

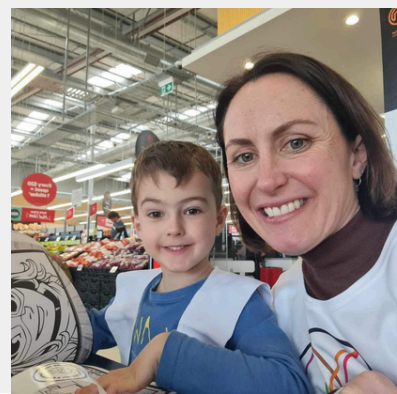
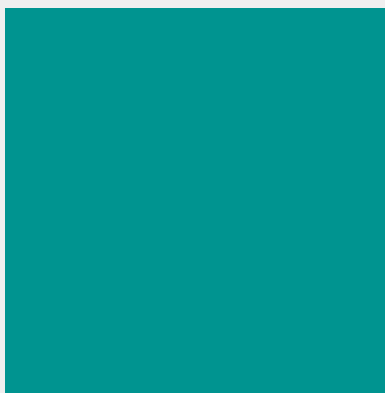


**Multiple Sclerosis
& Parkinson's**
CANTERBURY
strong connections

Annual Report

23
24

Supporting people
with MS and
Parkinson's
to live well



Board Chair Report

Board Chair Report Anne-Marie Kite, Board Chair

Me mahi tahi tātou mo te oranga o te katoa

At the beginning of 2023 year, MS and Parkinson's Canterbury set out to embed our health and well-being approach to its services ensuring personal support to our clients and collaboration with our partners and health sector associates.

Demand for services increased significantly over the year with our Health and Well-being Team supporting an increase of 39% of newly referred clients while adapting programmes and resources to meet client needs. Notable, was the increase in exercise assessments undertaken and the rise in the variety and number of exercise classes to seventeen sessions per week. High attendance was also experienced in our education sessions and workshops along with seventeen Peer Support Groups meeting monthly.

Our financial year ended on a positive note recording a net surplus of \$58,159, while a pleasing result, it needs to carry us until new grants and donations are received. The incoming financial year is expected to include a number of additional costs as the inflationary pressures of 2023 and 2024 years are realised.

We were fortunate to employ Amelia Davis as our new Manager from the beginning of April 2023. Amelia has overseen the development of health and well-being as the basis of our service delivery. We thank Amelia for her support and foresight in implementing this strategic direction. Changes in staff over the year allowed us to build a new team of health professionals with skills from the wider health and wellbeing sector including health navigation, assessments, and self-management plans. Linda Dockrill joined our Exercise Physiologist Amin Daneshfar in July along with Kirsten Cairns in November and Cathy Chirnside in December 2023 completing the team. We farewelled our Nurse Jennifer Rowlands in November and Community Engagement Coordinator Ty Scott whose contract concluded mid-year. We also thank Kelly Roulston for overseeing our office administration and bookkeeping, and Lina Stroud for her relentless work in funding, fundraising, and events.

MSPC depends on donations, community grants, fundraising events, and bequests which make up 88% of our income. We appreciate and thank all our donors, sponsors, and community grant providers and give special thanks to our wonderful volunteers, allied health providers, and guest speakers who collaborate with us to ensure that we can deliver quality services. Also, a big thank you to the Blee Estate for their generous bequest and to the Braintree staff, especially Leesa Loffhagen who provides a friendly welcome to all our clients. Although we are based at the Braintree Wellness Centre our outreach and services extend to locations in Ashburton, Darfield, Rangiora, and Kaikoura. The Braintree Centre offers us the opportunity to collaborate with other neurological providers and provides a comforting and positive environment for our clients.



Cont.

We have a skilled and capable Board of Trustees at the helm of the organisation. The Board has been clearly focused on ensuring the Trust is sustainable and that we provide holistic, relevant, and effective support to our clients. Special mention and thanks to Rachel Teahen who completed a two ½ year tenure as Treasurer at the end the financial year. Rachel's expertise, dedication, and hard work ensured that all financials were available and understood for the Board to be informed and accountable. Ingrid Robertson resigned in October as she became an Independent Director for MS New Zealand. Ingrid was an active MS & Parkinson's Board Member for over 9 years and provided a positive voice and advocacy for people with MS. Rebecca Coombes replaced Ingrid in December 2023 bringing additional strategic skills and financial and management experience. As a 50% shareholder of BrainTree our Board Chair holds a director position on the Canterbury Brain Collective which oversees the Braintree Wellness Centre facility and development.

I will be stepping down as Board Chair and member of the MS and Parkinson's Canterbury Trust Board as of the AGM on 4th September. Over the past 4 years it has been a privilege to lead the organisation through the establishment of the BrainTree Wellness Centre; resetting the strategic direction and associated policies and the positive change to health and well-being centred services; ensuring that the charity is sustainable by changing it from a Society to a Charitable Trust; and implementing sound financial accountabilities and practices to ensure the Charity remains viable for the future and operates to a positive net profit. It has been a pleasure to work with and get to know many of you over the past four years and serve the wonderful community and supporters of Multiple Sclerosis and Parkinson's Canterbury.

