THE MOVEMENT CENTRE FOR TARGETED TRAINING

England & Wales · Charity number 1075549

Details

Other names	THE MOVEMENT FOUNDATION, THE MOVEMENT CENTRE
Status	Registered
Legal form	Charitable company
Company number	03713213
Registered	1999-05-18
Register	View on the Charity Commission register

Contact

Address	THE MOVEMENT Centre Building 106 ROBERT JONES & AGNES HUNT HOSPITAL Oswestry Shropshire SY10 7AG
Phone	01691404248
Email	info@themovementcentre.co.uk
Website	www.the-movement-centre.co.uk

Activities

Objects: TO PROMOTE THE RELIEF OF PERSONS SUFFERING FROM DIFFICULTIES OF MOVEMENT CONTROL ANYWHERE IN THE WORLD AND IN PARTICULAR BUT NOT SO AS TO LIMIT THE GERERALITY OF THE FOREGOING:-(1) THE PROVISION TO TREAT CONDITIONS THAT ARE OF NEUROLOGICAL OR NEUROMUSCULAR ORIGIN, WHETHER CONGENITAL OR ACQUIRED. SUCH CONDITIONS MAY INCLUDE CEREBRAL PALSY, CEREBRAL VASCULAR ACCIDENT, MUSCULAR DYSTROPHY OR HEAD INJURY.

Activities: Provision of specialist physiotherapy services for children with problems of movement control. Research and Development related to movement control and education of therapists and other clinicians.

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Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£378,767	£282,917	-	-
2023-12-31	£214,740	£235,270	-	-
2022-12-31	£164,353	£221,073	-	-
2021-12-31	£257,575	£209,715	-	-
2020-12-31	£272,007	£200,776	-	-

Trustees

Name	Role	Appointed
Kathryn Halewood	Chair	2021-10-13
Alison Shields		2018-12-11
Anouska Ramsay		2024-09-10
Jill Elizabeth Barker		2021-08-01
Katrina Lewis		2019-02-22
Nigel Ryan		2024-09-10
Rebecca Cumblidge		2024-08-10
STUART GILLIES		

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THE MOVEMENT CENTRE FOR TARGETED TRAINING

England & Wales - Charity number 1075549

Accounts

Registered number: 03713213
Charity number: 1075549

THE MOVEMENT CENTRE FOR TARGETED TRAINING

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITABLE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 DECEMBER 2024

Trustees	Jill Elizabeth Barker Rebecca Cumblidge (appointed 10 September 2024) Stuart Gillies Kate Halewood, Chair Katrina Lewis Anouska Ramsay (appointed 10 September 2024) Nigel Ryan (appointed 10 September 2024) Alison Shields Angela Tomley (resigned 20 November 2024)
Company registered number	03713213
Charity registered number	1075549
Registered office	The Movement Centre for Targeted Training Robert Jones & Agnes Hunt Orthopaedic Hospital Oswestry Shropshire SY10 7AG
Company secretary	Alison Shields
Chief executive officer	Helen Knight (appointed June 2024)
Accountants	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2024

The chair presents her statement for the year.

I am incredibly proud of the whole team at the Movement Centre and for everything that they achieved in 2024.

Overcoming the hardship of the pandemic only helped to increase the strength and resolve to drive the charity forward and achieve the amazing results that we saw for 2024. Despite high levels of economic uncertainty and worldwide conflict the team worked hard to build back the charity and to treat more children, with increased funds raised. For the 101 children that we treated our dedicated team provided the highest levels of care. We recruited and trained a new physiotherapist and were able to treat an additional 17 children.

2024 was a difficult year with economic instabilities and an increased cost of living crisis which made fundraising even more challenging. Despite these challenges our fundraising income increased by £162,065 to £375,366. We launched a major initiative called 'Stand With Us' which allowed sponsorship of our standing frames, we plan to continue this on into 2025.

Our investment in staff continued and we recruited a part time CEO who brought a wealth of charity experience to The Movement Centre. With the CEO in place, we have been able to review strategies and processes to increase our output and efficiency as we move forward into 2025. We have reviewed many areas of the business including our external suppliers, our internal processes and systems, and our staffing and recruitment – all of these factors are aimed at creating a highly efficient team to deliver the valuable treatment of Targeted Training therapy to the increasing number of children who come to us.

Treatment is still offered to all of our families for free but this does mean that our need to fundraise never goes away. To continue to operate we are dependent on the generosity of our donors and supporters to whom we are extremely grateful. There are many individuals who support and fundraise for us in many amazing, crazy and courageous ways. To those supporters, big or small, we would like to say thank you.

In addition to supporters, we have many volunteers including our Board of Trustees. This amazing group of people provide a wealth of experience and knowledge from many different business sectors. Their energy and commitment is inspiring and I am grateful to every one of them for their continued time and dedication.

The need to increase our social media and PR presence is key to reaching a wider audience both in terms of patients and supporters. Ultimately, we would like to take targeted Training to other areas of the country and to facilitate outreach centres for those children who are outside of the immediate area.

Finally, I would like to thank the families of the many wonderful children who we support who have allowed us to share their stories in our continued messages through social media and beyond. It is these stories and images that make the difference to our many donors and supporters, allowing us to engage with them in a meaningful way and to bring them on the journey with us.

Thank you

Kate Halewood



Chair of Trustees
Date: 18/07/2025

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their Annual Report together with the financial statements of The Movement Centre for Targeted Training (the charitable company) for the period ended 31st December 2024. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

Introduction and Highlights

The Movement Centre for Targeted Training (which operates under its working name The Movement Centre) is a UK charity and specialist treatment centre for children dedicated to supporting children and their families living with movement disabilities. We provide a specialist therapy called Targeted Training to help children gain movement control. Our vision is that all children who have a disability affecting their movement control are able to reach their full potential. Our mission is to maximise the potential of children's movement control through Targeted Training therapy.

Objectives and activities

a. Strategies for achieving objectives

Our Legal objectives as set out in our governing document are as follows:

To promote the relief of persons suffering from difficulties of movement control anywhere in the world and in particular but not so as to limit the generality of the foregoing:

• The provision to treat conditions that are of neurological or neuromuscular origin, whether congenital or acquired. Such conditions may include cerebral palsy, cerebral vascular accident, muscular dystrophy, head injury or developmental delay.

In order to fulfil our legal objectives, we deliver our specialist therapy, Targeted Training therapy, to children who face problems of movement control.

In furtherance of the Objects but not otherwise the Centre may exercise the following powers:

1. *The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;*

2. *The provision to develop methods of assessment, management and treatment of those with movement difficulties;*

3. *The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;*

4. *The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;*

5. *The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above.*

Objectives and activities (continued)

b. Activities undertaken to achieve objectives

The objective of The Movement Centre is to help reduce, and in some cases, resolve, the problems and difficulties that are a consequence of poor control of movement due to a disability that impacts on movement. The Movement Centre has worked historically to provide Targeted Training therapy to children, and this is the continued focus of our work.

Functional difficulties in these children range from inability to control head posture in those most severely affected to problems with walking in the least affected. The Movement Centre aims to meet its objectives by:

- Providing a clinical service assessing and treating children with movement control difficulties, aiming to improve functional abilities and quality of life.
- Raising awareness and teaching of the techniques developed at The Movement Centre ensuring that an ever widening audience is aware of what can be achieved.
- Researching and developing methods to enhance movement control, including equipment. This is vital to ensure that children are offered the optimal therapy provision.

Targeted Training therapy, the therapy technique developed at The Movement Centre, has continued to provide the main focus of activity during the last accounting period, in order for the charity to realise its clinical, teaching and research and development objectives and aims.

c. Main activities undertaken to further the Charitable Company's purposes for the public benefit

Our work directly benefits children who face problems with movement control. We deliver Targeted Training therapy, which helps them to maximise their potential by gaining functional skills and greater independence. In delivering our services we further benefit the public, as follows:

- **Families**: Our work with children can have a significant impact on their family life, allowing for greater participation, inclusion and interaction. This can be extremely positive for all members of the family.
- **Wider community**: Individuals who gain greater independence through Targeted Training can play a more active role in the community within their lifetime.
- **Healthcare providers**: Targeted Training can reduce the need for medical equipment and care intervention.

In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

Strategic report

Achievements and performance

a. Main achievements of the Charitable Company

We are exceptionally pleased to report our clinical outcomes for the last financial period.

Referrals remained high with 44 new referrals. We provided 101 courses of Targeted Training therapy compared with 77 in 2023, as well as follow up assessments and reviews. All in all, 341 clinical sessions were delivered throughout the year, compared with 273 in the previous 12 months.

Our acheivements during the year included:

- Expansion of the team: The appointment of an additional physiotherapist, Rimsha Abdul, to meet growing demand.
- Fundraising milestomes: Acheiving a record £378,767 in income - a 76% increase on 2023.
- Launch of new initiatives:The introduction of the "Stand With Us" campaign to sponsor standing frames, allowing supporters to make a tangible difference to the children we serve. We also held a sucessful launch of the Kite Project, a new initiative to develop an innovative standing frame. With generous initial funding from Aico, we are excitied to see how this project evolves and impacts future therapy outcomes.
- Engagement events: Hosting our first TMC Ball sponsored by Aico, and welcoming over 50 visitors at our Open Day, giving them an apportunity to witness the impact of our work firsthand.
- Enhanced governance: Welcoming three new trustees with diverse expertise to strengthen our leadership and steer TMC towards a brighter future.
- New strategic vision: Developing a clear and ambition vision to guide tour growth into 2025 and beyond, with a focus on expanding outreach, improving clinical outcomes, and enhancing our fundraising capabilities.

b. Future Developments

A very watchful eye was kept on our financial position throughout the year and the strategy was adjusted accordingly. To build on our current position and to continue to offer Targeted Training free of charge is our goal for 2025.

Our aims for the next 12 months:

- Increased equipment and outreach: Aiming to raise £380,000 to enhance services.
- Digital transformation: Planning a new website and rebranding to better represent our mission.
- Service expansion: Broadening services through partnerships and new initiatives.
- Community building: Introducing "Stronger Together" meetups to foster connections among families.
- Kite project: expanding our equipment offerings for improved therapy outcomes.

Strategic report (continued)

Financial review

a. Going concern

After formally reviewing financial forecasting at The Movement Centre's Annual General Meeting, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the next 12 months and the foreseeable future. This is recorded in the minutes of the meeting. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Financial review

The CEO has worked closely with the Board of Trustees to ensure that they were kept up to speed with a regular report providing an overview of the activity and the latest financial position, and the trustees meet regularly to monitor the financial situation.

The total income from 1st January 2023 to 31st December 2024 was £378,767 with the corresponding expenditure of £282,917, creating a net income of £95,850 for the year.

At the period end total funds stood at £184,104 (2023: £88,254) and free reserves were £113,293 (2023: £52,927). This is slightly higher than the target set by the trustees as stated in our reserves policy.

c. Reserves policy

The Movement Centre has reviewed the need to hold reserves, having taken account of the guidance issued by the Charity Commission. Reserves must be unrestricted funds, which are available to spend on the charity's purposes. Endowed and restricted funds, fixed assets and designated reserves cannot be considered as part of the Reserves Policy.

The Movement Centre provides Targeted Training therapy to children with a disability that affects their movement control. Each course can be of up to twelve months duration. We rely on voluntary income to be able to deliver our services and we believe that it is vital that continuity of service delivery should be maintained to all those enrolled for treatment.

To make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income.
- The impact of any long-term absence of a key member of staff.
- Any external identified potential major risks to income and expenditure during the year.

The Trustees consider that appropriate levels of free reserves are £70,000 - £90,000 based on the current risks of TMC.

As a proportion of TMC's income is restricted we would aim to have funds in the bank of between £90,000 and £110,000 at any one time.

At the period end free reserves stood at £113,293. This is slightly higher than the limit set by the trustees.

This policy will be reviewed on an annual basis at the Annual General Meeting, or sooner if warranted by internal or external events or changes. TMC's Management Team will present the Board of Trustees with a draft document and supporting materials that enables them to make an informed decision about levels of Reserves and feeds into their approval of the Strategy and Annual Operating Budget.

d. Risk management

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Structure, governance and management

a. Constitution

The Movement Centre for Targeted Training is a charitable company limited by guarantee, incorporated on 12th December 1999 and registered as a charity at the same date. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The Movement Centre is the working name of the charity.

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The Trustees' skill set represents healthcare, physiotherapy, disability, marketing, finance and accounting, management, governance and data protection. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we seek Trustees to bridge this gap.

