no barrier to achievement.

5 We are innovative, creative, and ambitious.

6 We celebrate our successes and achievements.

7 We believe it is important to create a high level of understanding of what we do in the wider community.

8 We have the highest ethical and professional values and standards.

NMC ACTIVITIES & STRATEGIC AIMS

NMC's strategic aims have been established for several years and will be reported against this year. However, with a change in leadership they are currently under review and will evolve this coming year.

NMC – Our strategic aims

1

Provide impactful social and academic opportunities for our community.

4

Develop a thorough understanding of people in our community and respond in tailored ways.

2

Enrich the emotional and physical wellbeing of people affected by neuromuscular conditions.

5

Run an effective and professional organisation with excellent governance with sustainability at the core.

3

Inspire, inform and enable our community to make an active contribution to society.

6

Increase awareness of muscular dystrophy and neuromuscular conditions and increase our influence.

NMC – OUR ACTIVITIES. WHAT DO WE DO?

It's almost impossible to capture all that NMC does.

The most important intervention could be a chance encounter between two individuals with the same condition; or it might be a physio appointment with a specialist who understands exactly what you're talking about; or it could be the friendly welcome that you receive after

not seeing a person for 48hrs; or it could be discovering that you can carry on with your much-loved hobby of fishing. NMC is a holistic service that engages and cares for the whole person. Here are some of our areas of work:

08



“

I am a new user, I feel very welcomed as do my family. It is a relaxing environment, informative and supportive. I feel relaxed mainly due to not having to explain everything about my condition. Everyone understands.

SUPPORT & ADVICE

Denise is our Head of Support and the service that she offers is varied and in high demand.

She could be answering questions when people have a new diagnosis, going on a home visit to look at house adaptations, helping a person fill in a benefit form or liaising with other health professionals to ensure that the right support package is in place.

Some of the other support activities that we offer are Talking Therapies, Welcome Days for new people, Wellbeing Sessions and a minibus transport service.

Through our Welcome Days, we had the privilege of welcoming 87 individuals to NMC during this reporting year. These individuals, newly

referred to the NMC, are offered a personal tour of the centre.

Often, they will arrive feeling apprehensive. It may be their first time meeting someone with the same condition as



them or the diagnosis could have been recent. But during the two-hour tour as they are introduced to the various areas, people and services

NMC offers the apprehension dissipates as they are embraced by the warmth of the welcome. This personalised introduction has proven to be an excellent way to help people navigate a period of significant change in their lives, fostering a sense of comfort and connection from the outset.

“

Forever grateful for all the advice, help, and support received from the staff has enabled me to make my transition easier and informed my family members.

“

The knowledge that expert and caring support is available for me at any time keeps me positive about my condition.

“

Advice and support is pitched at a level that is easy to understand and very empathetic.

TRAINING & EMPLOYABILITY

Sarah is our Training and Employability Manager, and her team supports people as they volunteer, apply for jobs, or transition to a new job as their condition progresses.

The team supports people in work, and into work, so that they continue to live independent, full and rewarding lives. The team also runs a training course in Graphic Design and through this, employment opportunities are found, often in our Design Studio.

Within Sarah's team is Amy, our Young Person's Coach, a role that includes delivery of our accessible Duke of Edinburgh's Award (DofE). She is the perfect ambassador for this having recently completed the highest accolade, the Gold Award.

This work is vital and NMC users comment:

“

**It enables me to remain in work
and manage my wellbeing**

“

**Me and my carer are doing
gardening, that really does
help me...I feel so much better
that I can help**





DUKE OF EDINBURGH

AMY GITTENS

“

This is our first Gold award for NMC and we are immensely proud of Amy and the tenacity and resilience she has demonstrated to achieve this.

**Sarah writes:
DofE is for
14-24-year-olds
and is all about
setting personal
challenges
and pushing
boundaries.**

It is chance to discover new interests and talents. A tool to develop essential skills for life and work. Amy embraced this head on. In addition to the requirements to take on a physical, volunteering, skills and an expedition (for all levels), the Gold award includes working with a team (of people you don't know) on a residential activity too.

Amy volunteered at Chester Zoo, completed a counselling course and took on a pedalling challenge. She also embraced

canoeing and orienteering on an expedition with the Bendrigg Trust in the Lake District; all of which she attacked with her usual determination and enthusiasm. Amy found the residential at 'Over the Wall' camp particularly rewarding yet challenging, as this not only involved living with people she'd never met before, quickly building the trust and communication required for successful teamwork, but also it involved supporting teens with complex health challenges and disabilities.

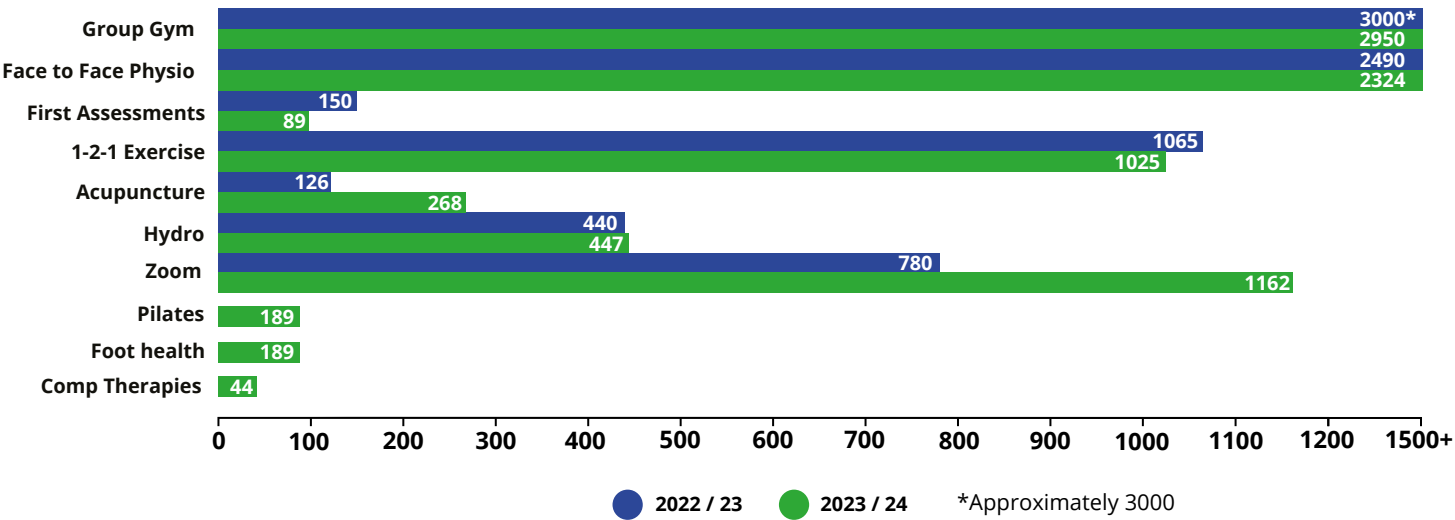
PHYSICAL THERAPIES

Our physical therapies are overseen by Paul, our Head of Physiotherapy. During this reporting year Paul and the team have provided almost 9,000 treatments to people through a variety of different therapies.

But, if you know NMC, you'll know that the physio team offer so much more than just the treatments. They're a regular welcoming face, a person to share concerns with and a person to laugh with, a trusted and respected health

professional who treats you as the unique person that you are. Our areas of work in this area are Physiotherapy, Pain management, Podiatry, Acupuncture, Hydrotherapy, Gym, Pilates and Complementary Therapies.

This year at NMC, we provided care to 630 individuals through 8,939 appointments, compared to 650 individuals with 8,701 appointments in the previous year.
The breakdown of these appointments is as follows:



We are proud to have seen 630 people this year, this is a slight drop from last year, but this is largely due to a rationalising of the database rather than a real drop in people we have engaged with.

In 22-23, due to Covid-19 we had a backlog of people wanting to access our services, hence the high number of First Assessments. This settled in 23-24 and is closer to a level we would expect. The physio team spent six months of the year without two staff team members, and it is commendable that even when the team was stretched, they not only maintained the number of appointments but grew the service with the introduction of Pilates and Complementary Therapies.

“
It enables better mobility and pain management. It is also encouraging to see your dedicated staff helping so many afflicted people and the smiles & positive attitudes of these people!

“

If I didn't have the support of the physio team, the gym and people I can talk to with similar conditions I dread to think what my life would be like. I know I certainly would not have the same physical or mental health strength to cope

“

Physiotherapy face to face is excellent and is a lifeline and keeps me a level of fitness and helps with muscular issues.





PILATES

TORI DAKIN

“

NMC has given me the tools/ideas to exercise more effectively within the constraints of my condition.

Tori, one of our Physios, has developed a Pilates programme within NMC and she writes:

‘Pilates is a style of exercising with a mind-body approach. It works to develop the deep postural core muscles and enhance normal movement, with the aim of helping people to be more efficient in their daily activities and less prone to future pains and injuries.

Within the population of people who come to NMC, I saw that there is a large proportion of people with chronic lower back pain, weakness through core, and

breath holding during exercises. These are all elements that are considered and worked on within a Pilates exercise program.

I felt that an in-person exercise class would enhance our service at NMC, as the zoom exercise class is a success. With Pilates having extra elements to each movement, I felt doing the class face to face would enable more feedback and therefore have greater benefit to the participants.

“

Almost everything I do is in some way supported by the work NMC does to keep me fit and healthy.

“

By giving access to expert neuromuscular advice when necessary, providing overseen gym exercise, and undertaking regular assessments, NMC supports my independence

Having completed an APPI Pilates Certification, I recognised the importance of Pilates, and the ability to adapt the exercises to allow inclusivity of more people within our NMC community by using plinths and chairs, rather than mats on the floor, along with additional equipment to facilitate the movements for some individuals. Layering the exercises allows everyone to find the right level of intensity for them, and the addition of small balls has proven to be an enjoyable and challenging addition to the class.