Ngā mihi nui
Anne-Marie Kite
Board Chair

Thank you to all our 2023 - 2024 Board members

Anne-Marie Kite
Travis Gordon
Sandy Dunn
Jodi Gauci
Dave White

Rebecca Coombes
Rachel Teahen
Ingrid Robertson
Danielle Kennedy
Atima Shand



Music and Movement

Picture this – on one side of a room bongo, cajon, and percussion instruments are lined up ready for use, and in the corner musicians are playing a piece on the oboe, or violin or harp? Is this a music lesson or a performance? No, it's a new idea developed and delivered by three Christchurch based organisations.

Multiple Sclerosis & Parkinson's Canterbury (MSPC), Southern Music Therapy (SMT), and the Christchurch Symphony Orchestra (CSO) collaborated to launch a unique Music and Movement Course. Held over nine weeks the course aimed to provide participants with a deeper understanding of utilizing music to address motor symptoms and enhance functional ability.



"Initially it made me feel vulnerable, but both the staff and the participants soon helped me to overcome the challenges. Humour was an important part of the sessions!"

Research has shown the music therapy has been used successfully to help improve symptoms of Parkinson's. Led by a Neurologic Music Therapist from SMT and an Exercise Physiologist (MSPC) with accompaniment from the CSO, the primary emphasis was on enhancing balance and gait performance. Music therapy utilises the coordination of rhythm and movement to assist with gait rehabilitation, and through singing, aspects of communication can also be addressed. Joining together with others in musical settings has also been shown to enhance mood and cognitive function

"The rhythm of the music helped enormously and also having the confidence, with the team encouraging you, to reach higher levels."

Main goal areas of the group:

- Balance & Mobility
- Walking & Gait
- Voice Recovery

To help with:

- Increased Stability
- Reduce Falls
- Reduce Freezing
- Improve Voice



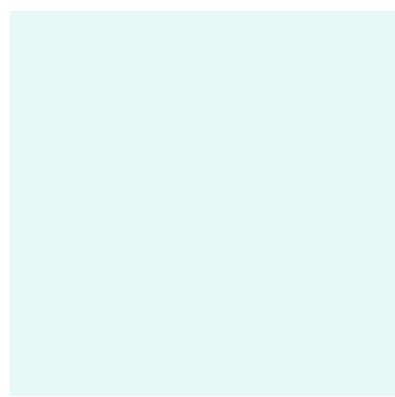
Class numbers were kept to a maximum of twelve, but with three CSO musicians and staff from both MSPC and SMT, there often up to twenty people involved in the sessions. Often community-based classes rely on just one instructor and taped music – so to have a plethora of teachers and musicians, participants were able to get individual assistance – and encouragement. Whilst the CSO musicians were playing, the music therapists and MSPC staff used the music to help energise the group, and the rhythmic beat to facilitate the movement aspects.

"The "only" real challenge was trying to walk without freezing. It was great to be able to change the music's speed or beat to cater for individual skill levels..... The smiling faces while walking said it all."

One of the most obvious successes was the pairing of music with individuals of similar gait. Whilst the CSO musicians played a piece, the SMT music therapists would help a person to do a lap of the room. They first helped 'prime' the person by marching on the spot – and this also gave the therapists time to adjust the tempo of the music to match the participants gait. MSPC staff helped with the initial matching of people, and then with guiding people around the room. By the end of the course one participant had successfully persuaded the CSO to play "English marching music", which helped him tap into previous practised movements from his military days.

At the conclusion of the course all who participated said they would love to do it again, and that they would recommend it to other people. The course was a pilot offering from the three organisations, using the same participants over the nine weeks – with the same SMT therapists and MSPC staff attending too. The CSO had a couple of changes, but importantly their percussionist was the same person every session. This consistency allowed for greater exploration and expansion of what could be achieved for all involved – including most importantly the people with Parkinsons themselves.

"We have all been talking about how enjoyable and beneficial the classes are and I appreciate being chosen for this pilot sessions. I will definitely be recommending...to others."



Thank You

Grants and Donations for the Twelve Months Ended 31 March 2024

The Trust acknowledges the following Trusts and organisations that supported us in 2023/24.

Advance Ashburton Community Foundation
Air Rescue and Community Services
Aotearoa Gaming Trust
Ashburton Woodworkers
Body Fix
Braided Rivers Community Trust Ashburton
CCC Strengthening Communities
Christchurch Casino
COGS Aoraki
COGS Canterbury Rural
COGS Marlborough
David Ellison Charitable Trust
Estate Blee Funds
Estate of Elaine Holland
Four Winds Foundation
Hornby Working Men's Club
Isaac Construction
Jones Foundation
Kiwi Gaming
Lamar Charitable Trust
Lions Club of Mayfield & Districts
Little Company of Mary
Lottery Canterbury Kaikoura Community
Mainland Foundation
Maurice Carter Charitable Trust
NZ Community Trust
Papanui Club
Plains Motorcycle Club of Christchurch
Pub Charity
Rata Foundation
Rotary Club of Half Moon Bay – Bangers to Bluff Fundraising
Selwyn District Council
St Georges Hospital
Strathlachlan Fund
Trust Aoraki
Trust Community Foundation
Tuesday Trekkers

To everyone who gave in memory of someone passing
and to all our regular pledge givers