The Movement Centre has a policy for trustee recruitment and induction and keeps a Register of Interest, which is available on request. Each year at the Annual General Meeting one third of the Trustees are required to retire by rotation. All Trustees are notified prior to the Annual General Meeting advising them of the retiring Trustees and requesting nominations. The Trustees may appoint a person who is willing to act to be a Trustee, either to fill a vacancy or as an additional Trustee.

As part of their induction, newly appointed Trustees are invited to attend clinical sessions at The Movement Centre so that they can familiarise themselves with the work of the organisation. New Trustees are provided with all the information required to familiarise themselves with their legal responsibilities and if felt necessary, will receive external training to fully understand. They are given an overview of the annual report and accounts and flow of operations from the CEO. They will also meet with all staff and are given a specific overview on fundraising.

c. Organisational structure and decision-making policies

The Board of Trustees is responsible for the overall direction of the charity, policies and legal compliance and they support the operational team. Trustee indemnity insurance is included in our insurance policy.

The Movement Centre follows all of the recommendations in the new Charity Governance Code, which was published in July 2017.

d. Financial risk management

The Trustees have assessed the major risks to which the Charitable Company is exposed, in particular those related to the operations and finances of the Charitable Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the Charitable Company is exposed and have reviewed those risks and established systems and procedures to manage those risks.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charitable Company for the purposes of company law) are responsible for preparing the Trustees' report including the Strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....

Kate Halewood
Chair of Trustees

Date: 18/07/2025

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

Independent Examiner's Report to the Trustees of The Movement Centre For Targeted Training ('the Charitable Company')

I report to the charity Trustees on my examination of the accounts of the Charitable Company for the year ended 31 December 2024.

Responsibilities and Basis of Report

As the Trustees of the Charitable Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charitable Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charitable Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2024

Independent Examiner's Statement

Since the Charitable Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charitable Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charitable Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charitable Company and the Charitable Company's Trustees as a body, for my work or for this report.

Signed: Jane Tweedie Dated: 13 August 2025

S J Tweedie BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 DECEMBER 2024

	Note	Endowment funds 2024 £	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Income and endowments from:						
Donations and legacies	3	**60,000**	**88,312**	**165,597**	**313,909**	*149,760*
Charitable activities	4	**-**	**-**	**308**	**308**	*-*
Other trading activities	5	**-**	**-**	**61,149**	**61,149**	*63,541*
Investments	6	**-**	**-**	**3,401**	**3,401**	*1,439*
Total income and endowments		**60,000**	**88,312**	**230,455**	**378,767**	*214,740*
Expenditure on:						
Raising funds	7	**-**	**-**	**82,735**	**82,735**	*60,798*
Charitable activities	8	**-**	**108,312**	**91,870**	**200,182**	*174,409*
Total expenditure		**-**	**108,312**	**174,605**	**282,917**	*235,207*
Net movement in funds		**60,000**	**(20,000)**	**55,850**	**95,850**	*(20,467)*
Reconciliation of funds:						
Total funds brought forward		**-**	**20,000**	**68,254**	**88,254**	*108,721*
Net movement in funds		**60,000**	**(20,000)**	**55,850**	**95,850**	*(20,467)*
Total funds carried forward		**60,000**	**-**	**124,104**	**184,104**	*88,254*

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 15 to 29 form part of these financial statements.

BALANCE SHEET
AS AT 31 DECEMBER 2024

	Note		2024 £		*2023 £*
Fixed assets					
Tangible assets	13		**10,811**		*15,327*
			10,811		*15,327*
Current assets					
Debtors	14	**1,000**		*350*	
Cash at bank and in hand		**180,876**		*83,719*	
		181,876		*84,069*	
Creditors: amounts falling due within one year	15	**(8,583)**		*(11,142)*	
Net current assets			**173,293**		*72,927*
Total assets less current liabilities			**184,104**		*88,254*
Total net assets			**184,104**		*88,254*

BALANCE SHEET (CONTINUED)
AS AT 31 DECEMBER 2024

	Note	2024 £	2023 £
Charity funds			
Endowment funds	16	**60,000**	-
Restricted funds	16	**-**	*20,000*
Unrestricted funds	16	**124,104**	*68,254*
Total funds		**184,104**	*88,254*

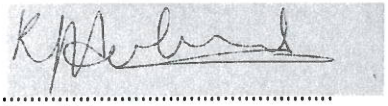
The Charitable Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....

Kate Halewood
Chair of Trustees

Date: 18/07/2025

The notes on pages 15 to 29 form part of these financial statements.

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

1. General information

The Movement Centre for Targeted Training is a private limited company by guarantee, incorporated in England and Wales, with its registered office and principal place of business at The Movement Centre, Robert Jones & Agnes Hunt Hospital, Oswestry, Shropshire, SY10 7AG. The members of the Charitable Company are the Trustees named on page 1. In the event of the Charitable Company being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Movement Centre For Targeted Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Directors have considered the going concern basis of the financial statements preparation and have concluded that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the financial statements.

In order to make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income
- The impact of any long term absence of a key member of staff
- Any external identified potential major risks to income and expenditure during the year

2.3 Income

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charitable Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charitable Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants are recorded as income in the Statement of Financial Activities on a receivable basis. Where income is received in advance of entitlement of receipt it is deferred and included in creditors as deferred income.

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charitable Company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Short-term leasehold property	-	10% on cost
Treatment equipment	-	25% reducing balance
Office equipment	-	25% reducing balance

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charitable Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.12 Financial instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charitable Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charitable Company to the fund in respect of the year.

2. Accounting policies (continued)

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charitable Company and which have not been designated for other 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 Charitable Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

The expendable endowment fund is to be invested and spent over 4 years.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Endowment funds 2024 £	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Donations	60,000	88,312	165,597	**313,909**	*149,760*
Total 2023	-	*35,000*	*114,760*	*149,760*	

4. Income from charitable activities

	Unrestricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Other income	308	**308**	-

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Community fundraising	2,244	**2,244**	*2,568*
Lottery and raffle income	1,244	**1,244**	*1,328*
Events	30,088	**30,088**	*14,078*
Individual fundraising	17,100	**17,100**	*22,108*
Corporate fundraising	10,473	**10,473**	*23,459*
Total 2024	61,149	**61,149**	*63,541*
Total 2023	*63,541*	*63,541*	

6. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Interest receivable	3,401	**3,401**	*1,439*
Total 2024	3,401	**3,401**	*1,439*
Total 2023	*1,439*	*1,439*	

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2024 £	Total funds 2024 £	*Total funds 2023 £*
Fundraising expenditure	20,405	**20,405**	*19,853*
Fundraising staff costs	62,330	**62,330**	*40,945*
Total 2024	82,735	**82,735**	*60,798*
Total 2023	*60,798*	*60,798*	

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	*Total 2023 £*
Charitable activities	108,312	91,870	**200,182**	*174,409*
Total 2023	*26,870*	*147,539*	*174,409*	

9. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	*Total funds 2023 £*
Charitable activities	128,940	71,242	**200,182**	*174,409*
Total 2024	128,940	71,242	**200,182**	*174,409*
Total 2023	*110,361*	*64,048*	*174,409*	

Analysis of direct costs

	Total funds 2024 £	*Total funds 2023 £*
Staff costs	**80,978**	*70,883*
Rent and services	**14,467**	*11,593*
Insurance	**1,812**	*1,584*
Equipment hire and refurbishment	**27,306**	*23,557*
Equipment	**126**	*74*
Utilities	**4,251**	*2,670*
Total	**128,940**	*110,361*

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2024 £	*Total funds 2023 £*
Staff costs	**24,520**	*33,600*
Depreciation	**4,866**	*6,377*
Telephone and internet	**343**	*359*
Postage and stationary	**510**	*406*
Miscellaneous	**-**	*2,892*
Staff training	**3,567**	*26*
Subscriptions	**1,849**	*554*
Travel	**1,487**	*731*
Publication and promotion	**6,907**	*11,883*
Professional consultancy	**19,775**	*-*
Bank charges	**229**	*250*
Consumables	**-**	*52*
IT costs	**1,064**	*844*
Governance costs	**6,125**	*6,074*
Total	**71,242**	*64,048*

10. Independent examiner's remuneration

	2024 £	*2023 £*
Fees payable to the Charitable Company's independent examiner for the independent examination of the Charitable Company's annual accounts	**2,580**	*2,460*

11. Staff costs

	2024 £	2023 £
Wages and salaries	**150,586**	*121,158*
Social security costs	**3,982**	*13,173*
Contribution to defined contribution pension schemes	**13,260**	*11,097*
	167,828	*145,428*

The average number of persons employed by the Charitable Company during the year was as follows:

	2024 No.	2023 No.
Employees	**6**	*4*

No employee received remuneration amounting to more than £60,000 in either year.

Key management personnel consists of the Chief Executive Officer who is paid as a contractor rather than employee. Remuneration during the year amounted to £19,775, and is included within Professional Consultancy costs. There was no-one in a management role during the previous year.

12. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2023 - £NIL)*.

During the year ended 31 December 2024, no Trustee expenses have been incurred *(2023 - £NIL)*.

13. Tangible fixed assets

	Short-term leasehold property £	Treatment equipment £	Office equipment £	Total £
Cost or valuation				
At 1 January 2024	**16,501**	**145,160**	**37,288**	**198,949**
Additions	**-**	**-**	**350**	**350**
At 31 December 2024	**16,501**	**145,160**	**37,638**	**199,299**
Depreciation				
At 1 January 2024	**16,501**	**132,221**	**34,900**	**183,622**
Charge for the year	**-**	**3,237**	**1,629**	**4,866**
At 31 December 2024	**16,501**	**135,458**	**36,529**	**188,488**
Net book value				
At 31 December 2024	**-**	**9,702**	**1,109**	**10,811**
At 31 December 2023	*-*	*12,939*	*2,388*	*15,327*

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

14. Debtors

	2024 £	2023 £
Due within one year		
Other debtors	**1,000**	*350*
	1,000	*350*

15. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	**1,345**	*1,516*
Other taxation and social security	**1,575**	*762*
Pension creditor	**3,083**	*6,049*
Accruals and deferred income	**2,580**	*2,815*
	8,583	*11,142*

16. Statement of funds

Statement of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Balance at 31 December 2024 £
Unrestricted funds				
General Funds - all funds	**68,254**	**230,455**	**(174,605)**	**124,104**
Endowment funds				
The Edward Gostling fund	**-**	**60,000**	**-**	**60,000**
Restricted funds				
Patient Targeted Training Therapy	**-**	**4,555**	**(4,555)**	**-**
Sobell Foundation	**10,000**	**10,000**	**(20,000)**	**-**
BBC Children in Need	**-**	**15,000**	**(15,000)**	**-**
St James's Place	**10,000**	**10,000**	**(20,000)**	**-**
National Lottery	**-**	**10,000**	**(10,000)**	**-**
Morrison Foundation	**-**	**9,080**	**(9,080)**	**-**
Persimmon	**-**	**5,000**	**(5,000)**	**-**
Geographical restrictions	**-**	**5,300**	**(5,300)**	**-**
Heart of England	**-**	**19,377**	**(19,377)**	**-**
	20,000	**88,312**	**(108,312)**	**-**
Total of funds	**88,254**	**378,767**	**(282,917)**	**184,104**

16. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2023 £	*Income* £	*Expenditure* £	*Balance at 31 December 2023* £
Unrestricted funds				
General Funds - all funds	*96,851*	*179,740*	*(208,337)*	*68,254*
Restricted funds				
Clinical Equipment	*7,540*	-	*(7,540)*	-
Support Equipment	*913*	-	*(913)*	-
Patient Targeted Training Therapy	*3,417*	-	*(3,417)*	-
Sobell Foundation	-	*10,000*	-	*10,000*
BBC Children in Need	-	*15,000*	*(15,000)*	-
St James's Place	-	*10,000*	-	*10,000*
	11,870	*35,000*	*(26,870)*	*20,000*
Total of funds	*108,721*	*214,740*	*(235,207)*	*88,254*

16. Statement of funds (continued)

Restricted Funds

Sobell Foundation
Funds received to cover some core costs, including wages.

BBC Children in Need
Three year funding covering core expenses such as physiotherapist salary, rent and utilities.

St James's Place
Funds to fund the purchase of standing frames and physiotherapist salary.

National Lottery
Funds received include £6,000 for physiotherapist salary, £1,250 for rent and £2,750 towards Orlau standing frames.

Heart of England
Funds to fund wages for physiotherapist or physiotherapist assistant, and rent.

Expendable Endowment Funds

Edward Gostling
Funding to help provide TMC with greater certainty and flexibility in relation to its income. The capital is to be invested and generate income to be used to further its charitable purposes.

17. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Endowment funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	-	10,811	**10,811**
Current assets	60,000	121,876	**181,876**
Creditors due within one year	-	(8,583)	**(8,583)**
Total	60,000	124,104	**184,104**

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	Restricted funds 2023 £	*Unrestricted funds 2023* £	*Total funds 2023* £
Tangible fixed assets	-	*15,327*	*15,327*
Current assets	*20,000*	*64,069*	*84,069*
Creditors due within one year	-	*(11,142)*	*(11,142)*
Total	*20,000*	*68,254*	*88,254*

18. Pension commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £13,260 (2023: £11,097). £3,083 (2023: £6,049) was payable to the fund at the balance sheet date and included within creditors.

19. Related party transactions

The Charitable Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charitable Company at 31 December 2024.

THE MOVEMENT CENTRE FOR TARGETED TRAINING

England & Wales - Charity number 1075549

Accounts

Registered number: 03713213
Charity number: 1075549

THE MOVEMENT CENTRE FOR TARGETED TRAINING

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023



WR Partners
Protecting your future.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

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THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITABLE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2023

Trustees	Jill Elizabeth Barker Stuart Gillies, Treasurer Katrina Lewis Kate Halewood Alison Shields Angela Tomley David Vicary (resigned 1 December 2023)
Company registered number	03713213
Charity registered number	1075549
Registered office	The Movement Centre for Targeted Training Robert Jones & Agnes Hunt Orthopaedic Hospital Oswestry Shropshire SY10 7AG
Company secretary	Alison Shields
Accountants	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their Annual Report together with the financial statements of The Movement Centre for Targeted Training (the charitable company) for the period ended 31st December 2023. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

Introduction and Highlights

The Movement Centre for Targeted Training (which operates under its working name The Movement Centre) is a UK charity and specialist treatment centre for children dedicated to supporting children and their families living with movement disabilities. We provide a specialist therapy called Targeted Training to help children gain movement control. Our vision is that all children who have a disability affecting their movement control are able to reach their full potential. Our mission is to maximise the potential of children's movement control through Targeted Training therapy.

Targeted Training has been developed to help children with movement disabilities gain control of their movement. It helps enable children to gain new skills and independence, which can have a huge impact on their lives. It can also make a big difference to the lives of their family and friends. Through a course of Targeted Training therapy children can gain head control, so they can interact with their family; it can help children develop the skills to sit unaided, so that they can play with their friends. For some children it can enable them to walk, which means they can be far more independent.

We welcome any family to come to The Movement Centre who may benefit. Diagnoses include, but are not limited to: Cerebral palsy, Global Developmental Delay; Genetic Disorders; ; an Acquired Brain Injury; Childhood strokes; Undiagnosed; Syndrome without a name (SWAN).

Following the decision to provide Targeted Training therapy free of charge in October 2022, 2023 saw a significant increase in numbers of patients seeking assessment for treatment.
We are now running at clinical capacity, with 44 patients currently in active treatment, and have a waiting list of families looking for assessment and treatment.
Aims for 2024 include increasing physiotherapy capacity either on an ad hoc basis, using physiotherapists who has worked at the Movement Centre previously and have knowledge of providing Targeted Training, but also looking at offering a training/apprentice position for a new physiotherapist.

During the current year we have had 77 active courses of treatment, with 66 new referrals and 48 courses of treatment commenced. 100% of these were funded by The Movement Centre.
To the end of 2023, we have provided around 1,000 courses of Targeted Training therapy to help 673 children to gain independence and a better quality of life through increased movement control – the number of children gradually increased through the year as families became less anxious post covid and treatment costs were reduced then being completely removed. As well as a direct benefit to the child, Targeted Training can have a huge impact on family life.

We are delighted to report continuing good progress towards our objectives in 2023. We are pleased to report a number of highlights from the year. In 2023 we have:

- **Raised further awareness of our services:** Opportunities to attend events and exhibitions, and increased use of social media have boosted patient numbers and awareness of the service.
- **Continued our impact:** There have been 77 courses of Targeted Training therapy active during 2023
- **Demonstrated the continued effectiveness of Targeted Training therapy** through our clinical outcomes, with children showing improvements in functional and motor abilities leading to greater independence and a better quality of life.

- **Increased number of families accessing Therapy.** The introduction of treatment free of charge has led to an uplift in the numbers of patients receiving Targeted Training. We hope to increase these numbers further by supplying increased physiotherapy sessions in 2024.
- **Consolidated our financial provision.** Allowing continued provision of Targeted Training without charge to patients and families.

This has been made possible by the continued efforts of the fundraising team, and we have introduced a new staff member to support this.

Further details of some of the highlights above can be found in the report.

Objectives and activities

a. Strategies for achieving objectives

Our Legal objectives as set out in our governing document are as follows:

To promote the relief of persons suffering from difficulties of movement control anywhere in the world and in particular but not so as to limit the generality of the foregoing:

• The provision to treat conditions that are of neurological or neuromuscular origin, whether congenital or acquired. Such conditions may include cerebral palsy, cerebral vascular accident, muscular dystrophy, head injury or developmental delay.

In order to fulfil our legal objectives, we deliver our specialist therapy, Targeted Training therapy, to children who face problems of movement control.

In furtherance of the Objects but not otherwise the Centre may exercise the following powers:

1. *The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;*

2. *The provision to develop methods of assessment, management and treatment of those with movement difficulties;*

3. *The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;*

4. *The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;*

5. *The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above.*

Objectives and activities (continued)

b. Activities undertaken to achieve objectives

The objective of The Movement Centre is to help reduce, and in some cases, resolve, the problems and difficulties that are a consequence of poor control of movement due to a disability that impacts on movement. The Movement Centre has worked historically to provide Targeted Training therapy to children, and this is the continued focus of our work.

Functional difficulties in these children range from inability to control head posture in those most severely affected to problems with walking in the least affected. The Movement Centre aims to meet its objectives by:

- Providing a clinical service assessing and treating children with movement control difficulties, aiming to improve functional abilities and quality of life.
- Raising awareness and teaching of the techniques developed at The Movement Centre ensuring that an ever widening audience is aware of what can be achieved.
- Researching and developing methods to enhance movement control, including equipment. This is vital to ensure that children are offered the optimal therapy provision.

Targeted Training therapy, the therapy technique developed at The Movement Centre, has continued to provide the main focus of activity during the last accounting period, in order for the charity to realise its clinical, teaching and research and development objectives and aims.

c. Main activities undertaken to further the Charitable Company's purposes for the public benefit

Our work directly benefits children who face problems with movement control. We deliver Targeted Training therapy, which helps them to maximise their potential by gaining functional skills and greater independence. In delivering our services we further benefit the public, as follows:

- **Families**: Our work with children can have a significant impact on their family life, allowing for greater participation, inclusion and interaction. This can be extremely positive for all members of the family.
- **Wider community**: Individuals who gain greater independence through Targeted Training can play a more active role in the community within their lifetime.
- **Healthcare providers**: Targeted Training can reduce the need for medical equipment and care intervention.

Despite continued contact with local NHS Commissioners, their support and funding has remained unavailable. Because NHS funding is not available to the children we treat we have to rely on:

1. Our own fund-raising efforts: details of the events for 2023 have been included in the report.

2. Grants from the trusts and foundations who support our work

3. Contributions from the families of the patients; although treatment is free of charge we encourage the families accessing treatment to engage in fundraising wherever possible and they are supported in this by the fundraising team.

Due to the kind support of fundraisers and donors, The Movement Centre has been able to offer Targeted Training therapy free of charge since October 2022 for many of our families, within the limit of our resources. Voluntary income also allows us to continue our work and develop our services. In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

Strategic report

Achievements and performance

a. Main achievements of the Charitable Company

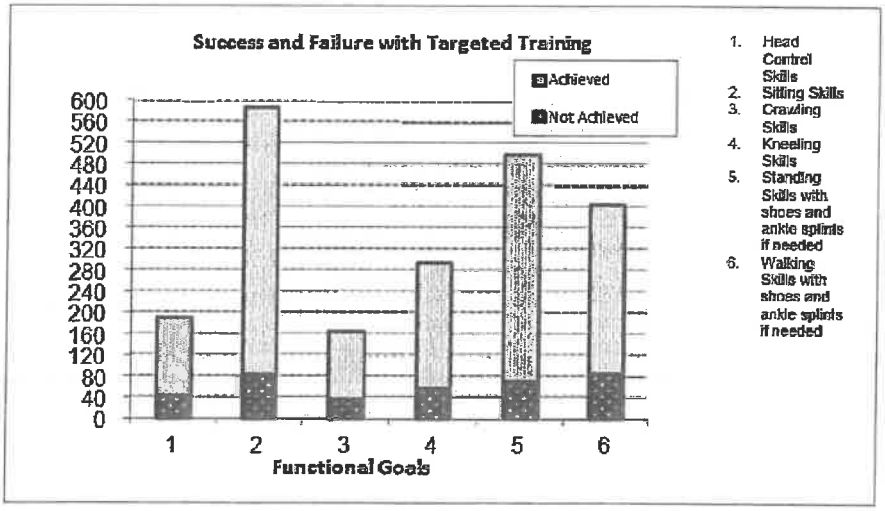
We are exceptionally pleased to report our clinical outcomes for the last financial period.

Referrals remained high with 63 new referrals. We provided 77 courses of Targeted Training therapy compared with 30 in 2022, as well as follow up assessments and reviews. All in all, 273 clinical sessions were delivered throughout the year, compared with 153 in the previous 12 months.

For each course of Targeted Training therapy, a number of outcome measures are used throughout the course of therapy. An outcome measure is the result of a test that is used to determine the baseline function of a patient at the beginning of treatment. Once treatment has commenced, the same instrument can be used to determine progress and treatment efficacy. At The Movement Centre we use a range of outcome measures each chosen to provide valuable information about the individual child. An explanation of these outcome measures is as follows:

TARGETED TRAINING OUTCOMES AFTER TWENTY-SEVEN YEARS OPERATION

At the conclusion of twenty-seven year's operation of The Movement Centre we are pleased to be able to report the outcomes achieved with Targeted Training therapy. In each case, following assessment, a goal was stated at the outset and the period to achieve the goal was recorded. The goals are selected from the Gross Motor Function Measure, an assessment system familiar to therapists, and which provides clear descriptors of each activity[1]. For convenience in presenting results, the goals are grouped into skill headings. Each skill heading includes between four and 11 separate goals and a child may have gained all or some of these goals. Eighty-three percent of goals set were achieved. This represents data from 696 children who have completed or are participating in 1060 courses of Targeted Training therapy. A total of 2132 goals were set for these children.



Strategic report (continued)

Achievements and performance (continued)



Importantly, all of these outcomes have been recorded within modest time scales: the basic skill of head control was achieved in an average time of 18 weeks and sitting ability in an average of 22 weeks.

The Movement Centre holds the view that these achievements are unparalleled by any other therapeutic approach.

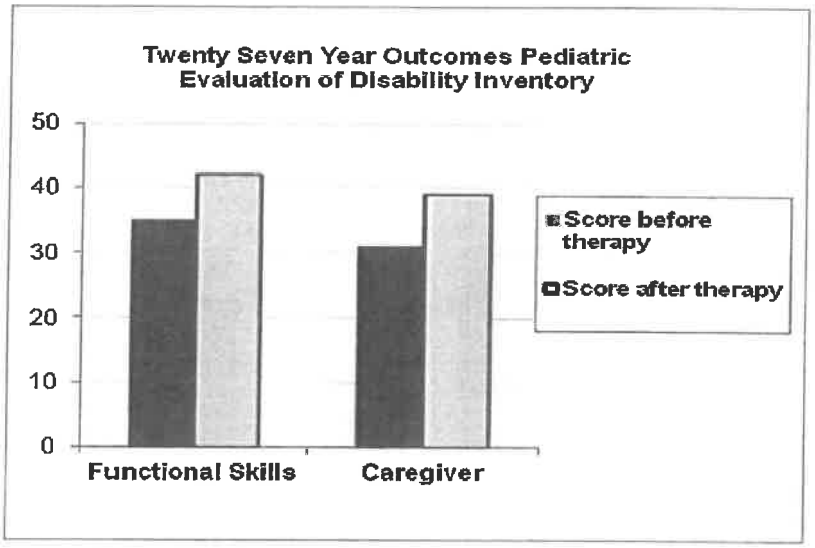
PAEDIATRIC EVALUATION OF DISABILITY INVENTORY

RESULTS IN CHILDREN WHO HAVE COMPLETED A COURSE OF TARGETED TRAINING

The Paediatric Evaluation of Disability Inventory (PEDI)[1] is an internationally recognised validated assessment system to evaluate change in a child's abilities over time and helpful in monitoring the effect of therapy. It is administered by a questionnaire to parents / carers in a structured interview and is used at The Movement Centre at the start and the end of a course of Targeted Training for those children who match the criteria for use of the PEDI. The section of the PEDI that is used relates to Functional Skills and covers a wide range of everyday activities such as transfers, sitting skills and walking abilities. The higher the score, the greater is the child's ability. The Caregiver section also relates to Functional Skills and indicates the amount of assistance required from another person, with a higher score indicating greater independence and less reliance on the Caregiver. All scores presented are scaled scores with a range 0 to 100. The scores are the mean values of the group of children and show the change in the group over time..