In 2024, we launched our classes with four programmes running throughout the year, welcoming a total of 32 participants. Feedback has been overwhelmingly positive, with 100% of attendees expressing interest in attending future classes. Additionally, participants rated the classes an impressive 4.8 out of 5 for meeting their exercise needs.'



SOCIAL ACTIVITIES

NMC isn't just a building or just a place for treatment, it's a community and our Connect-Up programme represents the best of this.

Elly runs this programme which includes a wide range of activities and specialist groups available to all our community. Over the year, there were 235 opportunities to attend a Connect-Up event, with 228 people attending at least one event or activity, with 77 new participants. Here is a sample of the regular activities were offered:

In Person: Shed Club, Fishing Days, Tai Chi, Book Club, Friday Craft Group, Talking Point

Online: Art Group, Poetry Group, Crossword Group

In addition to the regular activities, there were many other events including day trips to Rudyard Lake, Canal Trips, Morecambe, Sefton Park Palm House and Storyhouse Theatre Chester. At NMC we had many day events including; Self Care Workshops, Afternoon Tea, Willow Weaving, Pottery Painting and Christmas Wreath Making.

The importance of these social activities cannot be underestimated. One person who attends our Shed Club (our woodworking project that upcycles waste wood into garden furniture) says:



“

Shed club has changed my life. Not even 3 years ago, I wanted to end my life. I'd been stuck at home for 5 years, not doing anything. I'd worked as a forklift truck driver, but they got rid of me in 2017 because I had back problems.

I was diagnosed with a neuromuscular condition in 2021 and started coming to the centre two and a half years ago, and I thought ok let's see how it goes. I've got involved in a few things at NMC but it was joining shed club that changed everything for me. Everyone says I'm me again. I've got my sense of humour back. It's given me a purpose. It takes my mind off everything else that's going on. The camaraderie down there is like nothing else.



NMC DESIGN+PRINT

Our in-house social enterprise, NMC Design + Print, is led by Ben and Ali. It was formed in 1991; employs people with neuromuscular conditions and has customers throughout the UK.

NMC Design+Print is the perfect virtuous cycle; it employs people with neuromuscular conditions, who's work generates income for the NMC, which contributes to the running of the NMC, that supports people with neuromuscular conditions.

NMC Design+Print provides:

- A professional Design and Print Service
- Employment opportunities for people with neuromuscular conditions
- 3D Printing club
- A laser engraving service
- Bespoke adaptations for our community

One of our staff members with a neuromuscular condition says: 'NMC Design+Print has given me a career path that I never thought was possible with a neuromuscular condition. After higher education NMC gave me confidence, motivation and a job opportunity that has changed my life forever. They empowered me with skills and support to fully achieve my goals.'

**Such a brilliant service and team,
unparalleled to any other in the area.**

**Cheshire Dance
Suzi Boyden-Beckley**

“

NMC design provides a high-quality service at a competitive cost. I am always grateful for the excellent communication provided by our link Alison who works collaboratively with us through the process of design to ensure a high-quality product which we can share with our partners and which is in keeping with our chosen style and branding. The team are reliable, responsive, efficient and professional at all times and for this I am extremely grateful.

Clare Scanlon
Education Improvement Service Manager
Conwy County Borough Council

“

From giving them a brief, I felt assured we were in good hands and our work together resulted in an amazing final piece that we're really proud of and excited to share with others. A great service and team that I couldn't recommend highly enough. I look forward to future projects together.

Beyond Empower
Ben Andrews - Managing Director



NMC Design+Print
people ▲ creativity ▲ growth

RESEARCH

Our long-standing research programme with Manchester Metropolitan University has been led by Dr. Chris Morse since 2012 and is increasing understanding of the impact of physical activity as a treatment for adults with muscular dystrophy.

The research team work closely with our physiotherapists, including co-authorship and mentorship of new qualified physiotherapists.

Dr Morse's team have published some of the first data on muscle size, bone health and the impact of physical activity in adults with muscular

dystrophy. They focus on the preventative support regular physiotherapy provides which can help reduce the number of reactive treatments and hospital admissions for people with muscular dystrophy. This approach overcomes years of inertia against undertaking physical activity as a treatment for adults with muscular dystrophy.

This year Meg Leaver has started her Doctoral Research into Nutrition and Muscular Physiology and is already sharing some of her findings with our community.





RESEARCH

MEG LEAVER

My PhD research focuses on improving nutrition advice for adults with neuromuscular conditions.

Over the last decade, Manchester Metropolitan University (MMU) and the NeuroMuscular Centre (NMC) have worked to enhance the quality of life for people with MD and allied neuromuscular conditions through therapies like physiotherapy and resistance exercise. Building on this, the next step is exploring nutrition. Proper nutrition is vital for overall health, providing the energy and nutrients our bodies need to function at their best. For adults with MD, who often have unique physical challenges, their bodies might also have specific nutritional needs. My research aims to create tailored nutritional guidance that supports their bodies in performing optimally

and improving quality of life. By addressing this gap, we hope to make a meaningful difference in the lives of people living with neuromuscular conditions, helping them live healthier and more fulfilling lives.

NMC is the ideal place to conduct this research, as it has been at the forefront of neuromuscular studies for over a decade. Most advancements in MD research have come from NMC, thanks to its dedicated community. People at the NMC are eager to participate, knowing the work could improve their lives and benefit others with neuromuscular conditions in the future. The centre's supportive environment and willingness to help facilitate critical research make it unique. Importantly, NMC enables studies that wouldn't be possible in hospital settings, ensuring vital progress in neuromuscular care and understanding.



**How do we
know we are
making a
difference?**

**The reason that we produce this
report is to capture, analyse,
demonstrate, and evaluate
our impact as an organisation.**

We seek to establish the impact of our year's work on people's lives, on our local community, on the environment and the economy.

Each year we set about establishing the impact through

different lenses and using ever changing methods and means. We take a series of "slices" through our work and our community as we seek to establish how NMC has impacted on people's health, feelings, relationships and more.

MEASURING OUR IMPACT

This year we are measuring our impact on the following areas three areas, all of which tie in with our strategic objectives:

1 Enabling

How does NMC enable our community?

One of our strategic aims is 'To provide impactful social and academic opportunities for our community' and this very much ties in with our enabling work.

2 Specialist

How does our condition specific expertise improve the lives of our community?

Our strategic aim that seeks to develop specific expertise is: To develop a thorough understanding of people in our community and respond in tailored ways.

3 Wellbeing & Purpose

How does the NMC improve the wellbeing of, and provide opportunities for members of our community to live purposeful lives?

One of our strategic aims is: 'To enrich the emotional and physical wellbeing of people affected by neuromuscular conditions', and the questions that we ask in this area tie in with Wellbeing & Purpose.

THE NMC BIG SURVEY

NMC's big 2024 Survey is the major evidence source and that was completed by people in June/July 24.

157 people from across the NMC community (about 25% of the 650 people who come to the Centre regularly) completed the survey.

62 people completed the survey on paper and 95 people completed the survey online. This includes those with neuromuscular conditions, their family and unpaid carers.

The survey was made available to everyone across the NMC community, and completion was gently encouraged. As well as providing a substantial amount of data that we have been able to analyse and quantify, the survey also generated 1,910 individual supplementary comments covering a huge range of topics which are spread throughout this report.



NMC - MEASURING WHAT WE DO...

Historically we have measured through the NMC Big Survey, and this year we have used that method. Alongside the big survey we have also drawn in some data from other pieces of evaluation that have been conducted throughout the year.

NMC COUNSELLING QUESTIONNAIRE

NMC works with Compass Counselling Service to provide person centred counselling to our community at no charge to them.

During this reporting year the counsellors saw:

38 people over 188 appointments, 32 people were members of our community and 6 people were NMC staff.

When a person first presents, they are asked to fill in The Patient Health Questionnaire (PHQ9) and General Anxiety Disorder (GAD-7) form, then when their sessions are complete, they also fill in the form providing a clear measurement of the impact of the counselling. These scores will be included in our impact measurements.



WHAT DIFFERENCE ARE WE MAKING?

The NMC has 8 values. This year we asked people how well we live up to these values.

Unfortunately, the question about the value: 'We are a caring organisation with an open management style which values and respects individuals' was confused with a second question and cannot be include in the results.

98% of responses affirmed that we either fully or mostly lived up to our values.

The survey results are encouraging and serve to prove that the team at NMC lives by to the values of the organisation.

1. We enjoy what we do, creating a warm, welcoming, and positive environment.

98% said yes, or mostly



2. We are an inclusive community which is informed, influenced, and guided by people with neuromuscular conditions.

98% said yes, or mostly

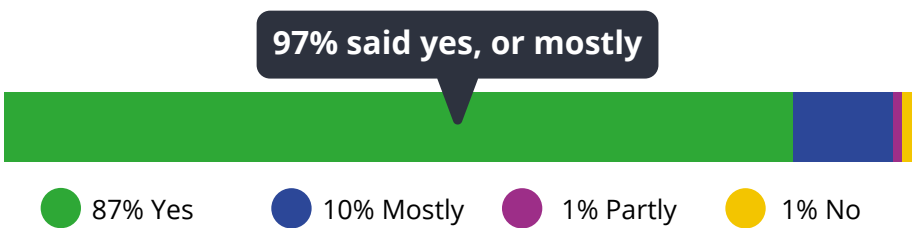


3. We create and maintain an environment where disability is no barrier to achievement.

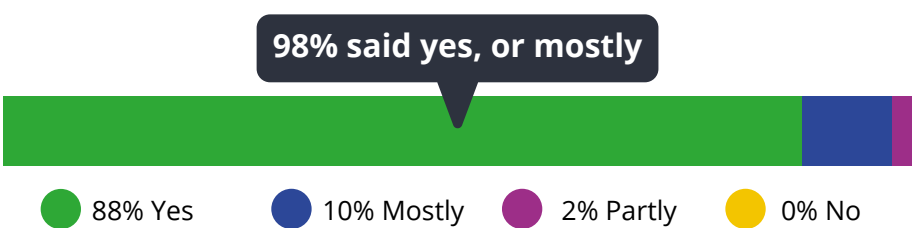
98% said yes, or mostly



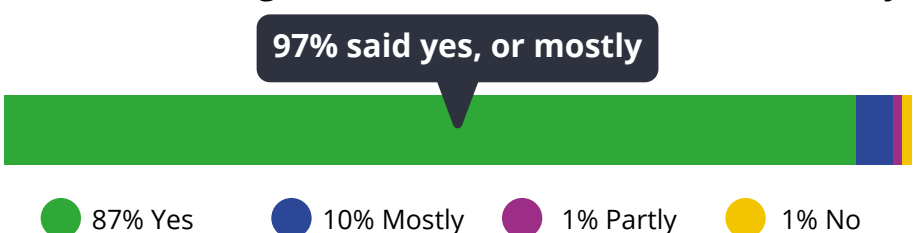
4. We are innovative, creative, and ambitious.