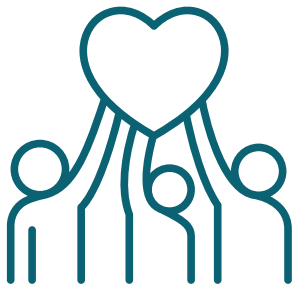


Our Impact

1 IN 3 PEOPLE WILL BE DIAGNOSED WITH A NEUROLOGICAL CONDITION

PARKINSON'S IS THE FASTEST GROWING NEUROLOGICAL CONDITION IN THE WORLD

**MULTIPLE SCLEROSIS IS THE LEADING CAUSE OF NON-TRAUMATIC DISABILITY
IN PEOPLE UNDER THE AGE OF 45 IN NEW ZEALAND.**



4732 attendances at exercise sessions

732 exercise sessions



205 exercise assessments and plans



365 Health & Wellbeing appointments

280 attended our education sessions



118 support group sessions

1184 attendances at Peer Support



“A great place for those of us with MS or Parkinsons, very knowledgeable and strong advocacy as well as a number of helpful services for those of us with either of these conditions.”



Kaikoura Outreach

As part of our continuing strategic journey to connect with community we held our first Health and Wellbeing clinic in Kaikoura in March this year. Our emphasis was on introducing MSPC to health providers in Kaikoura and to connect with those people with Parkinsons who had previously registered with MSPC (we had no registrations for people with MS living in Kaikoura). Three of our team Cathy, Linda (Health & Wellbeing Advisors) and Amin (Exercise Physiologist) travelled from Christchurch on Tuesday 12 March to an outreach clinic in Kaikoura for a day and half.

After a quick visit with a local osteopath, Marcus Ferreira, the Team joined with the Kaikoura Health team at their regular morning meeting, giving an opportunity to introduce themselves to the whole health team, and providing a brief description of our services and what we had to offer their MS and Parkinsons patients. Next was a great meeting with Belinda Rickerby or Blou as she is known to all in Kaikoura. Blou is self-described as "it" in the Kaikoura health community and certainly when you see and hear what she does for everyone this is very true. She is a vast source of information and support and it was wonderful to sit with her to hear about where we will be able to support each other and our Parkinsons and MS people in the Kaikoura community.

Later that morning we hosted a morning tea at a local café, Dolphin Encounter, for the people we support with Parkinson's, and their families. Three couples attended – and it turned they all knew each other, but none had known that the others had Parkinson's! It was a great opportunity for them to connect with each other, discover common interests and for all of them to get to know us and what MSPC might have to offer them in conjunction with their local health service. The Team suggested, and it was received with enthusiasm, that a Peer Support group could be established, supported Kaikoura health team with input from MSPC.

" It was so delightful seeing all the connections being made, they all know each other but didn't realise that Parkinsons was also something they had in common – as well as being a local, and cars! "



Cont.

Following our morning tea Amin held a training session with a local physiotherapist about motor symptoms, strategies around exercise for Parkinson's, and how the physio could provide a small group exercise class for patients. The physio found the session very helpful and is going to stay in touch for future training possibilities and structure of the exercise class. Amin also completed some Fitness assessments providing individual programmes for people to use in their local community.

During Wednesday afternoon the Team sat down to talk with a group of multi-disciplinary health professionals all of whom are based out of the Kaikoura Health Centre, including a Practice Nurse, a HIP (Health Improvement Practitioner), and a Mental Health Nurse. And on Thursday morning networking continued, meeting with the District Nurses to build a greater picture of their work and learning that there were people with MS in the Kaikoura community. These people have been contacted by the District Nurse, consented to being contacted by MSPC, and now have had a conversation with an Advisor and a personal invite to visit us next time we are in Kaikoura.

It was a very busy day and half for the Team - all to be repeated later this year when we visit again – and this time also take part in the Kaikoura Health Expo.

Thank you to all our staff

Amelia Davis
Amin Daneshfar
Cathy Chirnside
Kirsten Cairns,
Linda Dockrill

Lina Stroud
Lisa Borkus
Kelly Roulston
Jennifer Rowlands
Ty Scott



Strategic Plan 2023-2026

Mission Statement

To support and enable people with Multiple Sclerosis and Parkinson's and their whānau to live well

Vision

People in Canterbury affected by Multiple Sclerosis and Parkinson's are living well in their communities

Values

Caring	We are empathetic and sensitive to individual situations and needs
Enabling	We encourage and support self-management and independence
Responsive	We proactively respond to our changing community
Equity	We embrace Te Tiriti o Waitangi and strive to focus on equity and diversity

Strategic Objectives

Service delivery: Services and programs are responsive to the growing needs of the MS and Parkinson's community, encouraging them and their whānau and carers to live well in the community.