Strategic report (continued)

Achievements and performance (continued)



The results clearly show an increase in independence together with less reliance on the Caregiver.

These results support the improvements recorded with other outcome measures in use at The Movement Centre.

1PEDI Research Group, Department of Rehabilitation Medicine, New England Medical Center Hospital, #75K/R, 750 Washington Street, Boston, MA 02111-1901

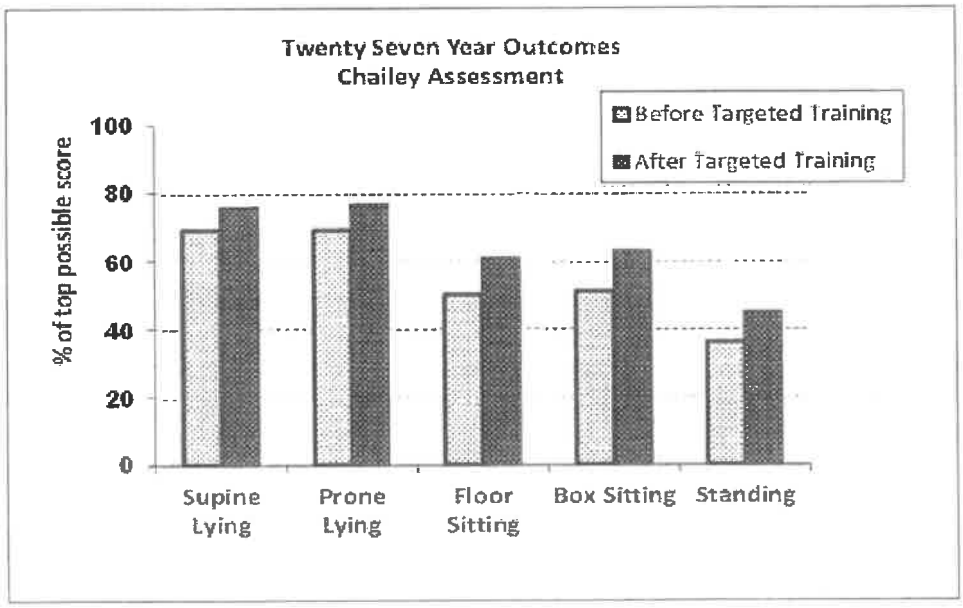
CHAILEY LEVELS OF ABILITY

RESULTS IN CHILDREN WHO HAVE COMPLETED A COURSE OF TARGETED TRAINING

The Chailey Levels of Ability[1] provide a means of recording change in postural ability in children with movement disorders and is a validated assessment tool. The method assesses a child's posture in each of five positions - lying supine (face up), lying prone (face down), floor sitting, box sitting and standing. Each of these postures has between six and eight descriptors with Level 1 being greatest abnormality and asymmetry and the top level or score representing normal. A child must achieve all of the components for a level before he or she is said to have reached that level. Thus a child with one body area that is resistant to change will not progress to the next level. The Chailey Levels of Ability have been introduced at The Movement Centre as a means of presenting global information about postural improvement achieved with Targeted Training. The graph shows the level or score achieved at the start and end of a course of Targeted Training therapy and is an averaged score for all the children involved, presented as a percentage of the maximum possible score.

Strategic report (continued)

Achievements and performance (continued)



The results clearly show an improvement in all postures. It is interesting to note that, although the 'upright' postures of floor sitting, box sitting and standing show improvement as might be expected with Targeted Training, there is also improvement in supine and prone lying abilities.

These results support the improvements recorded with other outcome measures in use at The Movement Centre.

1Pountney TE, Mulcahy CM, Clarke SM, Green EM. *The Chailey Approach to Postural Management.* North Chailey, East Sussex: Chailey Heritage Clinical Services; 2004.

FUNCTIONAL OUTCOME CHANGES WITH TARGETED TRAINING

Over the last fourteen years, The Movement Centre has used a standardised Function Measure (Gross Motor Function Measure (GMFM-66-IS)[1]). This measures children's abilities in lying, sitting, crawling, standing and walking/running. It is most appropriate to review these results in relation to the level of severity of disability of each child and thus a standardised Ability Scale has been used (Gross Motor Function Classification System (GMFCS)[2]). This classifies the severity of cerebral palsy into five groups where Level I represents children who walk without restrictions through Level V where self-mobility is severely limited even with the use of assistive technology. The results given are the average changes achieved during a single intervention period (usually 12 months).

Strategic report (continued)

Achievements and performance (continued)

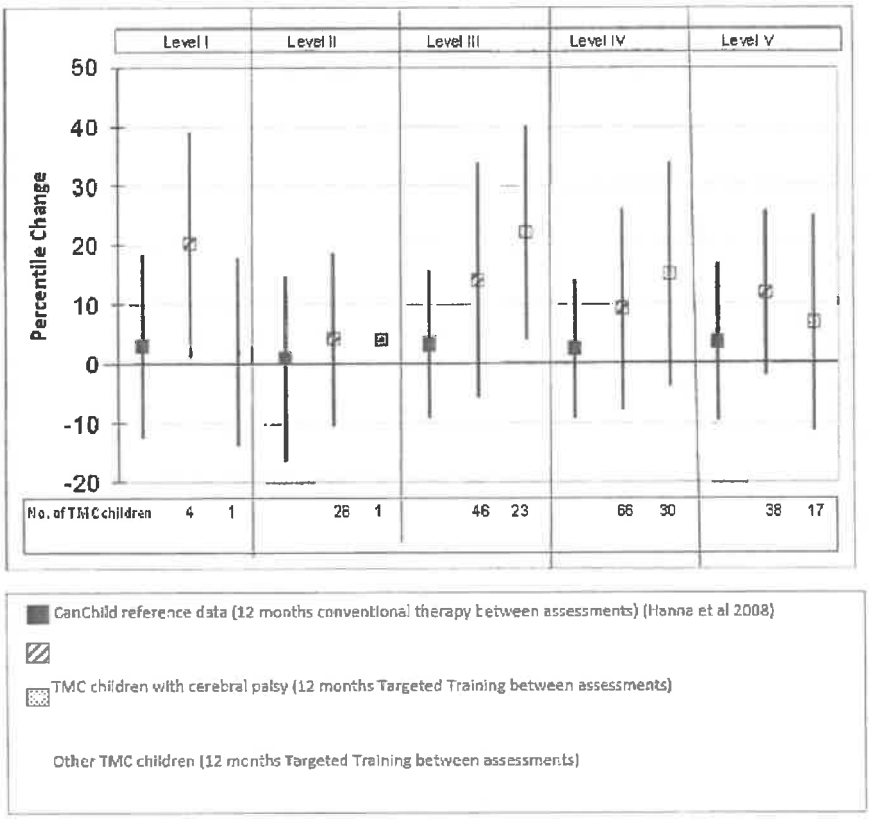
Reference data is now available[3] for children with cerebral palsy showing the percentile change in functional skills between two assessments (12 months apart). This reference data is based on a child receiving ongoing conventional physiotherapy between the two assessments. This now enables The Movement Centre to place results achieved with Targeted Training in the context of average developmental pattern or 'what might have been expected with conventional physiotherapy input'. It is acknowledged that caution must be used when interpreting percentile comparisons since the expected within-child variability in percentiles is substantial. The information thus presented shows the reference data between two assessments with 12 months conventional therapy (+/- 1SD) and results of children with cerebral palsy who have received Targeted Training (+/- 1SD). A course of Targeted Training is on average 12 months long and results for children attending The Movement Centre thus span this interval.

The Function Measure[1] and Ability Scale[2] are validated measures for children with cerebral palsy. Some children attending The Movement Centre do not have a formal diagnosis of cerebral palsy but nevertheless present with very similar movement problems; their results are here presented separately but show a marked similarity to those for children with cerebral palsy. It can be seen that, for the majority of children and particularly those with more severe disability, results achieved with Targeted Training clearly exceed what might have been expected with ongoing conventional physiotherapy input especially for those children more severely affected (categories III-V). Since the Function Measure is relatively newly introduced to The Movement Centre, it is acknowledged that numbers remain small at this time. As can be seen, a spread of +ve and –ve results would usually be anticipated in any given population. However, the results achieved with Targeted Training tend towards +ve showing that Targeted Training either alone or in combination with conventional physiotherapy gives marked 'added value'.

The results portrayed below represent only the data from the first course of Targeted Training for each child. Data is available for those children who continued on to further courses and while the numbers are relatively small these results continue to demonstrate change especially for those children more severely affected. In GMFCS levels III - V ongoing change is seen over and above the expected change noted in CanChild's published data.

Strategic report (continued)

Achievements and performance (continued)



The Movement Centre holds the view that these achievements are unparalleled by any other therapeutic approach.

[1] Russell DJ, Avery LM, Walter SD, Hanna SE, Bartlett DJ, Rosenbaum PL, Palisano RJ, Gorter JW. Development and validation of item sets to improve efficiency of the 66-item Gross Motor Function Measure in children with cerebral palsy. *Dev Med Child Neurol* 2009: 52; e48-e54.
2 Morris C, Bartlett D. Gross Motor Function Classification System: impact and utility. *Dev Med Child Neurol* 2004: 46; 60-65.
3 Hanna SE, Bartlett DJ, Rivard LM, Russell DJ, Reference Curves for the Gross Motor Function Measure: Percentiles for Clinical Description and Tracking Over Time Among Children With Cerebral Palsy. *Physical Therapy* 2008; 88:596-607.

We gratefully acknowledge use of the tabulated reference percentiles: Hanna SE, Bartlett DJ, Rivard LM, Russell DJ. Tabulated reference percentiles for the GMFM-66 Gross Motor Function Measure for use with children having cerebral palsy, April 2008, available at www.canchild.ca.

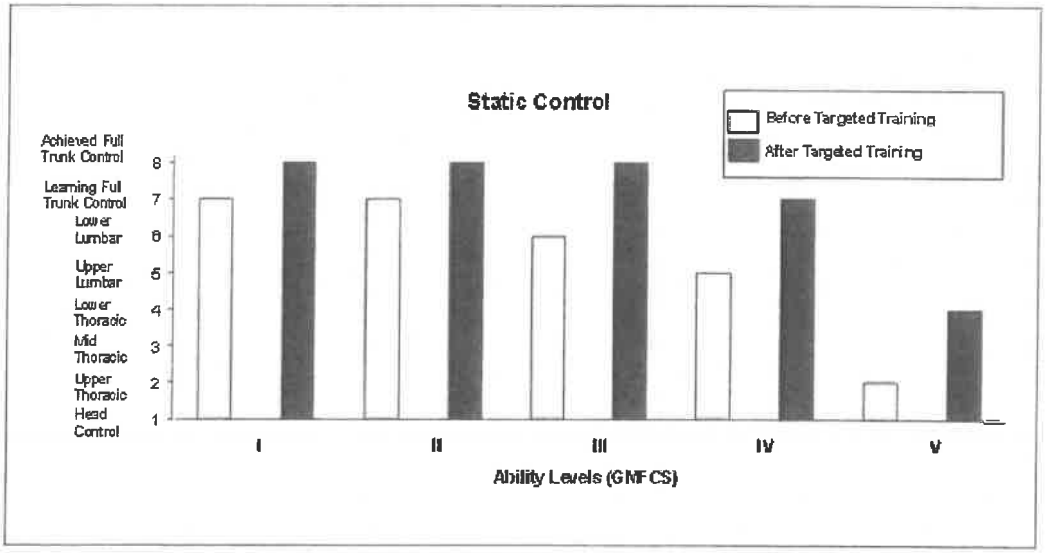
Strategic report (continued)

Achievements and performance (continued)

SEGMENTAL ASSESSMENT OF TRUNK CONTROL (SATCo)
RESULTS IN CHILDREN WHO HAVE COMPLETED A COURSE OF TARGETED TRAINING

Trunk or 'core' control is recognised as a vital component of overall control of posture. The SATCo[1] assesses trunk control by considering the many subunits that must be coordinated to achieve control when sitting and includes tests of static (steady state), active (or anticipatory) and reactive control (maintaining or regaining trunk control following a threat to balance, produced by a brisk nudge). The SATCo tests the child's trunk control as the evaluator progressively changes the level of trunk support from a high level of support at the shoulder girdle to assess cervical (head) control, through support at the axillae (upper thoracic control), lower scapula (mid thoracic control), lower ribs (lower thoracic control), below ribs (upper lumbar control), pelvis (lower lumbar control), and finally, no support, in order to measure full trunk control. The SATCo is a validated test that is internationally recognised.