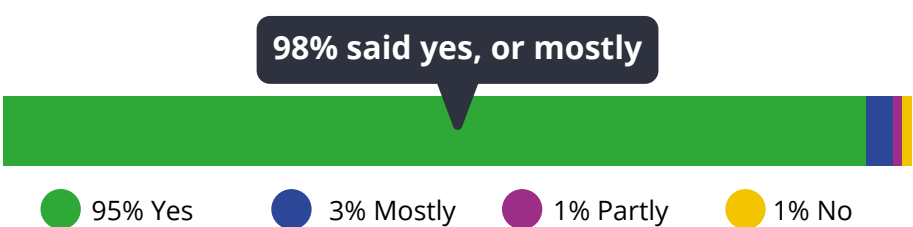
5. We celebrate our successes and achievements.



6. We believe it is important to create a high level of understanding of what we do in the wider community.



7. We have the highest ethical and professional values and standards.



This year we surveyed our community as they visited NMC, sent the online survey to our physio database and promoted it through our social media.

This sound approach does not capture the breadth of people who interact with the NMC therefore in future years we will broaden the survey's reach to engage a wider range of stakeholders. This will help us gain a more comprehensive understanding of our impact and identify opportunities for growth.

For example, we may choose to include staff, carers, visitors and trustees. Distinguishing between different groups within our community (carers, family members and individuals living with a neuromuscular condition) will provide deeper insight into the needs and perceptions of each group.

1. ENABLING. HOW DOES NMC ENABLE OUR COMMUNITY?

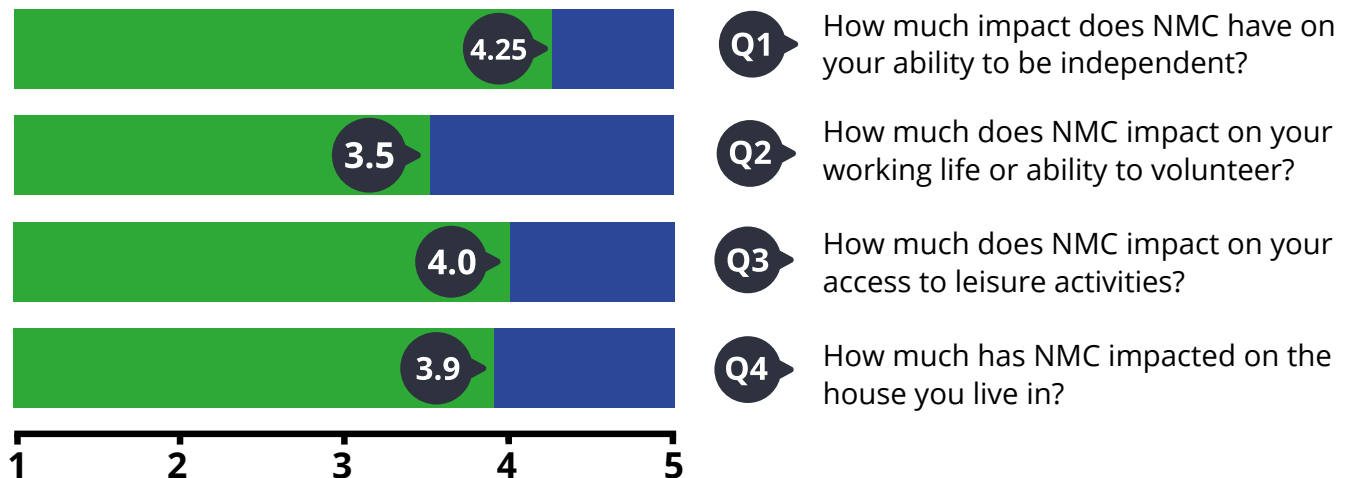
Enabling within NMC is about providing the framework for a person to live their life to its full potential.

This can happen in many ways; it can be enabling a person to continue in employment through the provision of physio, it could be running an accessible Duke of Edinburgh's scheme to encourage a person to participate in abseiling, or providing transport to allow a person to continue working, volunteering or participating in social activities.

A further way that we enable is through providing guidance on matters that facilitate the continuation of independence such as housing adaptations, transport and benefits.

28

We asked four questions relating to this:



Key: 1 - No Impact, 2 - Little Impact, 3 - Impact, 4 - Positive Impact, 5 - Big Impact

RESPONSE TO FINDINGS:

The scores are good, however the lowest score is for the question: How much does NMC impact on your working life or ability to volunteer?

Over the coming year we will be looking to improve in this area through a revision of our volunteering, training and employability offer. Part of this will involve creating a co-working space for people with neuromuscular conditions which enables them to carry on in employment. We are also aware that our mini-bus fleet (an enabling tool for employment, volunteering and social activities) will soon need replacing, and could provide an opportunity for more engagement with NMC.

“

It enables me to go out alone without the fear of falling. The is not 100% of the time but more often than not I feel confident to go out by myself.

Comments in this area included:

“

If I didn't have the support of the physio team, the gym and people I can talk to with similar conditions I dread to think what my life would be like. I know I certainly would not have the same physical or mental health strength to cope

“

It enables better mobility and pain management. It is also encouraging to see your dedicated staff helping so many afflicted people and the smiles & positive attitudes of these people!

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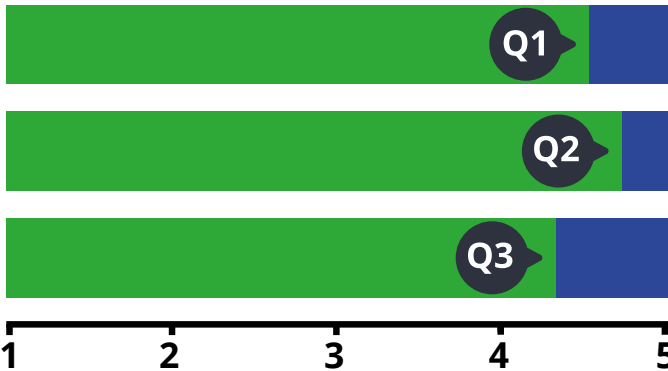


2: SPECIALIST. HOW DOES THE CONDITION SPECIFIC EXPERTISE AT NMC IMPROVE THE LIVES OF OUR COMMUNITY?

NMC is the centre of excellence for people affected by neuromuscular conditions

Over the 35 years that we have been running we have developed a thorough understanding of neuromuscular conditions and have improved the lives of countless people.

We asked three questions that relate to this specific expertise:



1 2 3 4 5

Key: 1 - No Impact, 2 - Little Impact, 3 - Impact, 4 - Positive Impact, 5 - Big Impact

“

I bring all my issues to my physios including mental health. I could become withdrawn and depressed but soon felt better once services resumed, that speaks volumes!

By giving access to expert neuromuscular advice when necessary, providing overseen gym exercise, and undertaking regular assessments, NMC supports my independence

- Q1** What is NMC’s impact on your fitness?
- Q2** How much does NMC impact on your health?
- Q3** How much does NMC impact on keeping you away from your GP and out of A+E?

RESPONSE TO FINDINGS:

The scores in this area are high and the comments are to be celebrated.

It is worth noting how much the community at NMC value the breadth of the specialist offer. NMC is unique and the knowledge provided by the staff is a great resource primarily to the community who access our services, but also to health professionals. Not only do the staff at NMC give excellent advice based on their extensive body of knowledge and experience, they also help to keep our community out of hospital by providing physio and exercise that serves to reduce pressure on the NHS.

“

Prior to arriving at NMC, falling was becoming an issue. Through the physical improvements to maintain muscle strength. Advice from has helped to give confidence and raise confidence.

“

Because I have had counselling from the NMC I have not needed to go the GP for mental health. Regular physio means that when I have my 6 monthly appointments with my consultant there is not much change. I am stable.



KEEPING HEALTHY AND AWAY FROM A&E.

Many responses to the big survey recognise that the NMC plays a large part in keeping them healthy and away from A&E.

The cost of an individual going to A&E depends on the type of A&E and the type of treatment the individual receives. For someone who attends an urgent care centre and receives the lowest level of investigation and treatment, the average cost in 2024/25 is £91. For an individual at a major A&E department who receives more complex investigation and treatment, the costs range on average from £137 to £445. If they arrive by Ambulance the estimated average cost is £417 [1].

Hospitalisation is often one of the most significant expenses for the NHS. The cost of overnight hospital stays in the UK can be up to £483 per night, excluding surgery costs. The cost of surgery will depend on the type of surgical procedure being carried out but can cost up to £5000 for more complicated surgeries such as hip replacements, and the cost of medications and other treatments [2].