Organisational sustainability: A sustainable model is in place that encompasses our people, our finances, and the environment

Accessibility and profile: The profile of Multiple Sclerosis and Parkinson's Canterbury is recognised and enhanced to ensure we are accessible to all

Collaboration and engagement: Positive relationships with community and allied health providers, funders, and other stakeholders are maintained and developed

Digital Pathways: Our digital tools and processes are utilised to support best practice systems, resources and engagement

What we plan to do	Strategic Objective
Embed the health and wellbeing approach in all we do	Service delivery - Collaboration and engagement Digital pathways
Focus on social connection with an emphasis on mental health and wellbeing	Service delivery - Collaboration and engagement
Connect and support under-represented service users including those diagnosed at a younger age, Māori, Pasifika, and ethnic communities.	Service delivery - Accessibility and profile - Collaboration and engagement - Digital pathways
Incorporate Te Tiriti o Waitangi into our policies and practices – training and develop relationships with kuia/kaumātua.	Service delivery - Organisational sustainability - Accessibility and profile
Develop relationships with community and allied health providers, contractors, and other BrainTree tenants to ensure that our services are integrated and reflect community need	Service delivery - Organisational sustainability - Accessibility and profile - Collaboration and engagement
Build regional and national alliances for collaborative development of MS and Parkinson's support and services	Organisational sustainability - Collaboration and engagement
Be recognised as an organisation of choice by providing credible information, education and services for MS and Parkinson's and associated conditions	Organisational sustainability - Accessibility and profile - Collaboration and engagement
Ensure a framework is in place to communicate and engage with a wide and diverse audience	Service delivery - Accessibility and profile - Collaboration and engagement - Digital pathways
Actively build team culture by recognising and supporting organisational and professional development	Organisational sustainability
Identify funding streams to plan, model and forecast services and the financial requirements of the organisation	Organisational sustainability
Develop and implement metrics that promote good organisational decision making	Service delivery - Organisational sustainability
Build evaluation and feedback into ways of working for continual improvement	Organisational sustainability
Consolidate systems and processes to form a solid foundation for on-going sustainability	Service delivery - Organisational sustainability - Digital pathways
Grow financial literacy to aid awareness of budgets and business cases	Organisational sustainability
Ensure digital systems are robust and fit for purpose to support the strategic objectives	Organisational sustainability - Digital pathways

Performance Report

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust
For the year ended 31 March 2024

Contents

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INDEPENDENT ASSURANCE PRACTITIONER'S REVIEW REPORT

To the Trustees of the Multiple Sclerosis and Parkinson's Canterbury Charitable Trust

Report on the Performance Report

We have reviewed the accompanying performance report of the Multiple Sclerosis and Parkinson's Canterbury Charitable Trust (Trust) on pages 5 to 18, which comprises the statement of financial position as at 31 March 2024 and the entity information, statement of service performance, statement of financial performance and the statement of cash flows for the year then ended and the statement of accounting policies, and notes to the performance report.

Trustees' Responsibility for the Performance Report

The Trustees are responsible on behalf of the Trust for

- a) Identifying outcomes and outputs, and quantifying the outputs to the extent practicable, that are relevant, reliable, comparable and understandable, to report in the statement of service performance;
- b) the preparation and fair presentation of the performance report which comprises:
 - the entity information;
 - the statement of service performance; and
 - the statement of financial performance, statement of financial position, statement of cash flows, statement of accounting policies and notes to the performance reportin accordance with Public Benefit Entity Simple Format Reporting – Accrual (Not-For-Profit) issued by the New Zealand Accounting Standards Board, and
- c) for such internal control as the Trustees determine is necessary to enable the preparation of the performance report that is free from material misstatement, whether due to fraud or error.

Assurance Practitioner's Responsibility

Our responsibility is to express a conclusion on the performance report. We conducted our review of the statement of financial performance, statement of financial position, statement of cash flows, statement of accounting policies and notes to the performance report in accordance with International Standard on Review Engagements (New Zealand) (ISRE (NZ)) 2400, *Review of Historical Financial Statements Performed by an Assurance Practitioner who is not the Auditor of the Entity*, and the review of the entity information and statement of service performance in accordance with the International Standard on Assurance Engagements (New Zealand) ISAE (NZ) 3000 (Revised). Those standards require us to conclude whether anything has come to our attention that causes us to believe that the performance report, taken as a whole, is not prepared in all material respects in accordance with Public Benefit Entity Simple Format Reporting – Accrual (Not-For-Profit). Those standards also require that we comply with ethical requirements.

A review of the performance report in accordance with ISRE (NZ) 2400 and ISAE (NZ) 3000 (Revised) is a limited assurance engagement. The assurance practitioner performs procedures, primarily consisting of making enquiries of management and others within the entity, as appropriate, and applying analytical procedures, and evaluate the evidence obtained.

The procedures selected depend on our judgement, including the areas identified where a material misstatement is likely to arise and includes performing procedures to obtain evidence and evaluating whether the reported outcomes and outputs, and quantification of the outputs to the extent practicable, are relevant, reliable, comparable and understandable.

Christchurch

Level 2, 83 Victoria Street
Christchurch
New Zealand 8013
03 366 7154

Kaipoi

Cnr Williams St & Raven Quay
Kaipoi
New Zealand 7630
03 327 8962

Wānaka

Unit 14, 12 Frederick Street
Wānaka
New Zealand 9305
03 443 1219

INDEPENDENT ASSURANCE PRACTITIONER'S REVIEW REPORT

Assurance Practitioner's Responsibility (continued)

The procedures performed in a review are substantially less than those performed in an audit conducted in accordance with International Standards on Auditing (New Zealand) and ISAE (NZ) 3000 (Revised). Accordingly, we do not express an audit opinion on the performance report.

Other than in our capacity as Independent Assurance Practitioner we have no relationship with, or interests in the Trust.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that:

- a) the reported outcomes and outputs, and quantifying the outputs to the extent practicable, are not suitable;
- b) the performance report on pages 5 to 18 does not present fairly, in all material respects,
 - the financial position of the Multiple Sclerosis and Parkinson's Canterbury Charitable Trust as at 31 March 2024, and of its financial performance and cash flows for the year then ended; and
 - the entity information and its service performance for the year then ended in accordance with Public Benefit Entity Simple Format Reporting – Accrual (Not-For-Profit).