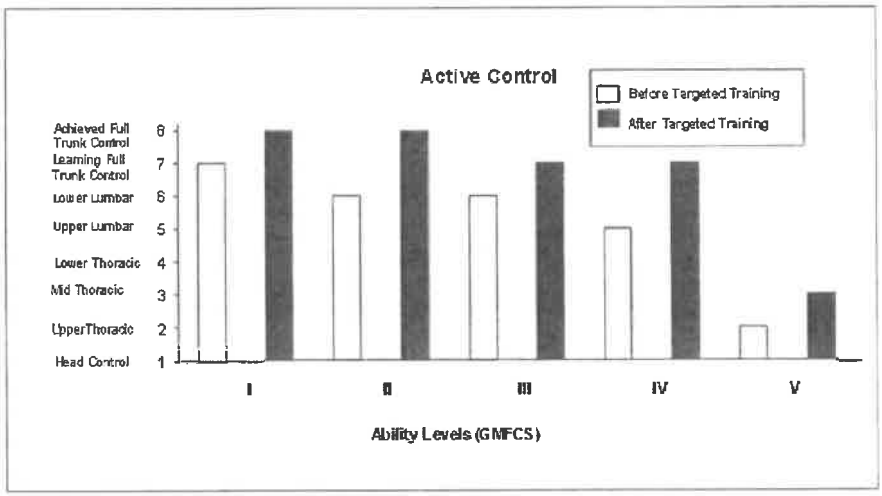
The graphs show the level or score achieved at the start and end of the first course of Targeted Training therapy and are averaged scores for all the children involved. In order to make the results more meaningful, they are presented according to a standardised Ability Scale (Gross Motor Function Classification System (GMFCS)[2]).

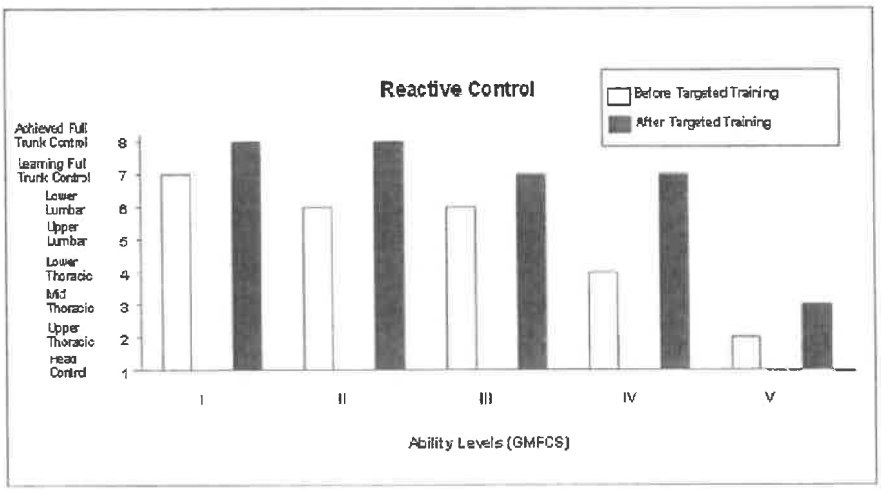


In second and subsequent courses, changes are more likely seen in the more severely disabled children since the more able children have already secured their trunk control. In GMFCS levels IV and V a further improvement in control of one segment level was achieved.

Strategic report (continued)

Achievements and performance (continued)





The results clearly show an improvement in trunk control across all Ability Level and this provides a basis for progress in functional activities. These results support the improvements recorded with outcome measures in use at The Movement Centre.

Butler PB, Saavedra S, Sofranac M, Jarvis SE, Woollacott MH. Refinement, reliability and validity of the Segmental Assessment of Trunk Control. Pediatr Phys Ther 2010: 22:1-13.
2 Morris C, Bartlett D. Gross Motor Function Classification System: impact and utility. Dev Med Child Neurol 2004: 46; 60-65.

Strategic report (continued)

Achievements and performance (continued)

JAXSON 'S STORY.

Jaxson's Journey – from standing to stepping independently!

Our children always amaze us with the effort and determination they apply to improving their quality of life through our Targeted Training programme at The Movement Centre here in Oswestry – something which can only be achieved with the ongoing love, support and commitment of their families.

Jaxson was 3 years and 2 months old when his parents self-referred him to The Movement Centre. Jaxson has a diagnosis of Down Syndrome, and his movement development was delayed. He could get into a four-point position and was standing for short periods, but with a lot of support.



When assessed at The Movement Centre, Jaxson was found to have problems with his movement control. Jaxson was supplied with a standing frame with support at pelvic level to consolidate his trunk control. A rocking base was added to challenge his reactive control Jaxson went home with his frame and a programme for his Targeted Training Therapy. Jaxson was required to do at least 30 mins hands free reaching in the frame every day to strengthen his core.



By the time Jaxson came for his first review 2 months later we could tell how hard he had been working. He was walking forward with two hands held and was cruising along furniture, smashing his initial goals and as well as now being able to walk for short distances with his Nimbo walker. Due to his increased level of control the support on the standing frame was lowered.

Strategic report (continued)

Achievements and performance (continued)



Fast forward another 2 months, at his next review Jaxson's confidence had increased and was now beginning to cruise between pieces of furniture and was starting to do a couple of steps with one hand held. The pelvic strap on the standing frame was removed and Jaxson was now just being supported at his knees with a flat support at the back. At his next review Jaxson was still making progress and was now walking at least 10 steps with one hand held.



The progress that Jaxson has made has had such an impact on himself and his family. His Mum Clare said "Jaxson was showing a lot of frustration at not being able to mobile like his peers at nursery. It was also having an impact on both mine and his dad's backs as we were needing to carry him from A to B, but now he has walked up to 200 metres independently. He's able to get himself in and out of chairs. It's meant we don't need to carry him as much, he's happy to walk holding hands and is showing much less frustration."

"It has been life changing. The course gave Jaxson the confidence to take those first steps and the pride on his face each time he walks by himself is 100% worth it.

Strategic report (continued)

Achievements and performance (continued)

b. Factors relevant to achieve objectives

Research and Development

The Movement Centre for Targeted Training has a commitment to research and development that supports our work. Indeed, we have provided feedback to Leckey and R82 on the technical specifications of their frames and we have also forged an alliance with Moti Me Family, which will see TMC bench test the sensory toys that they are developing.

Teaching and Raising Awareness

- We attended Kidz to Adultz events in 2023, spreading awareness of our fantastic work, and we look forward to attending again in 2024 and catching up with other organisations.
- The Movement Centre has regular contact with Keele University and offers the opportunity to provide clinical supervision for physiotherapy students.
- Work experience for students attending schools in the local area.



Communications

One of our continued main objectives is to increase our impact. One of the ways in which we aim to achieve this is by providing Targeted Training therapy at The Movement Centre to a greater number of children. To meet this objective, we continue to develop our communications strategy. As well as delivering our key messages to clinical audiences we are aware that we need to ensure that this information is shared more widely, and to this end, we have recruited a new marketing and fundraising assistant to work in-house on fundraising events and to improve our presence on the primary social media platforms such as Facebook, LinkedIn, Twitter and Instagram.

Strategic report (continued)

Achievements and performance (continued)

Enhancing our services

In line with our aims and objectives we continually work towards further developing and enhancing our services.

Our **Annual Patient Survey** enables us to gain feedback. We are pleased to report that 85% of those who completed the survey said their experience at The Movement Centre had been excellent and 100% said that they would recommend The Movement Centre. On the survey we invited families to describe their experience at The Movement Centre. Here are just a few of the comments from our families.

Patient Survey Quotes 2023
"It's good. They help me with standing and walking." Oliver, aged 6.

"Fred loved his sessions at The Movement Centre, there was always plenty of activities and toys to motivate him to progress" – Anonymous

"Very friendly, useful ideas for exercises at home to support Z. Reports after every session were informative. Z's core strength has developed tremendously since starting the course, we are really please with his progress and hope it continues."

"Jude has made great progress throughout his targeted training programme and has really impressed us with what he has been able to achieve."

"The Movement Centre has been fantastic for Heidi-Lou. Heidi-Lou had SDR in Feb 22 and Targeted Training has been amazing helping to achieve her outcomes."

"I would highly recommend The Movement Centre to families in our position. We love The Movement Centre."

"Simple and effective, discipline & consistency are the key and progress will be made! I would recommend The Movement Centre unreservedly."

"Archie's balance, core strength and control has improved considerably. He is also much more confident and happier due to being less frustrated. Taking steps and getting him and walking was our main aim which he has achieved! He will definitely miss coming!"

"From the very first phone call we received our experience was amazing, we were made to feel welcome, and Jaxson had fun at each session."

"The initial assessment was very thorough, and we were given all the information needed. It was good to be talked through the standing frame and for Jaxson to be able to have a look at it before he was supplied with one. "

"Thank you so much for your support, kindness and care for the whole year. Our whole family are so thankful that we meet such a professional and caring team. The service and stander truly make a difference to Jothan's development. It's so uplifting to see Jothan lifting his head firmly while he is on the stander.

Strategic report (continued)

Achievements and performance (continued)

The survey also provided us with valuable information on how our services could be further improved and it is our aim to continue to improve upon the service we provide.

Integrated sensory items into our assessments at The Movement Centre

When a child has a brain injury, they are unable to perceive the world as others do. Sensory integration helps build a framework to enable children to properly perceive sensory input, including movement. In 2019 sensory equipment had become fully a part of our assessments at The Movement Centre. Sensory items create a calming environment for our children as well as playing a part in Targeted Training practise at assessments. The safety of our families and staff is our primary concern therefore we have put in place multiple measures to make TMC as safe as possible so that it is 'Covid compliant'. Sadly, this internal review determined that much of the equipment such as the sensory equipment had to be 'mothballed' until it is safe to resume normal activities. In addition, we have plans to build a 'family facility', which will provide some personal space for the family when they arrive and before they depart, and we aim to fully incorporate the sensory equipment into that facility this maximises the visit experience.

Our activity packs are for children who are receiving Targeted Training therapy at The Movement Centre. They include activity sheets for children, tailored for their level of ability. Targeted Training therapy involves the children being supported by a standing frame, allowing them to reach in all directions, whilst having an upright posture. Having more interactive and engaging equipment makes the therapy even more enjoyable for the children and, by keeping them active, increases the potential for each child to make progress.



As Targeted Training therapy also takes place daily in the home, it is important that we can support families and help them to engage the child in their activity sessions. Daily practice is essential and getting the child engaged and encouraging them to reach during the each their sessions and appointments is an extremely important part of the therapy. Children respond best if they are interested in something, so we can use their interests as a basis for their Targeted Training therapy activity packs. We believe that by enhancing the therapy sessions children will have an even better chance of reaching their full potential.

Strategic report (continued)

Achievements and performance (continued)



c. Fundraising activities and income generation

NHS Financial Support

Historically, The Movement Centre has treated patients referred by the NHS, and in some cases funded by the NHS. Unfortunately, this practice ceased in 2019.

Since then, much work has been undertaken to engage with the key decision makers in the local NHS structure to determine how funding maybe released to support the treatment we provide. What was clear was that we needed to (1) have our results peer reviewed and (2) use the peer review to get registered with National Institute for Health and Care Excellence (NICE). We have now begun a search to find a prominent clinician to conduct the research required to have the results peer reviewed.

Raising Funds
Fundraising report 2023

The year 2023 marked significant milestones and achievements for The Movement Centre. As we reflect on the past year, we are excited to share our successes and look forward to new opportunities in 2024.

Despite the challenges in fundraising, The Movement Centre has been fortunate to receive incredible support in 2023, enhancing our connections and fostering new relationships. Ongoing support and funding from trusts and foundations, corporate partners, community groups and individuals has had a profound impact on the families attending our centre in 2023.

The Movement Centre now offers physiotherapy treatment free of charge to all eligible children and their families, thanks to funds that we raise through our on-going programme of activities, corporate partners and generous donations from trusts and foundations.