It is hard to quantify how much money NMC saves the NHS. Perhaps a story of a woman who is part of the NMC community best serves to highlight this: She is 47, has myotonic dystrophy and recently started using a powerchair. She went on holiday, but whilst there she fell in the hotel and was unable to get up from the floor. An ambulance was called, and she was admitted to hospital.

She then remained in hospital for 9 weeks, was transferred between various wards with no specialist facilities and limited access to hoisting. The staff were unfamiliar with myotonic dystrophy, and hence were seeking guidance from NMC.



There was difficulty with discharge from Wales to her hometown as her local hospital would not accept her as there was no medical need for a bed. They decided that she needed care support to be discharged home, but the care assessment could not be completed until

she was at home, and hence she was stuck between the hospital and being discharged.

The impact on her was significant and NMC were able to support her in the hospital, provide specialist advice to the hospital and to link the Welsh

and English teams to enable discharge. Once discharged we continued to provide ongoing support to this person.

Based on the approximate costs in this report, the cost of this one incident to the NHS would be circa £20k.

“

NMC keeps me more active therefore keeping me safer and out of A&E

“

Trips to A&E are avoided as any falls and injuries as a result can be assessed, treated and solved

“

Have come to the centre for advice rather than go to A&E

[1] <https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/key-facts-figures-nhs>

[2] <https://nowpatient.com/blog/how-much-do-i-cost-the-nhs>

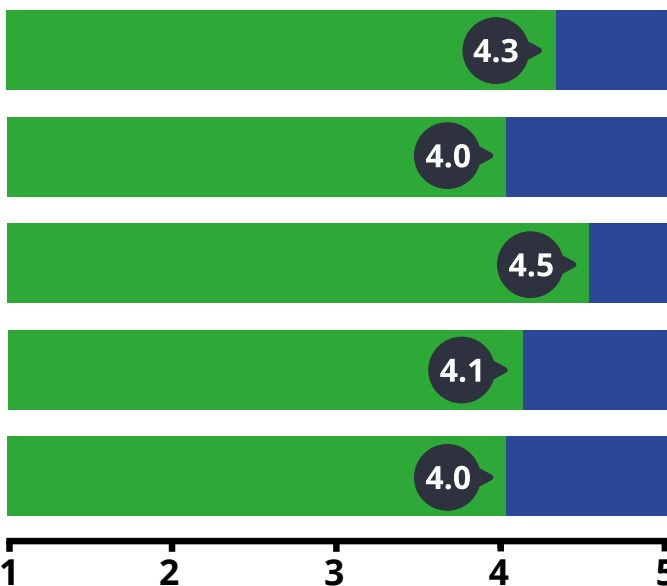
3: WELLBEING & PURPOSE.

HOW DOES THE NMC IMPROVE YOUR OVERALL WELLBEING?

A person’s wellbeing is affected by many factors including health, relationships, employment, housing, mobility and more.

NMC makes many interventions that have the potential to improve a person’s wellbeing, most obviously occupational therapy, counselling and physio, but there are other soft interventions that serve to create an environment in which a person with neuromuscular conditions can

thrive. Within NMC this could be providing access to outdoors spaces through our accessible gardening, participating in our Connect-Up programme of visits or simply taking some time out in the log cabin situated within our grounds.



- Q1 How much does NMC impact on your overall confidence?
- Q2 How much does NMC impact on your access to leisure activities?
- Q3 How would you describe NMC’s impact on your ability to be positive?
- Q4 How much does NMC impact on you “keeping your head above water” on a day-to-day basis?
- Q5 How much impact does being part of the NMC community give you a greater sense of purpose?

Key: 1 - No Impact, 2 - Little Impact, 3 - Impact, 4 - Positive Impact, 5 - Big Impact

RESPONSE TO FINDINGS:

We sought to explore the general area of wellbeing in the Big Survey, and our scores in this area are consistently high.

“

NMC impacts my wellbeing positively for a few weeks after my physiotherapy. Looking at how others cope with more serious conditions is humbling and encouraging at the same time.

“

I always leave NMC in a more positive frame of mind and this gives me more confidence in challenging situations

Comments Include:

“

NMC is like a huge family. Everyone, whether staff in the office, physics or others who attend all keep my head above water. They are amazing, caring and fabulous in their own way



SHED CLUB

The Shed Club is a remarkable initiative that not only provides a creative and therapeutic outlet for people with neuromuscular conditions and carers, but is also a vital support network for its members.

The club use recycled, donated wood only and craft items such as planters, magazine racks, bird feeders, and wheelbarrows. These practical, hands-on projects not only contribute to the well-being of the members but also benefit our wider community, as proceeds from the sale of these creations support the running costs of NMC.

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The Shed Club's model; run by volunteers, many of whom have a neuromuscular condition themselves, creates a truly unique environment. It provides a supportive, judgment-free space for people to share skills, develop their creativity, and connect with others who understand their challenges. This is especially important for those who may otherwise feel isolated due to their condition. For many members, the Shed Club is a lifeline, giving them a sense of purpose and belonging that may be difficult to find in other settings.

Some key aspects of the club's impact are:

1

Supportive, Therapeutic Environment:

The club's welcoming, inclusive atmosphere allows members to focus on creative endeavours rather than challenges they may be facing in their personal lives. For some members, the two days a week they spend at the Shed Club are the only times they leave the house, making it a vital space for mental health: "We drink a lot of tea and eat a lot of biscuits. And we talk. A lot."

2

Skill-Sharing and Purpose:

The opportunity to learn and share practical skills with others offers members a chance to gain confidence, both in their abilities and their capacity to contribute. This can be particularly therapeutic, as many members report a sense of achievement and personal growth from their work: "I've been a member of Shed Club for 8 years. It's greatly improved my self-worth. I felt like I had nowhere to go before to use my skills, except round the house. I wouldn't be

able to achieve any of this anywhere else. There'd be too much pressure, and not the right knowledge or support to help me make things safely."

3 Community and Camaraderie:

The bond shared among members is central to the club's ethos. The mutual support and care members show each other create a strong sense of camaraderie, which helps combat feelings of loneliness and builds deep, lasting friendships. "They're great guys. The way they help each other out and care about each other is amazing. They're really there for one another."

With 8 members currently, 7 of whom have neuromuscular conditions, the Shed Club continues to provide a vital service nearly 10 years since its inception. The club's success and impact are a testament to the power of community-driven, creative spaces and their ability to improve the lives of people with long-term conditions.



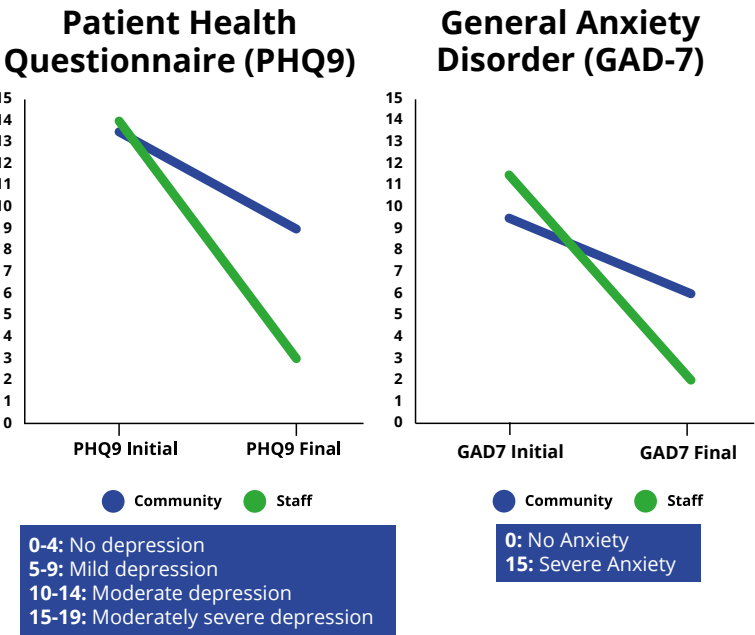
TALKING THERAPIES AT THE NMC

Living with a long-term progressive health condition presents many challenges to the person living with the condition and their loved ones.

There are practical changes to make, losses to process and a reconfiguring of life plans. Alongside this there is the emotional complexity that inherited conditions present for parents, and people who want to be parents, and therefore the NMC provide a counselling service for our community.

The service we offer is excellent. The average response time to a referral is two days, and the average time between the referral and first appointment is ten days. We offer an initial ten sessions of counselling but if more are required then this will be made available. We recognise that the NHS is incredibly stretched but by way of contrast; if following an initial assessment the NHS think they can help you, then 75% of people are seen within six weeks. However, the wait time for the initial assessment will also be several weeks.

Alongside our quick response the impact of the counselling is significant. We use the Patient Health Questionnaire (PHQ9) and General Anxiety Disorder (GAD-7) to measure the impact of the counselling. As the score decreases it is fair to assume that a person's wellbeing improves. The scores for this year are:



What is most noticeable is that when staff and community begin their counselling, they have comparable PHQ9 scores, but when their final session is complete the staff score is much lower. This is also true of the GAD7 scores. The difference between the two groups is not straightforward as 40% of the staff in this group also have a neuromuscular condition.

The PHQ9 scores 0-4 indicates little or no depression, whereas 10 indicates moderate depression. So, at the end of the counselling those with a neuromuscular condition are still living on the border between mild and moderate depression.

GAD-7 scores indicate the severity of anxiety: 0–4 indicates minimal anxiety, 5–9 indicates mild anxiety, 10–14, moderate anxiety and 15 or greater is severe anxiety.

For the staff group we see a drop from moderate to minimal anxiety, whereas after counselling intervention those with neuromuscular conditions do not experience the same change in their anxiety levels. Perhaps more than anything this highlights the levels of anxiety that people with neuromuscular conditions are living with and the need to provide further support in this area.

Response to Findings: NMC plays a vital role in enhancing the well-being of our community through a threefold approach: low-level social interventions, highly specialised physical treatments and a proactive stance on talking therapies, ensuring support is available when it's needed most. This integrated method has consistently proven effective in improving the quality of life for those who access our services.