Other Matters

Ashton Wheelans Limited was appointed as Independent Assurance Practitioner for the year ending 31 March 2024. The 2023 performance report was reviewed by another Assurance Practitioner who issued an unmodified conclusion on 31 October 2023.

A handwritten signature in blue ink that reads 'Ashton Wheelans Ltd'. The signature is written in a cursive, flowing style and is positioned above a horizontal line.

ASHTON WHEELANS LIMITED
Chartered Accountants
Level 2, 83 Victoria Street
Christchurch
2 September 2024

Entity Information

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

'Who are we?', 'Why do we exist?'

Legal Name of Entity

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust

Entity Type and Legal Basis

Charitable Trust

Registration Number

CC59857

Entity's Purpose or Mission

To support and enable people with Multiple Sclerosis and Parkinson's and their whānau to live well in Canterbury.

Entity Structure

The day-to-day operations are the responsibility of the Manager, and the Trust has a total of six paid staff members. There are eight Trustees on the Board who oversee the governance of the organisation.

Main Sources of Entity's Cash and Resources

The main sources of funding are from grants from Trusts and other philanthropic organisations. The Trust also receives revenue from donations, fundraising, government contracts and providing services.

Main Methods Used by Entity to Raise Funds

Fundraising activities include an annual appeal and annual golf tournament.

Entity's Reliance on Volunteers and Donated Goods or Services

The Trust's Board are all volunteers. The majority of other volunteers assist with the annual appeal and other fundraising activities. We also have weekly office and gym volunteers that assist in providing services.

Physical Address

70 Langdons Road, Papanui, Christchurch, 8053

Postal Address

70 Langdons Road, Papanui, Christchurch, 8053

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WHEELANS

Approval of Financial Report

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

The Trustees are pleased to present the approved financial report including the historical financial statements of Multiple Sclerosis and Parkinson's Canterbury Charitable Trust for year ended 31 March 2024.

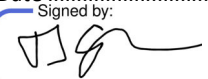
APPROVED

Signed by:

7ADC0D3A27BD876A

Anne-Marie Kite

Chairperson

Date 30/08/2024
Signed by:

AB20CB7B5BC2F722

Travis Gordon

Trustee

Date 30/08/2024

Statement of Service Performance

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

Description of Entity's Outcomes

Guided by the Maori whakatoki (proverb) - Me mahi tahi tātou mo te oranga o te katoa, we must work together for the wellbeing of all - our team provides free assessments and supports for people with Multiple Sclerosis and/or Parkinson's and their whānau. Multiple Sclerosis and Parkinson's Canterbury Charitable Trust provides advice and information for those impacted by Multiple Sclerosis or Parkinson's, which are life-long chronic neurological conditions. MSPC has been part of the Canterbury community for 62 years, and we are 88% funded through community support, including donations and grants.

MSPC supports 1305 people impacted by MS or Parkinson's in Canterbury Waitaha, our kaupapa is enabling people affected by MS and Parkinson's to live well in their Canterbury communities. Our work covers four programme areas:

- Education and workshops - to empower people in their own learning.
- Advice and Information services - to provide free professional health and wellbeing support.
- Peer support groups – to connect and reduce isolation led by people with lived experience.
- Exercise programmes – to maintain wellness, keep active and participate alongside others.

To achieve this:

We believe health and wellbeing encompasses all parts of a person - their physical, spiritual, mental, and emotional wellbeing, as well as the wellbeing of their whānau. MSPC supports the hauora (spirit) of a person through their multidisciplinary Health and Wellbeing Team. Medical evidence shows that a total wellness approach covering exercise, diet, cognitive stimulation, and social connection, has a hugely positive impact on tackling brain health.

- Our support groups encourage connections with others experiencing similar symptoms and anxieties and improving mental health, and reducing social isolation which are common issues for our service users. Led by volunteers these groups build on the lived experience of those attending, and whilst we do deliver education into the groups when requested, more often it is the peer-led community educating themselves. MSPC facilitate seventeen peer support groups per month, with groups ranging in size from 6 to 17 people attending.

"I'm...in the room with people who know what you're talking about, we are individuals, but we have our similarities. It is moral support from people who understand"

- Our services include health navigation, building health literacy and numeracy, and the development of health and well-being self-management plans to empower individuals with the confidence to manage their condition on a daily basis. MSPC supports the hauora of a person through their multidisciplinary Health and Wellbeing Team, consisting of qualified health professionals including people from social work, nursing, and physio/ exercise physiologist backgrounds. The assessments and planning are available for free to all who we support.

"A great place for those of us with MS or Parkinson's, very knowledgeable and strong advocacy as well as a number of helpful services for those of us with either of these conditions."

- Our activation and exercise programmes are essential to the management of both MS and Parkinson's and significantly delay symptoms for people with early stages of Parkinson's and improve day-to-day movement, strength, and cognitive reactions. Through our programmes we help people with MS and Parkinson's ease motor and non-motor symptoms (e.g. fatigue and mood), we lessen the danger of falls by improving balance, and work with individuals on gait and walking to improve mobility – most of our programmes have been accredited by Sport Canterbury on behalf of ACC falls prevention. MSPC runs 17 exercise sessions per week, as well as a community walking programme. We average 400 bookings per month.