Strategic report (continued)

Achievements and performance (continued)

We made the decision to cover the entire cost to alleviate the burdens faced by these families, allowing us to support even more children.

Highlights from the year include an incredible Snowdon Sunrise with some of our corporate supporters, the Alco family funday which took place in the grounds of the beautiful Brynkinalt Estate and an evening with Louise Minchin, a extremely well attended event with this popular journalist and news presenter.
We also had a lot of support from individuals taking on challenges to raise funds, which included running 10k or half marathon, and even diving with sharks.



The Movement Centre was delighted to receive support from some amazing trusts and foundations. Organisations offering grants make up around 50% of our income every year, and without them we would not be able to continue.
We were very proud to be chosen as one of the charities to receive support from BBC Children in Need in 2023. We also received funding from St James Place and Sobell Foundation to name a few.

Pledged amounts, which we will receive in 2024 also include funds donated by National Lottery and Morrisons Foundation. We are proud to work with all of the trusts and Foundations mentioned above plus many other amazing organisations.

The support received from Corporate partners in 2023 increased significantly, and we are delighted that some of them will be joining us again in 2024 for an exciting year of fundraising.

We extend our heartfelt thanks to all our supporters and eagerly anticipate continued collaboration in 2024.

Strategic report (continued)

Achievements and performance (continued)



Some of our families once again attended Chester Zoo Dreamnight, which is an amazing experience we are proud to be able to offer, thanks to Chester Zoo themselves.

We also attended Kidz to Adultz Exhibitions allowing us to connect with both existing and new families, spreading awareness of our impactful work.

The significant impact of the fundraised income this year

Targeted Training has been instrumental in bringing about remarkable changes for children. It empowers them to attain head control, fostering meaningful interactions with their families. Furthermore, the therapy aids in the development of skills essential for sitting unaided, facilitating playtime with friends. In certain cases, it has even led to the ability to walk, enhancing overall independence. These achievements, both big and small, exert a profound influence on the lives of these children. The heightened control over movement translates into improved functional skills and greater independence.

Looking ahead to 2024

As we move into 2024, The Movement Centre is poised for further success. We have some amazing new events planned such as our first ever Gala Ball, an abseil at Anfield Stadium and some of our annual events will be back!

Our programme of events for the coming year is more ambitious than ever, with a wider range of activities than ever before providing scope for as many people as possible to get involved.

We also anticipate building new and existing partnerships, and, most importantly, increasing the numbers of children attending The Movement Centre.

Strategic report (continued)

Achievements and performance (continued)

d. Future Developments

A very watchful eye was kept on our financial position throughout the year and the strategy was adjusted accordingly. To build on our current position and to continue to offer Targeted Training free of charge is our goal for 2024.

Our aims for the next 12 months:

- Increase our impact by providing Targeted Training therapy to a greater number of children at The Movement Centre:
- Develop our marketing to create further awareness of Targeted Training therapy.
- Create future partnerships and links with other organisations to create further awareness of our work.
- Develop relationships with other providers in the Cerebral Palsy arena and the wider special needs fraternity.
- Reduce our risks:
- Grow our fundraising and aim to minimise risks through creating a more robust and sustainable funding model.
- Decrease our reliance on the use of rental frames from the hospital and where possible maximise the use of the frames that we have purchased ourselves.
- To aim to train additional physiotherapy support to help treat the maximum numbers of children.
- Continue to enhance our services so that families receive the best possible experience:
- Develop our activity packs with a greater range of sensory items and equipment.
- Investigate the possibility to develop an app to help support our families through their Targeted Training journey and their fundraising efforts.
- Continue evaluation and possible adoption of a new standing frame that can be used in Targeted Training therapy.
- Seek funding to develop a dedicated family space at the centre.
- To develop long term strategies for a dedicated TMC building.
- We are looking to recruit a part time CEO who will help The Movement Centre as we move forward into 2024, and will look at a strategy for growth as we broaden our reach within the wider community.

Financial review

a. Going concern

After formally reviewing financial forecasting at The Movement Centre's Annual General Meeting, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the next 12 months and the foreseeable future. This is recorded in the minutes of the meeting. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Financial review

The number of families contacting The Movement Centre continues to grow.
Financially, we are in a better position than anticipated following the decision to offer free treatment in October 2022.

The fundraising team continue to succeed in gaining financial support from Trusts, Organisations and organised events. We have increased staff numbers to facilitate this.

The CEO has worked closely with the Board of Trustees to ensure that they were kept up to speed with a regular report providing an overview of the activity and the latest financial position, and the trustees meet regularly to monitor the financial situation.

Income

The total income from 1st January 2023 to 31st December 2023 was £214,740. Our key activities consisted of:

- Donations & voluntary income £149,760
- Other income £63,541

Expenditure

The total expenditure for the period was £235,207. This consisted of:

- Raising voluntary funds £60,798
- Charitable activities £174,409

Reserves

At the period end total funds stood at £88,254 (2022: £108,721) and free reserves were £52,927 (2022: £82,687). This is lower than the limit set by the trustees as stated in our reserves policy.

c. Policies

A schedule of policies is maintained with policies reviewed on a rolling basis and approved by the relevant Trustees.

d. Material investments policy

The Trustees retain the power to decide our investment strategy, and any investments would remain in line with the Charity Commission guidance. The Movement Centre does not currently have any available funds to invest, however if the situation were to change, the Trustees would refer to the current investment policy which is reviewed annually.

e. Reserves policy

The Movement Centre has reviewed the need to hold reserves, having taken account of the guidance issued by the Charity Commission. Reserves must be unrestricted funds, which are available to spend on the charity's purposes. Endowed and restricted funds, fixed assets and designated reserves cannot be considered as part of the Reserves Policy.

The Movement Centre provides Targeted Training therapy to children with a disability that affects their movement control. Each course can be of up to twelve months duration. We rely on voluntary income to be able to deliver our services and we believe that it is vital that continuity of service delivery should be maintained to all those enrolled for treatment.

To make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income.
- The impact of any long-term absence of a key member of staff.
- Any external identified potential major risks to income and expenditure during the year.

The Treasurer ensured that the Board was kept fully briefed during the period.

The level of reserves set by the Board for the year is £77,000. The Trustees are aware that the level of free reserves at year end has fallen below the target level has not been achieved this year and are actively working to source more funding. As stated in the Going Concern note, the Trustees are confident that they have adequate resource to continue in operational existence for the next 12 months. Changes made to our fund-raising activity have led to a positive trend in our cash balance since mid-2023 and the trend continues in 2024. We expect to reach our target within 2024.

f. Risk management

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Structure, governance and management

a. Constitution

The Movement Centre for Targeted Training is a charitable company limited by guarantee, incorporated on 12th December 1999 and registered as a charity at the same date. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The Movement Centre is the working name of the charity.

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The Trustees' skill set represents healthcare, physiotherapy, disability, marketing, finance and accounting, management, governance and data protection. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we seek Trustees to bridge this gap.

The Movement Centre has a policy for trustee recruitment and induction and keeps a Register of Interest, which is available on request. Each year at the Annual General Meeting one third of the Trustees are required to retire by rotation. All Trustees are notified prior to the Annual General Meeting advising them of the retiring Trustees and requesting nominations. The Trustees may appoint a person who is willing to act to be a Trustee, either to fill a vacancy or as an additional Trustee.

The Movement Centre recognises that an effective Board of Trustees is essential if the charity is to achieve its objectives. The Board must seek to be diverse and have representatives who reflect the people with whom the charity works. The Board must have available to it all of the knowledge and skills required to run the charity. Individual Trustees must have sufficient knowledge, both of Trusteeship in general and of The Movement Centre's activities, to enable them to carry out their role and to represent The Movement Centre at meetings and other events. The Trustees must ensure that they retain overall responsibility and control of the Trustee recruitment, selection and induction process. The skills of the Trustees must be matched to those required to maximise the effectiveness of The Movement Centre. All Trustee positions are voluntary and unpaid. Although reasonable out of pocket expenses can be covered, it is usual practice for TMC trustees not to claim expenses unless exceptional.

As part of their induction, newly appointed Trustees are invited to attend clinical sessions at The Movement Centre so that they can familiarise themselves with the work of the organisation. New Trustees are provided with all the information required to familiarise themselves with their legal responsibilities and if felt necessary, will receive external training to fully understand. They are given an overview of the annual report and accounts and flow of operations from the CEO. They will also meet with all staff and are given a specific overview on fundraising.

c. Organisational structure and decision-making policies

The Board of Trustees is responsible for the overall direction of the charity, policies and legal compliance and they support the operational team. Trustee indemnity insurance is included in our insurance policy.

The Movement Centre follows all of the recommendations in the new Charity Governance Code, which was published in July 2017.

Structure, governance and management (continued)

d. Financial risk management

The Trustees have assessed the major risks to which the Charitable Company is exposed, in particular those related to the operations and finances of the Charitable Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the Charitable Company is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charitable Company for the purposes of company law) are responsible for preparing the Trustees' report including the Strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Kate Halewood
Chair of Trustees

Date: 12 June 2024

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

Independent Examiner's Report to the Trustees of The Movement Centre For Targeted Training ('the Charitable Company')

I report to the charity Trustees on my examination of the accounts of the Charitable Company for the year ended 31 December 2023.

Responsibilities and Basis of Report

As the Trustees of the Charitable Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charitable Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charitable Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charitable Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charitable Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charitable Company and the Charitable Company's Trustees as a body, for my work or for this report.

Signed: Jane Tweedie Dated: 11 July 2024

S J Tweedie BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 DECEMBER 2023

	Note	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Income from:					
Donations and legacies	3	**35,000**	**114,760**	**149,760**	*101,649*
Charitable activities	4	**-**	**-**	**-**	*33,467*
Other trading activities	5	**-**	**63,541**	**63,541**	*28,657*
Investments	6	**-**	**1,439**	**1,439**	*580*
Total income		**35,000**	**179,740**	**214,740**	*164,353*
Expenditure on:					
Raising funds	7	**-**	**60,798**	**60,798**	*43,970*
Charitable activities	8	**26,870**	**147,539**	**174,409**	*177,103*
Total expenditure		**26,870**	**208,337**	**235,207**	*221,073*
Net movement in funds		**8,130**	**(28,597)**	**(20,467)**	*(56,720)*
Reconciliation of funds:					
Total funds brought forward		**11,870**	**96,851**	**108,721**	*165,441*
Net movement in funds		**8,130**	**(28,597)**	**(20,467)**	*(56,720)*
Total funds carried forward		**20,000**	**68,254**	**88,254**	*108,721*

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 31 to 44 form part of these financial statements.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)
REGISTERED NUMBER: 03713213

BALANCE SHEET
AS AT 31 DECEMBER 2023

	Note		2023 £		2022 £
Fixed assets					
Tangible assets	13		**15,327**		*21,704*
			15,327		*21,704*
Current assets					
Debtors	14	**350**		*3,233*	
Cash at bank and in hand		**83,719**		*95,612*	
		84,069		*98,845*	
Creditors: amounts falling due within one year	15	**(11,142)**		*(11,828)*	
Net current assets			**72,927**		*87,017*
Total assets less current liabilities			**88,254**		*108,721*
Total net assets			**88,254**		*108,721*

BALANCE SHEET (CONTINUED)
AS AT 31 DECEMBER 2023

	Note	2023 £	2022 £
Charity funds			
Restricted funds	16	**20,000**	*11,870*
Unrestricted funds	16	**68,254**	*96,851*
Total funds		**88,254**	*108,721*

The Charitable Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

.....

Kate Halewood
Chair of Trustees

Date: 12 June 2024

The notes on pages 31 to 44 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. General information

The Movement Centre for Targeted Training is a private limited company by guarantee, incorporated in England and Wales, with its registered office and principal place of business at The Movement Centre, Robert Jones & Agnes Hunt Hospital, Oswestry, Shropshire, SY10 7AG. The members of the Charitable Company are the Trustees named on page 1. In the event of the Charitable Company being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Movement Centre For Targeted Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Directors have considered the going concern basis of the financial statements preparation and have concluded that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the financial statements.

In order to make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income
- The impact of any long term absence of a key member of staff
- Any external identified potential major risks to income and expenditure during the year

2.3 Income

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charitable Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charitable Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants are recorded as income in the Statement of Financial Activities on a receivable basis. Where income is received in advance of entitlement of receipt it is deferred and included in creditors as deferred income.

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charitable Company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Short-term leasehold property	-	10% on cost
Treatment equipment	-	25% reducing balance
Office equipment	-	25% reducing balance

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charitable Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.12 Financial Instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charitable Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charitable Company to the fund in respect of the year.