One of the most inspiring qualities of our community is their resilience. Living with a neuromuscular condition presents a unique set of physical, emotional, and social challenges, often requiring individuals to adapt to significant life changes. Like the broader population, mental health varies within this group, but for many, the complexities of their condition can amplify the usual highs and lows of life. Despite this, our community continues to face these challenges with determination.

NMC remains committed to providing holistic support to help individuals navigate these challenges, empowering them to thrive and maintain their wellbeing.

RESPONSE TO FINDINGS:

NMC plays a vital role in enhancing the well-being of our community through a threefold approach: low-level social interventions, highly specialised physical treatments and a proactive stance on talking therapies, ensuring support is available when it's needed most. This integrated method has consistently proven effective in improving the quality of life for those who access our services.

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NMC remains committed to providing holistic support to help individuals navigate these challenges, empowering them to thrive and maintain their wellbeing.

NMC'S INCOME



Statutory (NHS).....52%

Design+Print.....8%

Interest / Other.....1%

Trust & Corporate.....15%

Community.....13%

Legacy.....5%

Events.....6%

Our mix of income is extensive, with the range and type being key for the sustainability of our charity.

These are the key elements of income.

Traded income generated by NMC Design+Print. This is our community social enterprise.

Traded income with the NHS. We receive some funding from NHS ICB's, which is largely activity driven and reflects time spent providing physical therapies for individuals. The endorsement that NHS funding provides of work is enormously helpful in leveraging in other funding from non-statutory sources.

Contracted income from Local Councils. This small income stream recognises our work with the wider family (Carers) and also our impact in prevention of crisis.

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Contracted income from Local Councils. This small income stream recognises our work with the wider family (Carers) and also our impact in prevention of crisis.

Grants from Trusts and Foundations.

- In 2023-24 we received grants from **51** Grant-making Trusts and Foundations.
- **41** of those Trusts are from outside the Cheshire region
- **86%** of the trusts that gave to NMC gave grants under **£5k**
- **50** of those grants were for amounts between £50 and £9315
- One grant exceeded **£10,000**
- **42** of these trusts have given to us previously and most of those have been giving to NMC annually for many years.

Income generated by fundraising events. In normal years there is an extensive NMC events programme providing a substantial element in the NMC income mix, however due to a change in staffing the year has been quieter than usual.

Income from individual giving. This element includes individual donations, in memory donations, and individual fundraising efforts like sponsored challenges or cake sales.



ECONOMIC IMPACT OF NMC

We seek to analyse the economic impact of our work in a number of areas:

1

We recognise the positive financial impact of our work.

3

We enable hundreds of people to avoid hospital visits and stays.

2

We enable many people to be economically active through work (often for many years longer).

4

We enable hundreds of people to avoid the need to see their GP.

Some of the comments that we have received highlight how our services keep people in work and enable them to find work:

“

Without the physio sessions I'm sure I would not still be working.

“

Having worked and volunteered here this gave me the confidence to get my dream job, and maintaining my strength and mobility allow me to continue doing what I love.

The positive impact on individual wellbeing is clearly documented in this report. The avoided referrals and interventions by statutory mental health services are numerous and represent a saving to the public purse. Our counselling service can see up to 30 people a year, representing a saving of approximately £27,000 to the NHS if counselling was accessed through the NHS.

None of these activities and impactful interventions are done with the economic impact front and centre. A person's happiness and quality of life is our prime goal and what we seek to do here is simply acknowledge that there is a large positive financial impact too.

The financial cost of an unplanned hospital admission is clearly important. But that in no way accounts for the impact of an unplanned hospital admission. The fear, the upset, the pain, the disruption to family life, the lost workdays of relatives drafted in for childcare, the misery, lost social contacts, and so much more.

We also seek to measure the impact of our approach and ethos as an organisation on the local economy:

- We provide employment for 32 people.
- We raised £427k last year through fundraising activities and from grants awarded by Charitable trusts and Foundations.
- We are keen and proud to “lever” in funds from across the UK. 61% of the grant funding received in the year is from sourced from Trusts and Foundations outside the Cheshire region.
- We spend a total of £601k on salaries each year.
- In addition, we invest £56k a year on staff pensions.
- We also spend £50k a year on National Insurance contributions.
- We spend a total of £240k on other costs.

Of the £240k we calculate that £183k is spent where we have little or no choice – this includes insurance, utility bills, software and postage for example. By and large we do not have local or independent supply options.

RESPONSE TO FINDINGS:

This leaves £57k in non-staff expenditure, giving us the opportunity to prioritise spending locally and support independent or community-based businesses. Of the £57k, we spend 82% currently with local independent or community businesses or social enterprises. This is a figure we wish to increase over coming years and will seek to report in future reports.



ENVIRONMENTAL IMPACT OF NMC

NMC is acutely aware of many aspects of its environmental impact. Equally we are certain there are many elements of our building, our behaviours, and our operation which we must work on as we seek to operate in the most effective way for the health of our community and for the wider health our planet.

Let's start with an appreciation of some of our main challenges in achieving a low carbon footprint;

44

1

People in our community are generally unable physically to cycle or walk to NMC. Very few people in our NMC community live nearby to NMC. As the only Centre in the UK, people routinely travel up to 50 miles to attend the Centre.

2

People mainly travel in their own car to the Centre. Some come to the Centre on NHS Patient Transport (ambulance) and a very few by public transport or taxi.

3

Many of the cars that people drive are, of necessity, larger and adapted causing increased fuel usage.

4

NMC is not on a bus route and is over 3 miles from the nearest railway station in one direction and over 5 miles away in the other direction.

5

The Centre is always kept warm because that is essential for the health of those attending. Our heating system is gas.

6

Disability aids in the Centre like hoists and bidet toilets require additional power usage. Power wheelchairs and breathe assist machines all need charging up from time to time – sometimes at NMC.

7

Our own minibus fleet is diesel powered and is an expensive asset that we are planning to replace.

8

We do not currently have any electric car charging infrastructure.

Some of the things we think we do well in the context of our environmental impact;

- 1 We have high levels of insulation and have rebuilt parts of the centre to provide far more effective insulation.
- 2 We have a solar panel installation.
- 3 We have a good recycling and waste segregation culture.
- 4 We have a woodshed team recycling previously used timber into useful items.
- 5 We have planted over 100 trees on our 1.5 acre meadow.
- 6 We have cycle racks.
- 7 We monitor fuel usage in our minibus fleet and encourage economical driving techniques.
- 8 We have a boiling water tap for hot drinks.

RESPONSE TO FINDINGS:

We strive to adopt the highest possible environmental standards across all areas of operation while ensuring that we continue to operate effectively for the health and well-being of our community. Our focus is on continual improvement, seeking solutions to environmental challenges by adopting sound principles and best practices suited to a charity of our size.



CONCLUSION AND RECOMMENDATIONS

This report has highlighted our impact in three areas:

1. **Enabling.** How does NMC enable our community?
2. **Specialist.** How does our condition specific expertise improve the lives of our community?
3. **Wellbeing & Purpose.** How does NMC improve the wellbeing of, and provide opportunities for members of our community to live purposeful lives?

46

This report shows positive impact in all these areas:

Enabling. How does NMC enable our community? Firstly, our survey scores indicate significant contributions to independence, leisure access, and sense of purpose. Our social activities like the Connect-Up program, training opportunities, the Duke of Edinburgh's Award, graphic design training, and volunteering enable our community. Our physio service enables our community to carry on working, play a full part in the life of their families and live life as best they can. Finally, our support programme ensures that the appropriate structures are in place to enable of community to live fulfilling lives.

Specialist. How does our condition specific expertise improve the lives of our community? NMC offers a tailored support service, individualised physiotherapy plans, and condition-specific research as our priority is to improve the lives of people with neuromuscular conditions. The evidence from this report highlights that we are achieving this in many ways.

Wellbeing & Purpose. How does the NMC improve the wellbeing of, and provide opportunities for members of our community to live purposeful lives? Our counselling service, holistic therapies, and emotional support through programmes like Wellbeing sessions and Connect-Up programme highlight that we improve the wellbeing of our community.

The counselling scores show emotional improvements, though the persistent challenges of chronic conditions mean gains for those with such conditions are moderated. Our focus on employability and volunteering promotes social participation, with NMC Design+Print providing direct employment opportunities for people, hence enabling people to have purpose through their work.

RECOMMENDATIONS:

This report underscores NMC's significant impact in all the areas that have been surveyed. There are clear areas to develop methodologically such as differentiating between carers, family, and individuals with conditions. Alongside this the report identifies that enhancing our employability support could boost impact, particularly regarding work-life enablement and so we will be exploring ways in which we can achieve this within NMC.

The report highlights and celebrates that NMC is a vital resource for those with neuromuscular conditions. We are making strides in community empowerment, managing complex progressive health conditions, and overall improving the quality of life for people who are part of the NMC community. This is a firm foundation to build on in the coming years.



SOCIAL AUDIT STATEMENT

The Social Auditor has examined the draft Social Accounts submitted and discussed in detail with Ben Edson of NMC at a verification meeting, 24th January 2025.

48

I have examined the revised Social Accounts which were prepared following the Social Audit Verification meeting and which have taken into account various points identified during that discussion. A sample of the data and the sources of information on which the Social Accounts have been based have been examined and I believe that the process outlined above has provided sufficient information on which to base my opinion.

I am satisfied that, given the scope of the social accounting explained and given the limitations of time available, the Social Accounts are free from material misstatement and present a fair and balanced view of the performance and impact of NMC as measured against its stated purpose, values and aims and taking into consideration the views of the stakeholders who were consulted.