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"Great support..... you get your own personalised exercise programme, and access to the gear, also a good opportunity to network with others in the same boat that understand"

- Our education, information, and community awareness programs provide in-depth knowledge on different aspects of the conditions, how to cope, and self-management. This gives our community greater freedom to make informed decisions about their individual situation. We hold rural outreach clinics in Darfield, Ashburton, Rangiora and Kaikoura which can include individual appointments, peer group visits, education sessions and networking with local health professionals.
- Our online offerings via our website and social media channels give people easy access to education and relevant information. They provide greater reach into the community, particularly for those who live further afield, or have mobility or transport challenges. Our recent keynotes have had 2012 unique views, showing us there is an appetite for online Aotearoa based resources. Upskilling our staff to deliver in a hybrid model is key to this success.

"Great talk thank you Dr Mason, and thanks team for making it possible and making this recording available for those of us unable to attend today."

Description and Quantification of the Entity's Outputs

People We Support	People with Parkinson's	787	728
	New Referrals	102	48
	People with Multiple Sclerosis	518	495
Activation Programmes	New Referrals	26	30
	Number of Activation Programmes Offered	17	5
	Total Program Sessions Held	732	501
	Total Number of Attendees	4,732	2,177
Health & Wellbeing Services	Nurse Assessments - first time face to face	20	105
	Nurse Consultations - follow up phone calls	140	355
	Health and Wellbeing Assessments	114	0
	Health and Wellbeing follow ups	91	0
	Physio/Exercise Physio Assessments - first time face to face	153	104
	Physio/Exercise Physio Consultations - follow up phonecalls	52	43
Social Connection	Number of MS Peer Support Groups	5	5
	Number of MS Peer Support Group Sessions Held	33	18
	Total Number of Attendances - Peer Support Groups	298	197
	Number of Parkinson's Support Groups	10	7
	Number of Parkinson's Support Group Sessions Held	80	34
	Total Number of Attendances - Support Group Sessions	846	387
	Number of Open Support Groups	1	2
	Number of Open Support Group Sessions Held	5	32
	Total Number of Attendances Open Support Group Sessions	40	124
Education & Workshops	Number of Workshops Held	9	4
	Total Number of Attendees - Workshops	74	59
	Number of Education Sessions Held	5	3
	Total number of Education Sessions	206	120
	Digital Reach	2,012	1,367
Allied health	Number of Speech Therapy Sessions Held	10	10
	Total Number of Attendees Speech Therapy Sessions	75	68
	Number of Podiatry Services Sessions Held	11	12
	Total Number of Attendees - Podiatry Services Sessions	77	112

Statement of Financial Performance

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

'How was it funded?' and 'What did it cost?'

	NOTES	2024	2023
Revenue			
Donations, fundraising and other similar revenue	1	440,776	346,346
Revenue from providing goods or services	1	123,928	94,628
Interest, dividends and other investment revenue	1	12,035	4,030
Other revenue	1	313	3,591
Total Revenue		577,053	448,595
Expenses			
Expenses related to public fundraising	2	9,427	8,450
Volunteer and employee related costs	2	417,061	343,572
Costs related to providing goods or service	2	84,993	72,630
Other expenses	2	7,413	15,663
Total Expenses		518,894	440,315
Operating Surplus/(Deficit) for the Year		58,159	8,279
Other Gains/(Losses)			
Increase/(Decrease) in 50% equity held in Canterbury Brain Collective Limited	3	258,499	569,048
Net Surplus/(Deficit) for the Year		316,658	577,327

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This statement should be read in conjunction with the accounting policies, notes, and the independent assurance practitioners report.

Statement of Financial Position

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust As at 31 March 2024

'What the entity owns?' and 'What the entity owes?'

	NOTES	31 MAR 2024	31 MAR 2023
Assets			
Current Assets			
Bank accounts and cash	3	231,504	131,832
Debtors and prepayments	3	8,526	8,429
Total Current Assets		240,030	140,261
Non-Current Assets			
Property, Plant and Equipment		12,235	5,623
Investments	3	2,967,960	2,703,191
Total Non-Current Assets		2,980,195	2,708,813
Total Assets		3,220,225	2,849,074
Liabilities			
Current Liabilities			
Creditors and accrued expenses	4	12,742	21,960
Employee costs payable	4	17,111	4,555
Unused donations and grants with conditions	4	114,069	62,914
Total Current Liabilities		143,922	89,429
Total Liabilities		143,922	89,429
Total Assets less Total Liabilities (Net Assets)		3,076,304	2,759,645
Accumulated Funds			
Capital contributed by owners or members	5	3,009,865	2,751,366
Accumulated surpluses or (deficits)			
Retained earnings/Accumulated funds		8,279	-
Current year earnings		58,159	8,279
Total Accumulated surpluses or (deficits)		66,438	8,279
Total Accumulated Funds		3,076,304	2,759,645

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This statement should be read in conjunction with the accounting policies, notes, and the independent assurance practitioners report.