2. Accounting policies (continued)

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charitable Company and which have not been designated for other 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 Charitable Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Donations	35,000	114,760	**149,760**	*101,649*
Total 2022	*23,500*	*78,149*	*101,649*	

4. Income from charitable activities

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Provision of therapy	-	-	-	*33,417*
Other income	-	-	-	*50*
Total 2023	-	-	-	*33,467*
Total 2022	*14,380*	*19,087*	*33,467*	

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Community fundraising	2,568	**2,568**	*5,780*
Lottery and raffle income	1,328	**1,328**	*1,452*
Events	14,078	**14,078**	*6,124*
Individual fundraising	22,108	**22,108**	*6,900*
Corporate fundraising	23,459	**23,459**	*8,401*
Total 2023	63,541	**63,541**	*28,657*
Total 2022	*28,657*	*28,657*	

6. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Interest receivable	1,439	**1,439**	*580*
Total 2023	1,439	**1,439**	*580*
Total 2022	*580*	*580*	

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2023 £	Total funds 2023 £	*Total funds 2022 £*
Fundraising expenditure	19,853	**19,853**	*4,181*
Fundraising staff costs	40,945	**40,945**	*39,789*
Total 2023	60,798	**60,798**	*43,970*
Total 2022	*43,970*	*43,970*	

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £	*Total 2022 £*
Charitable activities	26,870	147,539	**174,409**	*177,103*
Total 2022	*92,869*	*84,234*	*177,103*	

9. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	*Total funds 2022 £*
Charitable activities	110,361	64,048	**174,409**	*177,103*
Total 2023	110,361	64,048	**174,409**	*177,103*
Total 2022	*90,930*	*86,173*	*177,103*	

Analysis of direct costs

	Total funds 2023 £	*Total funds 2022 £*
Staff costs	**70,883**	*65,149*
Rent and services	**11,593**	*11,273*
Insurance	**1,584**	*1,478*
Equipment refurbishment	**23,557**	*10,039*
Equipment	**74**	*30*
Utilities	**2,670**	*2,961*
Total	**110,361**	*90,930*

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2023 £	*Total funds 2022 £*
Staff costs	**33,600**	*48,688*
Depreciation	**6,377**	*10,376*
Telephone and internet	**359**	*444*
Postage and stationary	**406**	*62*
Miscellaneous	**2,892**	*-*
Staff training	**26**	*349*
Subscriptions	**554**	*398*
Travel	**731**	*470*
Publication and promotion	**11,883**	*15,862*
Bank charges	**250**	*248*
Consumables	**52**	*687*
IT costs	**844**	*920*
Governance costs	**6,074**	*7,669*
Total	**64,048**	*86,173*

10. Independent examiner's remuneration

	2023 £	*2022 £*
Fees payable to the Charitable Company's independent examiner for the independent examination of the Charitable Company's annual accounts	**2,640**	*2,460*

11. Staff costs

	2023 £	2022 £
Wages and salaries	**121,158**	*135,855*
Social security costs	**13,173**	*5,522*
Contribution to defined contribution pension schemes	**11,097**	*12,249*
	145,428	*153,626*

The average number of persons employed by the Charitable Company during the year was as follows:

	2023 No.	2022 No.
Employees	**4**	*5*

No employee received remuneration amounting to more than £60,000 in either year.

There was no-one employed in a management role during the year (2022: £18,482). The highest paid member of staff received remuneration of £40,273 (2022: £41,274).

12. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2022 - £NIL)*.

During the year ended 31 December 2023, no Trustee expenses have been incurred *(2022 - £NIL)*.

13. Tangible fixed assets

	Short-term leasehold property £	Treatment equipment £	Office equipment £	Total £
Cost or valuation				
At 1 January 2023	**16,501**	**145,160**	**37,288**	**198,949**
At 31 December 2023	**16,501**	**145,160**	**37,288**	**198,949**
Depreciation				
At 1 January 2023	**16,501**	**127,903**	**32,841**	**177,245**
Charge for the year	**-**	**4,318**	**2,059**	**6,377**
At 31 December 2023	**16,501**	**132,221**	**34,900**	**183,622**
Net book value				
At 31 December 2023	**-**	**12,939**	**2,388**	**15,327**
At 31 December 2022	*-*	*17,257*	*4,447*	*21,704*

14. Debtors

	2023 £	2022 £
Due within one year		
Other debtors	**350**	*3,233*
	350	*3,233*

15. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	**1,516**	*5,484*
Other taxation and social security	**762**	-
Pension creditor	**6,049**	*3,884*
Accruals and deferred income	**2,815**	*2,460*
	11,142	*11,828*

16. Statement of funds

Statement of funds - current year

	Balance at 1 January 2023 £	Income £	Expenditure £	Balance at 31 December 2023 £
Unrestricted funds				
General Funds - all funds	96,851	179,740	(208,337)	68,254
Restricted funds				
Clinical Equipment	7,540	-	(7,540)	-
Support Equipment	913	-	(913)	-
Patient Targeted Training Therapy	3,417	-	(3,417)	-
Sobell Foundation	-	10,000	-	10,000
BBC Children in Need	-	15,000	(15,000)	-
St James's Place	-	10,000	-	10,000
	11,870	35,000	(26,870)	20,000
Total of funds	108,721	214,740	(235,207)	88,254

16. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2022 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 December 2022* £
Unrestricted funds					
General Funds - all funds	*108,222*	*126,473*	*(128,204)*	*(9,640)*	*96,851*
Restricted funds					
Clinical Equipment	*27,955*	-	*(20,415)*	-	*7,540*
Core Reserve Support	*(9,640)*	-	-	*9,640*	-
Donor Targeted Training Therapy	*8,144*	*23,500*	*(31,644)*	-	-
Support Equipment	*913*	-	-	-	*913*
Other reserves	*10,810*	-	*(10,810)*	-	-
Patient Targeted Training Therapy	*19,037*	*14,380*	*(30,000)*	-	*3,417*
	57,219	*37,880*	*(92,869)*	*9,640*	*11,870*
Total of funds	*165,441*	*164,353*	*(221,073)*	-	*108,721*

Restricted Funds

Sobell Foundation
Funds received to cover some core costs, including wages.

BBC Children In Need
Three year funding covering core expenses such as Physiotherapist salary, rent and utilities.

St James's Place
Funds to fund the purchase of standing frames and Physiotherapist salary.

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	-	15,327	**15,327**
Current assets	20,000	64,069	**84,069**
Creditors due within one year	-	(11,142)	**(11,142)**
Total	20,000	68,254	**88,254**

Analysis of net assets between funds - prior year

	Restricted funds 2022 £	*Unrestricted funds 2022 £*	*Total funds 2022 £*
Tangible fixed assets	*7,540*	*14,164*	*21,704*
Current assets	*4,330*	*94,515*	*98,845*
Creditors due within one year	-	*(11,828)*	*(11,828)*
Total	*11,870*	*96,851*	*108,721*

18. Pension commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £11,097 (2022: £12,249). £6,049 (2022: £3,884) was payable to the fund at the balance sheet date and included within creditors.

19. Related party transactions

The Charitable Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charitable Company at 31 December 2023.

THE MOVEMENT CENTRE FOR TARGETED TRAINING

England & Wales - Charity number 1075549

Accounts

Registered number: 03713213
Charity number: 1075549

THE MOVEMENT CENTRE FOR TARGETED TRAINING

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022



WR Partners
Protecting your future.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITABLE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2022

Trustees	David Vicary, Chair of Trustees Stuart Gillies, Treasurer Alison Shields Angela Tomley Jill Elizabeth Barker Kate Halewood Katrina Graham
Company registered number	03713213
Charity registered number	1075549
Registered office	The Movement Centre for Targeted Training Robert Jones & Agnes Hunt Orthopaedic Hospital Oswestry Shropshire SY10 7AG
Company secretary	Alison Shields
Chief executive officer	Johnny Wilkes (resigned xx/xx/xx)
Accountants	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their Annual Report together with the financial statements of The Movement Centre for Targeted Training (the charitable company) for the period ended 31st December 2022. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

Introduction and Highlights

The Movement Centre for Targeted Training (which operates under its working name The Movement Centre) is a UK charity and specialist treatment centre for children dedicated to supporting children and their families living with movement disabilities. We provide a specialist therapy called Targeted Training to help children gain movement control. Our vision is that all children who have a disability affecting their movement control are able to reach their full potential. Our mission is to maximise the potential of children's movement control through Targeted Training therapy.

Targeted Training has been developed to help children with movement disabilities gain control of their movement. It helps enable children to gain new skills and independence, which can have a huge impact on their lives. It can also make a big difference to the lives of their family and friends. Through a course of Targeted Training therapy children can gain head control, so they can interact with their family; it can help children develop the skills to sit unaided, so that they can play with their friends. For some children it can enable them to walk, which means they can be far more independent.

We welcome any family to come to The Movement Centre who may benefit. Diagnoses include, but are not limited to: Cerebral Palsy, Global Developmental Delay; Genetic Disorders; Down Syndrome; Acquired Brain Injury; Childhood strokes; Undiagnosed; Syndrome without a name (SWAN).

At the start of 2022 there was still some uncertainty around COVID-19. However, with the majority of Covid restrictions lifted by March 2022 and due to the work of the fund-raising team and generous donations by our supporters, we were on a sound footing financially.

However, despite a reduction in fees at the end of 2021 the overall number of patients was slow to increase, with families still having concerns about travel and mixing and the financial concerns post pandemic.

Excellent work by the fundraising team over 2022 produced a total income in excess of £164,000 which put The Movement Centre in a very sound position financially. As a result, in October 2022, the decision was made to provide treatment free of charge. This has led to a significant increase in numbers of patients seeking assessment for treatment.

To end 2022, we have provided almost 1,000 courses of Targeted Training therapy to help 656 children to gain independence and a better quality of life through increased movement control – the number of children gradually increased through the year as families became less anxious post covid and treatment costs were reduced then being completely removed. As well as a direct benefit to the child, Targeted Training can have a huge impact on family life. We are delighted to report continuing good progress towards our objectives in 2022. We are pleased to report a number of highlights from the year. In 2022 we have:

- Raised further awareness of our services: Opportunities to attend events and exhibitions, plus a very successful open day and increased use of social media have boosted patient numbers and awareness of the service.
- Continued our impact: There have been 30 courses of Targeted Training therapy active during 2022 with the number of referrals increasing by over 100% on the previous year.

- Demonstrated the continued effectiveness of Targeted Training therapy through our clinical outcomes, with children showing improvements in functional and motor abilities leading to greater independence and a better quality of life.
- Introduction of Therapy Provision free of charge. The price reduction in late 2021 had not resulted in the increase in patient numbers we had been hoping for. After a full review the decision was taken to provide Targeted Training free of charge for suitable patients whilst funds were available, but to support parents with fundraising. This appears to have generated the uplift in numbers we have been hoping for.
- Further video animations completed: The final two animated videos that showcase the treatment we provide; The third video- now on the website, show's Wilson's treatment and outcomes.

Further details of some of the highlights above can be found in the report.

Objectives and activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

Our Legal objectives as set out in our governing document are as follows:

To promote the relief of persons suffering from difficulties of movement control anywhere in the world and in particular but not so as to limit the generality of the foregoing:

• The provision to treat conditions that are of neurological or neuromuscular origin, whether congenital or acquired. Such conditions may include cerebral palsy, cerebral vascular accident, muscular dystrophy, head injury or developmental delay.

In order to fulfil our legal objectives, we deliver our specialist therapy, Targeted Training therapy, to children who face problems of movement control.

In furtherance of the Objects but not otherwise the Centre may exercise the following powers:

1. *The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;*

2. *The provision to develop methods of assessment, management and treatment of those with movement difficulties;*

3. *The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;*

4. *The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;*

5. *The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above.*

Objectives and activities (continued)

c. Activities undertaken to achieve objectives

The objective of The Movement Centre is to help reduce, and in some cases, resolve, the problems and difficulties that are a consequence of poor control of movement due to a disability that impacts on movement. The Movement Centre has worked historically to provide Targeted Training therapy to children, and this is the continued focus of our work.

Functional difficulties in these children range from inability to control head posture in those most severely affected to problems with walking in the least affected. The Movement Centre aims to meet its objectives by:

- Providing a clinical service assessing and treating children with movement control difficulties, aiming to improve functional abilities and quality of life.
- Raising awareness and teaching of the techniques developed at The Movement Centre ensuring that an ever widening audience is aware of what can be achieved.
- Researching and developing methods to enhance movement control, including equipment. This is vital to ensure that children are offered the optimal therapy provision.