Following the verification discussion it is recommended that the following be considered during the next social audit cycle:

1. a stakeholder mapping exercise be undertaken to help inform and support future wider stakeholder consultation
2. a review of the consultation methods and questions be undertaken to ensure alignment with the organisation's priorities
3. environmental measures and sustainability plans be more fully reported

Lisa McMullen

Social Audit Network Director
& Approved Social Auditor

Date: 11th February 2025





**NeuroMuscular
Centre**

**ANNUAL
REPORT
& FINANCIAL
STATEMENTS**

**For the year ended
31 March 2024**

ANNUAL REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

NEUROMUSCULAR CENTRE

COMPANY LIMITED BY GUARANTEE

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES

M Hawes
I Martin
D Okell
M Roberts (not a director)
W Stothart
S Monteiro
W Duckworth (Chair)
R Diaz
J Haskey (Appointed 27 July 2023)

CHIEF EXECUTIVE

M Lanham OBE

SECRETARY

B Dale

CHARITY NUMBER

1023606

COMPANY NUMBER

2806607

REGISTERED OFFICE

Woodford Lane West
Winsford
Cheshire
CW7 4EH

AUDITORS

BWM
Suite 5.1
12 Tithebarn Street
Liverpool
L2 2DT

BANKERS

Barclays Bank Plc
21 Dingle Walk
Winsford
Cheshire
CW7 1AG

Nationwide Building Society
5 - 11 St Georges Street
Douglas
Isle of Man
IM99 1AS

SOLICITORS

Barrow & Cook
5-7 Victoria Square
St Helens
Merseyside
WA10 1HH

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum and articles of association (as amended 17 October 2019), the Companies Act 2006 and "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)".

OBJECTIVES AND ACTIVITIES

The NMC is the Centre of Excellence for people affected by neuromuscular conditions.

CHARITABLE OBJECTS

The objects of the NMC are to promote and provide opportunities for people with a neuromuscular condition to live fuller lives through training, employment and physiotherapy, together with advice and support for themselves and their families and carers.

MISSION

The NMC's mission is to work together with people affected by muscle diseases, creating an environment where full potential and positive wellbeing are achieved, through employment, training, support and physiotherapy.

AIMS AND ACTIVITIES

The NMC aims to be largely user led and to provide a range of services for people affected by muscle disease. Although service users are predominantly from within a 100 mile radius of Winsford, Cheshire, many attend the Centre from across the UK and Europe. The range of services includes:

- Physiotherapy assessments
- Physiotherapy treatments
- Hydrotherapy
- Active exercise programmes
- Advice and support
- Supporting families in transition
- Provide personal care
- Support and breaks for carers
- Training courses in Graphic Design, Animation, Music and Photography
- Other Training courses
- Employment opportunities in Graphic Design (in the Social Enterprise; NMC Design+Print), Administration and Fundraising.
- Provide transport for Students and Employees to enable maximum independence and opportunity.

The unique combination of services provided by the charity are offered directly to individuals and their families across the UK. Where practicable, physical management programmes are tailored to the needs of each individual, depending on their type of dystrophy and physical condition, through regular sessions of

physiotherapy and hydrotherapy. As a 'centre of excellence' in the physical management of muscular dystrophy and related neuromuscular conditions, the charity offers help and advice to other organisations worldwide.

The charity has established a well-respected graphic design business, NMC Design+Print, in which the variety of skills and talents of the individuals can be employed, developed and rewarded under both salaried and permitted work arrangements. The NMC provides wheelchair-adapted transport for individuals attending the Centre.

NMC STRATEGY FOR 2024-27

In early 2024 we endorsed our 6 strategic objectives for NMC. These were first developed in 2022 and have now been reviewed. They remain our primary goals;

Objective 1

Provide impactful social and academic opportunities for our community

Objective 2

Enrich the emotional and physical wellbeing of people affected by neuromuscular conditions

Objective 3

Inspire, inform, and enable our community to make an active contribution to society

Objective 4

Develop a thorough understanding of people in our community and respond in tailored ways

Objective 5

Run an effective and professional organisation with excellent governance with sustainability at the core

Objective 6

Increase awareness of MD and NMC and increase our influence

VOLUNTEER HELP

NMC has a strong group of volunteers working in:

- Fundraising - mainly helping at events.
- Physiotherapy - helping and supporting the professional Physiotherapists.
- Board of Trustees - providing scrutiny, oversight, advice, guidance, and strategic direction.
- Also, we have volunteers helping with carpentry, gardening, odd-jobs and building maintenance.

PUBLIC BENEFIT

The charity trustees consider that they have complied with their duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission and that the benefits that the charity provides are not unreasonably restricted.

ACHIEVEMENTS AGAINST OUR GOALS FOR 2023-24

1. Following the pandemic and a lot of staff changes, we will give focus to developing and consolidating the new young team members we now have. We will seek to encourage mentoring. We will seek to strengthen the youth/ experience balance.

Achieved - the team now comprises a highly productive mix of youth, energy, and experience. There are now good mentors and excellent leadership throughout.

2. Following the death of the pivotal leader of NMC Design+Print in 2022 we will seek to rebuild, restructure, and refocus the social enterprise for a thriving future. **Achieved** to a large degree. Rebuilding following such a huge loss is not a swift process.
3. Succession planning for long service senior staff is a key priority in the coming year. **Largely Achieved.** A key element of this has been the successful recruitment of a new Chief Executive to replace the current job holder who is retiring after 19 years in the role. In addition, we have developed plans for shorter term and for longer term succession for other key posts.
4. Explore the provision of accessible accommodation near to the NMC. No significant progress on this issue. It remains a goal in our new Strategic Plan for 2024-27.
5. Continue to develop and exploit the opportunities provided to NMC Design+Print following the investment in the Laser cutter/engraver. There has been substantial progress in this regard. More opportunities are undoubtedly there still to be tapped.
6. Hold special events and make investments in key personnel to help the NMC community tackle the personal post-pandemic challenges. These include issues of housing, employment, support, physical and emotional health. **Achieved**
7. Improve outdoor accessibility onsite. This includes relaying the car park and re-furbishing and extending accessible paths and boardwalks. Car

park refurbishment complete. Path improvements still to complete.

8. Refurbish the two old bathrooms/toilet to provide new facilities that incorporate modern design and maximise opportunities for people to be as independent as possible. The refurbished toilets to also offer a chance for people to see what might be helpful at home. **Achieved completely.**
9. Develop a new Fundraising Strategy to reflect changes in society, the marketplace for events, our changed capacity, and the end of our long running Spirit of Christmas fundraising event. Lots of scoping has been undertaken. A new strategy is emerging but not yet completed.

FUNDRAISING PERFORMANCE

- Trust and corporate income £177k
- Community donations £158k
- Events income £73k
- Statutory income £614k
- Design+Print income £101k

FINANCIAL REVIEW

- NMC's financial performance has been satisfactory as we continue to build back post-pandemic.
- The NMC has some assets in the form of the building it has on land leased from Cheshire West and Chester Council but no up to date valuation is available.
- NMC holds no other substantial asset beyond its minibuses, day to day office, physio and IT equipment.
- NMC has consistently maintained total unrestricted reserves at 3 month running costs throughout 2023-24.

RESERVES POLICY

NMC recognises the need to build and maintain adequate reserves, to ensure that the charity has a financial buffer proportionate to its normal scale of operations. In doing so, this will reduce the financial risk to the charity and help ensure that its services are sustainable.

The policy sets out a goal of staying above the following thresholds:

1. A minimum amount of total unrestricted reserves of £500,000
2. A minimum amount of net current assets of £260,000 of which cash and marketable investments must not be less than £180,000

The overall total is equivalent to approximately 4 months of annual spend and approximately 6 months of annual payroll. The Trustees believe that this is a reasonable and proportionate "buffer" to retain against the risk of unseen problems.

The current reserves level is £1,367,002 with free reserves being £602,748, restricted reserves being £11,837 and designated reserves being £40,000.

RISK MANAGEMENT

A register of risks is maintained and reviewed regularly by the Trustees.

The following risks have been identified as the most significant for the charity:

- Financial sustainability; recognising that maintaining income levels is essential to the charity's financial sustainability. The charity continues to monitor the risks associated with its diverse voluntary income streams.
- Reputation and brand; the charity monitors the risks associated with

all aspects of reputation and has put in place strategies to reach and engage with beneficiaries and other organisations.

- Recruitment and retention of staff: the charity aims to be an organisation where staff are supported and developed and where employees have a sense of fulfilment. During the year all managers participated in a bespoke management development programme to extend their skills.

PLANS FOR 2024-25

- Upgrade and extend the outside paths to enable people to explore the meadow and gardens in all seasons safely.
- Develop the new Employment and Careers service so it achieves all that we have planned for it in terms of placing people in work/work experience, preparing for work, and helping people stay in work by adapting to changes in condition.
- Prepare NMC for a Britain in Bloom application and maximise involvement of our community as well as local volunteers in developing a flourishing and attractive garden.
- Develop a new fundraising strategy to reflect changing times and the end of our long running Spirit of Christmas event.
- Develop an accommodation offer for those travelling long distances to NMC. The accommodation could also offer accessible holiday options and a place to try out independent living.
- The arrival, induction and successful handover to the new Chief Executive will be an important element of the plans for the charity in the year ahead.
- We plan to upgrade and modernise our heating system and install additional solar power generation

to reduce our energy consumption and increase the sustainability of our provision.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Neuromuscular Centre (NMC) is a registered charity, incorporated as a company limited by guarantee. The charity registration number is 1023606 and the company registration number is 2806607. The NMC has a wholly owned dormant subsidiary, NMC Trading Limited.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

- M Hawes
- A Jeffs (Resigned 13 April 2023)
- I Martin
- D Okell
- M Roberts (not a director)
- W Stothart
- S Monteiro
- W Duckworth (Chair)
- R Diaz
- J Haskey (Appointed 27 July 2023)

APPOINTMENT OF TRUSTEES

The charity appointed its Board of Trustees from 1 April 2012. As vacancies arise new Trustees are appointed.