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Statement of Cash Flows

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

Cash Flows from Operating Activities	2024	2023
Cash was received from		
Donations, fundraising and other similar receipts	466,168	341,740
Receipts from providing goods or services Interest, dividends and other investment receipts Receipts from Other Revenue	178,516	86,377
Net GST	9,074	4,761
	133	3,591
	(8,915)	6,148
Total Cash was received from	644,975	442,617
Cash was applied to		
Payments to suppliers and employees	(545,304)	(424,058)
Total Cash was applied to	(545,304)	(424,058)
Total Cash Flows from Operating Activities	99,672	18,559
Cash Flows from Investing and Financing Activities		
Cash was received from		
Receipts from the sale of property, plant and equipment	0	235
Receipts from the sale of investments	0	35,862
Funds Settled from Society	0	179,962
Repayment of Shareholder Advance	100,000	0
Total Cash was received from	100,000	216,058
Cash was applied to		
Payments to acquire property, plant and equipment	0	(2,785)
Payments to purchase investments	(100,000)	(100,000)
Total Cash was applied to	(100,000)	(102,785)
Total Cash Flows from Investing and Financing Activities	0	113,273
Total Net Increase / (Decrease) In Cash	99,672	131,832
Net Increase / (Decrease) in Cash		
Cash and cash equivalents at end of period	231,504	131,832
Less: Cash and cash equivalents at beginning of period	131,832	0
Total Net Increase / (Decrease) in Cash	99,672	131,832

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This statement should be read in conjunction with the accounting policies, notes, and the independent assurance practitioners report.

Statement of Accounting Policies

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

'How did we do our accounting?'

Basis of Preparation

The entity has elected to apply PBE SFR-A (NFP) Public Benefit Entity Simple Format Reporting - Accrual (Not-For-Profit) on the basis that it does not have public accountability and has total annual expenses equal to or less than \$5,000,000. All transactions in the Performance Report are reported using the accrual basis of accounting. The Performance Report is prepared under the assumption that the entity will continue to operate in the foreseeable future.

Goods and Services Tax (GST)

The entity is registered for GST. All amounts are stated exclusive of goods and services tax (GST) except for accounts payable and accounts receivable which are stated inclusive of GST.

Revenue Recognition

Revenue is measured at the fair value of the consideration received or receivable to the extent it is probable that the economic benefits will flow to the organisation and revenue can be reliably measured.

Donations and grants are recorded as revenue on receipt unless there are unfulfilled conditions attached to the income. In which case the amount relating to the unfulfilled conditions is recognised as a liability and moved to revenue as the conditions are fulfilled.

Expenses

Expenses have been classified by their business function.

Bank Accounts and Cash

Bank accounts and cash in the Statement of Cash Flows comprise cash balances and bank balances (including short term deposits) with original maturities of 90 days or less.

Accounts Receivable

Accounts receivable are stated at their estimated realisable value. Bad debts are written off in the year in which they are identified.

Investments

The investment in Canterbury Brain Collective Limited has been accounted for using the Equity Accounting Method. The basis of using the Equity Accounting Method is under PBE IPSAS 36 and PBE IPAS 38

All other investments are recorded at Market Value. The Trust has adopted PBE Tier 2 accounting standards in the preparation of these accounts. The share investments have been accounted for using PBE IPSAS 41.

Property, Plant & Equipment

Property, plant and equipment is recognised at cost less accumulated depreciation. Historical cost includes expenditure directly attributable to the acquisition of assets, and includes the cost of replacements that are eligible for capitalisation when these are incurred. All other repairs and maintenance are recognised as expenses in the Statement of Financial Performance in which they are incurred. Gains and losses on disposal of fixed assets are taken into account in determining the net result for the year

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Assets are depreciated over their use using Diminishing Value rates

Asset	Rate
Computer Equipment	50%
Gym Equipment	20%
Furniture & Fittings	10%

Changes in Accounting Policies

There are no changes in accounting policies. All policies have been applied consistently over the year. Accordingly, the accounting policies stated above will form the basis of all reporting.

This statement should be read in conjunction with the accompanying notes and review report

Notes to the Performance Report

Multiple Sclerosis and Parkinson's Canterbury Charitable Trust For the year ended 31 March 2024

	2024	2023
1. Analysis of Revenue		
<u>Donations, fundraising and other similar revenue</u>		
Donations	74,803	33,317
Fundraising	71,517	71,387
Grant Income	265,965	240,642
Bequest Income	28,491	1,000
Total Donations, fundraising and other similar revenue	440,776	346,346
<u>Revenue from providing goods or services</u>		
Government Contract Income	72,792	70,788
Activation Program Income	42,997	18,867
Other Service Income	8,140	4,973
Total Revenue from providing goods or services	123,928	94,628
<u>Interest, dividends and other investment revenue</u>		
Bank Interest	6,738	524
Craigs Investment Income	5,298	3,506
Total Interest, dividends and other investment revenue	12,035	4,030
<u>Other revenue</u>		
Sundry Income	313	3,591
Total Other revenue	313	3,591
	2024	2023

2. Analysis of Expenses

<u>Expenses related to public fundraising</u>		
Fundraising Expenses	9,427	8,450
Total Expenses related to public fundraising	9,427	8,450
<u>Volunteer and employee related costs</u>		
Acknowledgments	260	215
Salaries & Contractors	410,931	339,609
Staff Expenses	5,869	3,748
Total Volunteer and employee related costs	417,061	343,572
<u>Costs related to providing goods or services</u>		
Cost of Other Fundraising	16	-
Activation Program Expenses	1,151	-
Advertising/Marketing	1,098	52
Board Expenses	1,950	-
Cleaning	-	803
Computer Expenses	14,268	13,849
Educational Program Expenses	570	762
General Office Supplies	180	-