TRUSTEE INDUCTION AND TRAINING

Newly appointed trustees receive comprehensive induction including training on their duties and responsibilities under company and charity law and also an induction into the activities, operational plans and financial performance of the charity.

ORGANISATION

The Board of Trustees is ultimately responsible for the management of the Neuromuscular Centre. The Board will

meet quarterly. A Chief Executive, with delegated authority, is appointed by and accountable to the trustees for managing the day-to-day operations of the NMC and the delivery of operational plans.

The remuneration arrangements for all staff are reviewed annually by the Chair of Trustees and Chief Executive having benchmarked pay levels in the relevant employment roles and sectors and mindful of changes to the UK cost of living indices. The Trustee Board approve the overall remuneration settlement as part of the annual budget setting.

AUDITOR

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

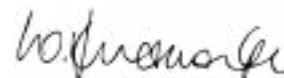
DISCLOSURE OF INFORMATION TO AUDITOR

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.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

On behalf of the board of trustees.



W DUCKWORTH (CHAIR)

Trustee

Dated: 18th July 2024

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees, who are also the directors of NeuroMuscular Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare accounts 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 accounts, 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 accounts; and
- prepare the accounts 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 accounts comply with the Companies Act 2006. 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.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF NEUROMUSCULAR CENTRE

OPINION

We have audited the financial statements of NeuroMuscular Centre (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and 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 Financial Reporting Standard 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 March 2024 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.

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 charity 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 charity'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. 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 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- 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
- we have not received all the information and explanations we require for our audit; 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 charity 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 charity'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.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

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.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- 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;
- 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, including the Companies Act 2006, taxation legislation and data protection, anti-bribery, employment and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; 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 and regulations.

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

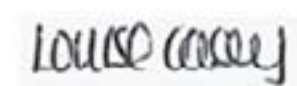
There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance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

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

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.

OTHER MATTERS

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. Our audit work has been undertaken so that we might state to the charitable company's members 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 and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Louise Casey ACA
(Senior Statutory Auditor)
for and on behalf of BWM

Chartered Accountants
Statutory Auditor

Dated: 18th July 2024

Suite 5.1
12 Tithebarn Street
Liverpool
L2 2DT

**STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024**

Current financial year

	Notes	Unrestricted funds	Restricted funds	Total 2024	Total 2023
		£	£	£	£
<u>Income from:</u>					
Donations and legacies	3	358,420	35,617	394,037	510,265
Charitable activities	5	715,156	-	715,156	585,132
Fundraising events	4	72,697	-	72,697	62,525
Investments	6	8,426	-	8,426	2,107
Other income	7	315	-	315	148
Total income		1,155,014	35,617	1,190,631	1,160,177
<u>Expenditure on:</u>					
Raising funds	8	155,671	-	155,671	145,157
Charitable activities	9	916,809	34,930	951,739	976,191
Total expenditure		1,072,480	34,930	1,107,410	1,121,348
Net movement of funds		82,534	687	83,221	38,829
Reconciliation of funds					
Fund balances at 1 April 2023		1,272,631	11,150	1,283,781	1,244,952
Fund balances at 31 March 2024		1,355,165	11,837	1,367,002	1,283,781

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The movement in funds detailed above complies with the requirements for a statement of changes in equity under FRS102.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PRIOR FINANCIAL YEAR FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year

	Notes	Unrestricted funds	Restricted funds	Total 2023
		£	£	£
<u>Income from:</u>				
Donations and legacies	3	313,740	196,525	510,265
Charitable activities	5	585,132	-	585,132
Fundraising events	4	62,525	-	62,525
Investments	6	2,107	-	2,107
Other income	7	148	-	148
Total income		963,652	196,525	1,160,177
<u>Expenditure on:</u>				
Raising funds	8	145,157	-	145,157
Charitable activities	9	784,511	191,680	976,191
Total expenditure		929,668	191,680	1,121,348
Net movement of funds		33,984	4,845	38,829
Reconciliation of funds				
Fund balance at 1 April 2023		1,238,647	6,305	1,244,952
Fund balance at 31 March 2023		1,272,631	11,150	1,283,781

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The movement in funds detailed above complies with the requirements for a statement of changes in equity under FRS102.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BALANCE SHEET AS AT 31 MARCH 2024

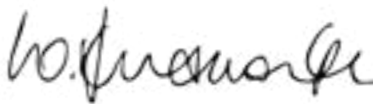
	Notes	2024	2024	2023	2023
		£	£	£	£
Fixed assets					
Tangible assets	14		712,408		727,538
Investments	15		9		9
			<u>712,417</u>		<u>727,547</u>
Current assets					
Debtors	18	149,349		179,277	
Cash in bank and in hand		<u>587,222</u>		<u>529,824</u>	
		736,571		709,101	
Liabilities:					
Creditors: amounts falling due within one year	19	<u>(81,986)</u>		<u>(152,867)</u>	
Net current assets			654,585		556,234
Total net assets			<u>1,367,002</u>		<u>1,283,781</u>
The funds of the charity:					
Restricted funds	22		11,837		11,150
Unrestricted funds					
Designated funds	23	40,000		-	
Unrestricted funds represented by fixed assets		712,417		727,547	
Free reserves		<u>602,748</u>		<u>545,084</u>	
General unrestricted funds		<u>1,355,165</u>		<u>1,272,631</u>	
Total unrestricted funds			1,355,165		1,272,631
Total charity funds			<u>1,367,002</u>		<u>1,283,781</u>

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 31 MARCH 2024

Notes	2024	2024	2023	2023
	£	£	£	£
Cash flows from operating activities				
Net cash provided by operating activities	29	57,355		84,129
Cash flows from investing activities				
Purchase of tangible fixed assets	(8,380)		(94,264)	
Interest received	8,426		2,107	
Net cash generated from / (used in) investing activities		46		(92,157)
Net increase/(decrease) in cash and cash equivalents		57,401		(8,028)
Cash and cash equivalents at beginning of year		529,824		537,853
Cash and cash equivalents at end of year		587,222		529,824

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees and authorised for issue on 18th July 2024 and are signed on behalf of:



W Duckworth (Chair)
Trustee

1 ACCOUNTING POLICIES

CHARITY INFORMATION

The NeuroMuscular Centre is a private company limited by guarantee incorporated in England and Wales and a charity registered with the Charity Commission for England and Wales. The registered office is Woodford Lane West, Winsford, Cheshire, CW7 4EH.

1.1 ACCOUNTING CONVENTION

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") 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)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

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

The accounts have been prepared on the historical cost convention. The principal accounting policies adopted are set out below.

The financial statements do not incorporate the results, assets and liabilities of the charity's wholly owned subsidiary, NMC Trading Limited. Consolidated accounts have not been prepared as these would not be materially different from the single entity financial

statements as presented. The subsidiary ceased to trade on 1 April 2012 and has remained dormant throughout the period.

1.2 GOING CONCERN

At the time of approving the accounts 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 accounts.

1.3 CHARITABLE FUNDS

Funds held by the charity are:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees, with due regard to the reserves policy as described in the Trustees' Report.

Designated funds - these are funds set aside by the trustees out of unrestricted general funds for specific future 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 charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.4 INCOME

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Income from donations and grants, including capital grants, is included in income when these are receivable, except as follows:

- When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the preconditions for use have been met.

Income is deferred only when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to preconditions regarding entitlement, this income is included as restricted funds when receivable.

Voluntary income includes discretionary grants for projects, goods and services where no service agreement or contract exists.

Other grants, which have particular service requirements and which are provided in accordance with a contract or service level agreement are included in the Statement of Financial Activities under the heading Charitable Activities.

Interest is included when receivable by the charity.

1.5 EXPENDITURE

Expenditure reflects all amounts paid and accrued during the year. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates. All costs

are allocated between the expenditure categories of the Statement of Financial Activities (SOFA) on a basis designed to reflect the use of the resource.

Raising funds

These represent costs incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

Charitable expenditure

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. Support costs are allocated across the activities on the basis of expenditure incurred for each of the activities.

Governance costs

These represent costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

1.6 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.

Individual fixed assets costing £1,000 or more are capitalised at cost, including any expenses of acquisition.

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

- Short leasehold property
- Straight line basis over the life of the lease

- Fixtures, fittings & equipment
- Straight line over 4 - 5 years

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.

1.7 FIXED ASSET INVESTMENTS

Fixed asset investments are stated at cost less provision for diminution in value.

1.8 IMPAIRMENT OF FIXED ASSETS

At each reporting end date, the charity reviews the carrying amounts of its tangible 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.

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, if material.

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

The charity offers defined contribution pension arrangements to an employers' portable scheme. Contributions are

charged in the financial statements as incurred.

1.13 TAXATION

The charity benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions. Recovery is made of tax deducted from qualifying income and from receipts under Gift Aid.

The charity is also able to partially recover Value Added Tax. Expenditure that is not recoverable by the charity is recorded in the accounts inclusive of VAT.

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. 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.