	2024	2023
Insurance	2,774	2,692
Light, Power & Heating	2,291	2,364
Meeting Expenses	43	362
Printing, Postage & Stationery	2,063	2,237
Registrations & Membership Levies	1,156	1,233
Rent & OPEX	38,220	37,455
Special Grant Expenses	7,539	-
Subscriptions	4,524	5,293
Sundry Expenses	317	739
Telephone, Tolls & Internet	4,319	4,228
Total Mobility Cards Expense	250	239
Travel Expenses	2,264	322
Total Costs related to providing goods or services	84,993	72,630
Other expenses		
Audit Fees	3,000	3,800
Bank & Investment Advisor Fees	3,013	2,215
Depreciation Expense	6,209	2,988
Loss on Asset Disposal	-	6,282
Unrealised (Gains)/Losses on Investments	(4,810)	379
Total Other expenses	7,413	15,663
	2024	2023

3. Analysis of Assets

Bank accounts and cash

Current Accounts	188,872	91,536
Call Accounts	42,632	40,296
Total Bank accounts and cash	231,504	131,832

Debtors and prepayments

Accounts Receivable	6,043	8,252
Prepayments	2,483	177
Total Debtors and prepayments	8,526	8,429

Investments

Craigs Investment Portfolio	105,137	98,866
Canterbury Brain Collective Limited - 50% Equity Share	2,462,824	2,204,325
Canterbury Brain Collective - Shareholder Advance	300,000	400,000
Term Deposit	100,000	-
Total Investments	2,967,960	2,703,191

The Trust holds 50% share in the Canterbury Brain Collective Limited, a charitable company. This company was formed to build a modern facility as a base for our needs and those of related neurological charities and organisations. This facility operates under the umbrella name of "The BrainTree Wellness Centre". The Trust is a paying tenant of the facility. In the financial statements we are required to report our 50% share in this company using equity accounting method under PBE IPAS 36 which is reflected in the closing balance of \$2,462,824.

2024

2023

4. Analysis of Liabilities

Creditors and accrued expenses

Accounts Payable	9,742	17,590
Accrued Expenses	3,000	4,370
Total Creditors and accrued expenses	12,742	21,960

Employee costs payable

Holiday Pay Owing	17,111	4,555
Total Employee costs payable	17,111	4,555

Unused donations and grants with conditions

Grants	114,069	62,914
Total Unused donations and grants with conditions	114,069	62,914

2024

Asset Class	Opening Value	Additions	Disposals	Depreciation	Closing Value
Electronic Equipment	3,747	12,822	-	5,844	10,726
Furniture & Fittings	801	-	-	151	650
Gym Equipment	1,074	-	-	215	859
Total	5,623	12,822	-	6,209	12,235

2023

Asset Class	Opening Value	Additions	Disposals	Depreciation	Closing Value
Electronic Equipment	-	6,611	120	2,744	3,747
Furniture & Fittings	-	2,652	1,664	187	801
Gym Equipment	-	5,864	4,733	57	1,074
Total	-	15,127	6,517	2,988	5,622

2024

2023

5. Accumulated Funds

Accumulated Funds

Opening Balance	2,759,645	-
Capital contributed by owners or members	-	2,182,318
Accumulated surpluses or (deficits)	58,159	8,279
Movement in Canterbury Brain Collective Ltd Equity Share (50%)	258,499	569,048
Total Accumulated Funds	3,076,304	2,759,645
Total Accumulated Funds	3,076,304	2,759,645

2024 2023

6. Commitments

Commitments to lease or rent assets

Multiple Sclerosis & Parkinsons Canterbury Charitable Trust entered into a lease for the premises of 70 Langdon Road, Christchurch on the 11th June 2022. The lease term is 10 years with two rights of renewal of five years each.	273,735	351,441
Total Commitments to lease or rent assets	273,735	351,441

2024 2023

7. Contingent Liabilities and Guarantees

There are no contingent liabilities or guarantees as at 31 March 2024	-	-
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2024 2023

8. Related Parties

Payables

Canterbury Brain Collective Limited - 50% Shareholder	379	370
Total Payables	379	370

The Trust has a lease with Canterbury Brain Collective Limited for the premises at 70 Langdons Road, Christchurch of which the Trust is a 50% shareholder: Rent including utilities Paid \$38,200 (2023: \$40,933)

The Trust received grants from Rata Foundation Limited of which Anne-Marie Kite is a Director of this company and a Trustee of the Trust. Anne-Marie is excluded from any decisions relating to the Trust's grant applications: Grants Received \$60,000 (2023: \$48,000).

Anne-Marie Kite and David White who are Trustees of the Trust shared the role of interim Manager for the Trust from 23 January 2023 to 31 March 2023 while the Trust recruited for a new Manager. 2024: Nil (2023: \$10,864).

9. Events After the Balance Date

There were no events that have occurred after the balance date that would have a material impact on the Performance Report.

11. Ability to Continue Operating

The entity will continue to operate for the foreseeable future