There are no critical accounting estimates or judgments included in these accounts.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£	£	£	£
3 Donations and legacies						
Donations and gifts	299,859	35,617	335,476	313,740	196,525	510,265
Legacies receivable	58,561	-	58,561	-	-	-
	358,420	35,617	394,037	313,740	196,525	510,265
Donations and gifts						
Community donations	157,979	-	157,979	157,159	-	157,159
Trust and corporate donations	141,880	35,617	177,497	156,581	196,525	353,106
	299,859	35,617	335,476	313,740	196,525	510,265
4 Fundraising events						
Fundraising events	72,697	-	72,697	62,525	-	62,525

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds	Unrestricted funds	Total 2024	Unrestricted funds	Unrestricted funds	Total 2023
	Physiotherapy	Supporting employment		Physiotherapy	Supporting employment	
	£	£	£	£	£	£
5 Charitable activities						
Income within charitable activities	613,533	101,623	715,156	489,106	96,026	585,132
Analysis by fund						
Unrestricted funds	-	-	-	489,106	96,026	585,132
6 Investments						
Interest receivable	-	-	8,426	-	-	2,107
7 Other income						
Other income	-	-	315	-	-	148
8 Raising funds						
<u>Costs of generating donations and legacies and events</u>						
Promotion	-	-	59,543			57,653
Staff costs	-	-	86,244			84,477
Support costs (see note 10)	-	-	9,884	-		3,027
	-	-	155,671	-	-	145,157

Other income relates to a Feed-in Tariff (FIT) payment received from the charity's energy provider.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Physiotherapy	Advocacy and care support	Supporting employment	Training	Total 2024	Total 2023
	£	£	£	£	£	
9 Charitable activities						
Staff costs	195,690	80,392	65,374	15,161	356,617	410,753
Share of support costs (see note 10)	55,185	371,660	111,622	42,167	580,634	553,286
Share of governance costs (see note 10)	3,622	3,622	3,622	3,622	14,488	12,152
	254,497	455,674	180,618	60,950	951,739	976,191
Analysis by fund						
Unrestricted funds	254,497	420,744	180,618	60,950	916,809	
Restricted funds	-	34,930	-	-	34,930	
	254,497	455,674	180,618	60,950	951,739	

For the year ended 31 March 2023

Staff costs	283,329	76,432	36,466	14,526		410,753
Share of support costs (see note 10)	86,762	323,198	114,399	28,927		553,286
Share of governance costs (see note 10)	3,038	3,038	3,038	3,038		12,152
	373,129	402,668	153,903	46,491		976,191
Analysis by fund						
Unrestricted funds	325,693	258,424	153,903	46,491		784,511
Restricted funds	47,436	144,244	-	-		191,680
	373,129	402,668	153,903	46,491		976,191

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
10 Support costs						
Staff costs	288,507	-	288,507	242,558	-	242,558
Depreciation	23,513	-	23,513	23,999	-	23,999
Utilities and communications	23,652	-	23,652	30,527	-	30,527
Travel	23,900	-	23,900	23,325	-	23,325
Printing	82,652	-	82,652	82,451	-	82,451
Maintenance	47,742	-	47,742	43,297	-	43,297
Insurance and general expenses	100,552	-	100,552	110,156	-	110,156
Audit fees	-	4,250	4,250	-	4,030	4,030
Accountancy	-	4,220	4,220	-	2,270	2,270
Legal and professional	-	6,018	6,018	-	5,852	5,852
	590,518	14,488	605,006	556,313	12,152	568,465
Analysed between						
Fundraising	9,884	-	9,884	3,027	-	3,027
Charitable activities	580,634	14,488	595,122	553,286	12,152	565,438
	590,518	14,488	605,006	556,313	12,152	568,465

Support costs are allocated on the basis of time spent/usage.

Governance costs are split equally between activities.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year (2023: £nil) and no trustees were reimbursed expenses (2023: none).

	2024	2023
	£	£
12 Auditors' remuneration		
The analysis of auditor's remuneration is as follows:		
Fees payable to the company's auditor for the audit of the company's annual accounts	4,250	4,030
All other non-audit services	4,220	2,270

13 Employees

Numbers of employees

The average monthly number employees during the year was:

	2024 Number	2023 Number
Charitable activities	26	28
Fundraising	3	3
Administration	1	1
	30	32

Employment costs

	2024 £	2023 £
Wages and salaries	636,781	627,138
Social security costs	38,185	47,291
Other pension costs	56,402	63,359
	731,638	737,788

Redundancy payments of £nil (2023: £17,130) were paid in the year.

There were no employees whose annual remuneration was £60,000 or more (2023: none).

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Short leasehold property	Fixtures, fittings & equipment	Total
	£	£	£
14 Tangible fixed assets			
Cost			
At 1 April 2023	1,100,225	277,509	1,377,734
Additions	-	8,380	8,380
At 31 March 2024	<u>1,100,225</u>	<u>285,889</u>	<u>1,386,114</u>
Depreciation			
At 1 April 2023	394,498	255,698	650,196
Depreciation charged in the year	14,145	9,365	23,510
At 31 March 2024	<u>408,643</u>	<u>265,063</u>	<u>673,706</u>
Carrying amount			
At 31 March 2024	<u>691,582</u>	<u>20,826</u>	<u>712,408</u>
At 31 March 2023	<u>705,727</u>	<u>21,811</u>	<u>727,538</u>

All tangible assets are used in functions of the charity and are shown at written down cost.

All material assets are used for direct charitable activities.

The leasehold land and buildings are subject to a lease that has recently been renewed and will expire in August 2077.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Other investments
		£
15 Fixed asset investments		
Cost or valuation		
At 1 April 2023 & 31 March 2024		9
Carrying amount		
At 31 March 2024		9
At 31 March 2023		9
	2024	2023
	£	£
Other investments comprise:		
Investments in subsidiaries	16	9

16 Subsidiaries

Details of the charity's subsidiary at 31 March 2024 are as follows:

Name of undertaking and country of incorporation or residency	Nature of business	Class of shareholding	% Held Direct	Indirect
NMC Trading Limited England and Wales	Dormant	Ordinary	100.00	

The aggregate capital and reserves and the result for the year of subsidiaries excluded from consolidation was as follows:

Name of undertaking	Profit/(Loss)	Capital and Reserves
	£	£
NMC Trading Limited	-	9

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024	2023
		£	£
17 Financial instruments			
Carrying amount of financial assets			
Debt instruments measured at cost		708,131	676,692
Equity instruments measured at cost		9	9
		708,140	676,701
Carrying amount of financial liabilities			
Measured at cost		13,315	23,210
18 Debtors		2024	2023
Amounts falling due within one year:		£	£
Trade debtors		80,909	143,631
Other debtors		45,693	10,673
Prepayments and accrued income		22,747	24,973
		149,349	179,277
19 Creditors: amounts falling due within one year	Notes	2024	2023
		£	£
Other taxation and social security		11,208	11,842
Deferred income	20	57,463	117,815
Trade creditors		6,006	16,871
Amounts due to subsidiary undertakings		9	9
Accruals		7,300	6,330
		81,986	152,867
20 Deferred income		2024	2023
		£	£
Other deferred income		57,463	117,815
		57,463	117,815
Deferred income is included in the financial statements as follows:			
Total deferred income at 1 April 2023		117,815	66,336
Amounts received in year		57,463	117,815
Amounts credited to statement of financial activities		(117,815)	(66,336)
		57,463	117,815

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

21 Retirement benefit schemes

Defined contribution schemes

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.

The charge to the statement of financial activities in respect of defined contribution schemes was £56,402 (2023: £63,359).

22 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

Movement in funds							
	Balance at 1 April 2022	Income	Expenditure	Balance at 1 April 2023	Income	Expenditure	Balance at 31 March 2024
	£	£	£	£	£	£	£
Physiotherapy fund	5,585	41,851	(47,436)	-	-	-	-
Support worker fund	720	26,056	(26,776)	-	30,647	(25,273)	5,374
Transition and development	-	69,618	(58,468)	11,150	4,970	(9,657)	6,463
Bathroom project	-	59,000	(59,000)	-	-	-	-
	6,305	196,525	(191,680)	11,150	35,617	(34,930)	11,837

Physiotherapy fund - a core service of the NMC, this fund ensures the department has modern equipment with which to provide innovative and specialist treatments.

Support worker fund - this role provides a range of services including equipment and adaptation advice, guidance on benefits and work assistance, and emotional support in times of need.

Transition & Development Fund - meeting the growing demand from younger people, NMC now provides services to support them into adulthood, with independence, work readiness and personal growth being key aims.

The Bathroom project renovated the Centre's toilets and showers, replacing 25 year old facilities with the latest, state of the art equipment to provide maximum comfort for our visitors and inspiration for members of our community who may need to adapt their homes as a consequence of their condition.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

23 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2022	Transfers	Balance at 1 April 2023	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Car park works	-	-	-	40,000	40,000
	-	-	-	40,000	40,000

£40,000 has been designated in the year to fund the costs of resurfacing the Centre's car park which will be done in 2024/25.

24 Capital commitments

At 31st March 2024 the charity had capital commitments as follows:

	2024	2023
	£	£
Contracted for but not provided in the financial statements:		
Acquisition of property, plant and equipment	40,000	-

25 Analysis of net assets between funds

	Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£	£	£	£
Fund balances at 31 March 2024 are represented by:						
Tangible assets	712,408	-	712,408	727,538	-	727,538
Investments	9	-	9	9	-	9
Current assets/(liabilities)	642,748	11,837	654,585	545,084	11,150	556,234
	1,355,165	11,837	1,367,002	1,272,631	11,150	1,283,781

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

26 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024	2023
	£	£
Within one year	598	1,196
Between two and five years	-	598
	<u>598</u>	<u>1,794</u>

27 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel, is as follows.

	2024	2023
	£	£
Aggregate remuneration	<u>61,969</u>	<u>71,357</u>

As at 31 March 2023, there is a creditor balance owing to the wholly owned subsidiary NMC Trading Limited of £9 (2023: £9).

There were no other related party transactions.

No guarantees have been given or received.

28 Company limited by guarantee

The Neuromuscular Centre is incorporated under the Companies Act as a company limited by guarantee.

The liability of the members is limited to £1.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	£	£
29 Cash generated from operations		
Net income for the year (as per the Statement of Financial Activities)	83,221	38,829
Adjustments for:		
Investment income recognised in statement of financial activities	(8,426)	(2,107)
Depreciation of tangible fixed assets	23,513	23,999
Movements in working capital:		
Decrease / (increase) in debtors	29,928	(39,323)
(Decrease) / Increase in creditors	(10,529)	11,252
(Decrease) / Increase in deferred income	(60,352)	51,479
Net cash provided by operating activities	57,355	84,129





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