Targeted Training therapy, the therapy technique developed at The Movement Centre, has continued to provide the main focus of activity during the last accounting period, in order for the charity to realise its clinical, teaching and research and development objectives and aims.

d. Main activities undertaken to further the Charitable Company's purposes for the public benefit

Our work directly benefits children who face problems with movement control. We deliver Targeted Training therapy, which helps them to maximise their potential by gaining functional skills and greater independence. In delivering our services we further benefit the public, as follows:

- **Families**: Our work with children can have a significant impact on their family life, allowing for greater participation, inclusion and interaction. This can be extremely positive for all members of the family.
- **Wider community**: Individuals who gain greater independence through Targeted Training can play a more active role in the community within their lifetime.
- **Healthcare providers**: Targeted Training can reduce the need for medical equipment and care intervention.

Despite continued contact with local NHS Commissioners, their support and funding has remained unavailable. Because NHS funding is not available to the children we treat we have to rely on:

1. Our own fund-raising efforts: details of the events for 2022 have been included in the report.

2. Grants from the trusts and foundations who support our work

3. Contributions from the families of the patients; our fund-raising team work hard to support the parents in assisting them with their own applications for grants, helping them to set up social media campaigns and providing them with ideas on how to raise funds.

Due to the kind support of fundraisers and donors, The Movement Centre has been able to offer Targeted Training therapy free of charge since October 2022 for many of our families, within the limit of our resources. Voluntary income also allows us to continue our work and develop our services. In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

Strategic report

Achievements and performance

a. Main achievements of the Charitable Company

We are exceptionally pleased to report our clinical outcomes for the last financial period.

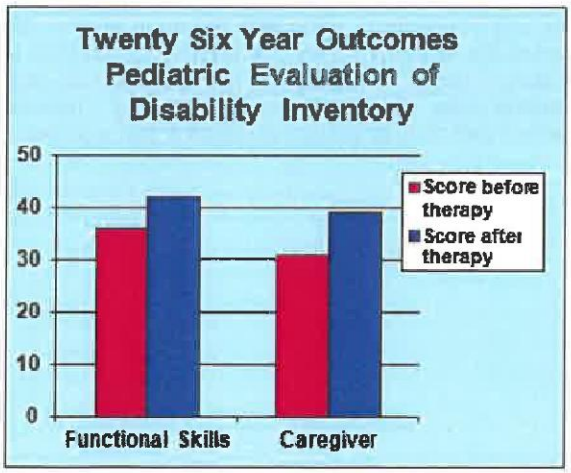
Referrals increased considerably with 68 new referrals compared with 29 in the previous year. Despite the slow return of patients post pandemic, we were still able to provide 30 complete courses of Targeted Training therapy, as well as follow up assessments and reviews. All in all, 153 clinical sessions were delivered throughout the year.

For each course of Targeted Training therapy, a number of outcome measures are used throughout the course of therapy. An outcome measure is the result of a test that is used to determine the baseline function of a patient at the beginning of treatment. Once treatment has commenced, the same instrument can be used to determine progress and treatment efficacy. At The Movement Centre we use a range of outcome measures each chosen to provide valuable information about the individual child. An explanation of these outcome measures is as follows:

Paediatric Evaluation of Disability Inventory (PEDI) Questionnaire: Examining the activities of daily living

This is a paediatric measure, which allows us to document functional delay and document changes in functional abilities over time in response to therapeutic intervention. It does so by examining the activities of daily living, such as sitting skills and walking abilities. The higher the score, the greater is the child's ability. The Caregiver section indicates the amount of assistance required from another person, with a higher score indicating greater independence and less reliance on the Caregiver. All scores presented are scaled scores with a range 0 to 100.

The graph demonstrates the accumulative scores for Targeted Training therapy. We are pleased to report that the graph demonstrates the positive impact of Targeted Training on the child's functional abilities.

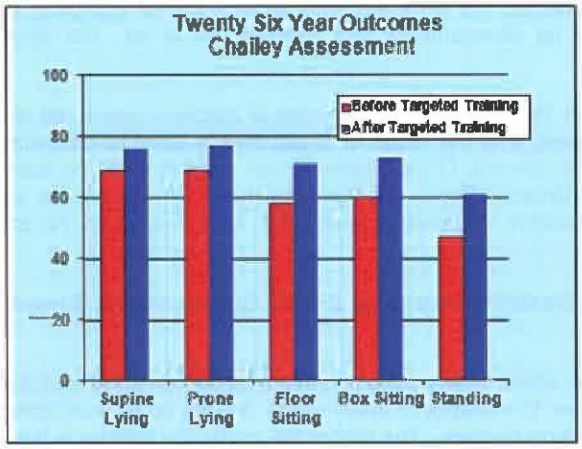


Strategic report (continued)

Achievements and performance (continued)

Chailey Levels of Ability - Observational Scale examining posture

The Chailey Levels of Ability is a scale which measures motor ability in children and young adults. It is an observational scale that details the child's posture at low levels and can record discrete changes in ability. It examines the five postures of: Lying supine; Lying prone; Sitting on floor; Sitting on bench and standing.

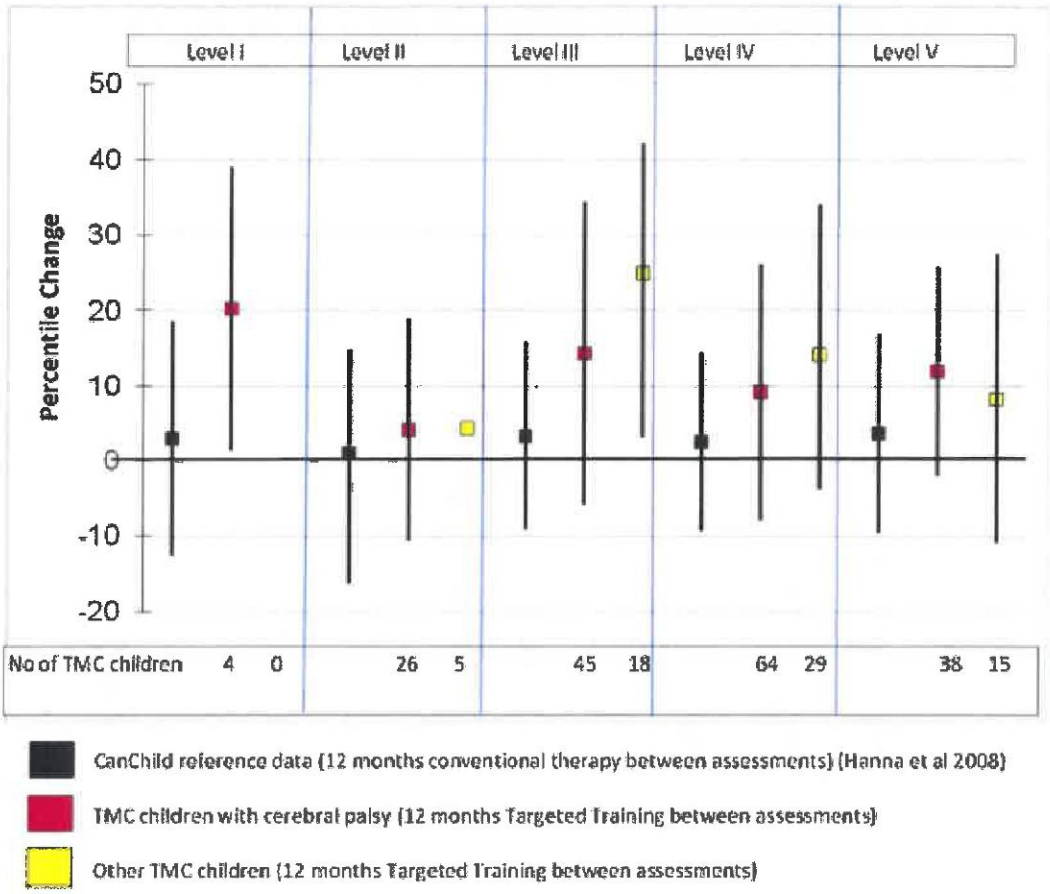


The Gross Motor Function Measure 66 item set (GMFM-66-IS) - Observational Scale examining functional ability

The GMFM measures children's abilities in lying, sitting, crawling, standing, and walking/running. It was first developed in the late 1980's by CanChild for use in both clinical and research settings and has evolved through advanced analytic techniques and in response to requests for more efficient testing. It is most appropriate to review these results in relation to the level of severity of disability of each child and thus a standardised Ability Scale has been used (Gross Motor Function Classification System (GMFCS), as you will see on the graph. This classifies the severity of cerebral palsy into five groups where Level I represent children who walk without restrictions through Level V where self-mobility is severely limited even with the use of assistive technology.

Strategic report (continued)

Achievements and performance (continued)



The CanChild reference data is designed for children with Cerebral Palsy. We have, therefore, separated our data into "TMC children with CP" and "Other TMC children."

As you will see from the graph below children undertaking Targeted Training therapy have scored more highly than the Canchild reference data for children who had conventional therapy.

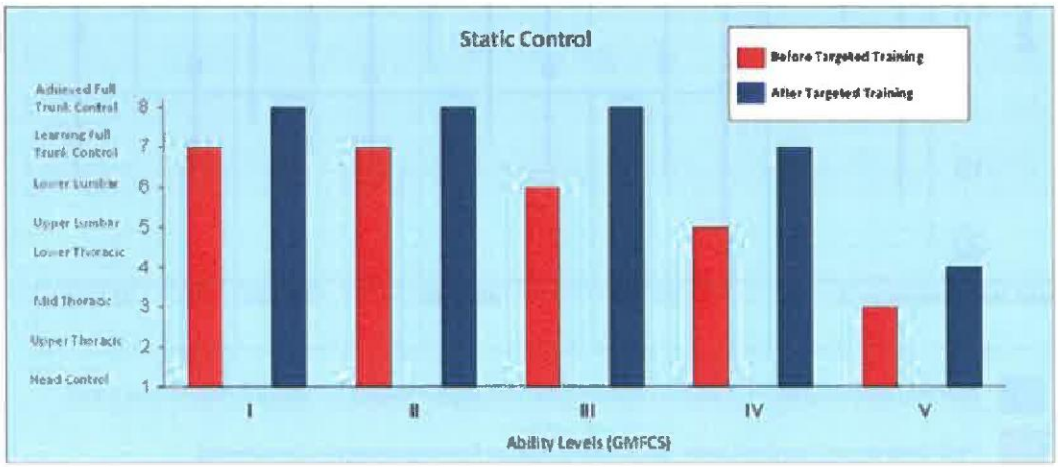
Strategic report (continued)

Achievements and performance (continued)

The Segmental Assessment of Trunk Control (SATCo) – validated measure examining trunk control

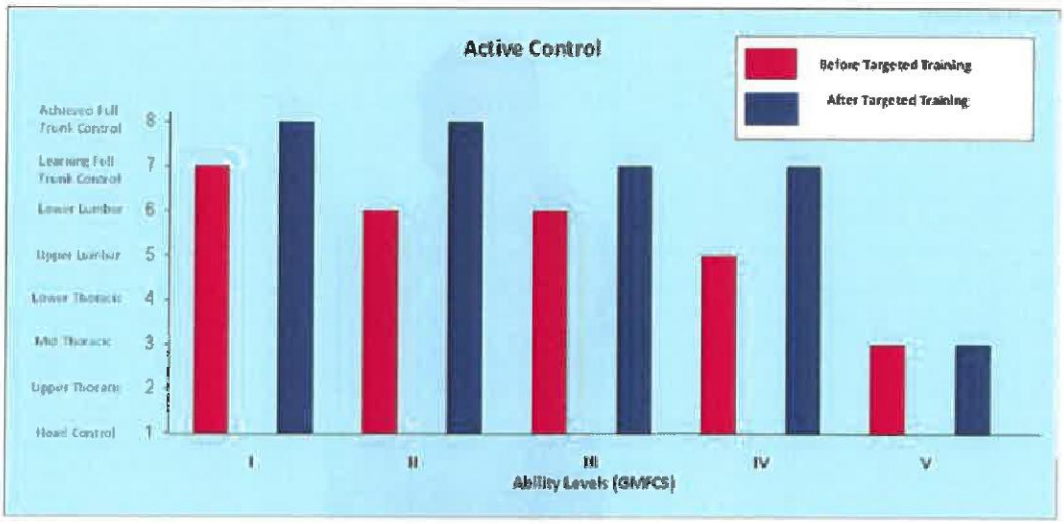
Tools that are central to our assessments is the Segmental Assessment of Trunk Control (SATCo), which were pioneered and developed at The Movement Centre. The SATCo is now an internationally recognised validated measure, which tests the child's trunk control. SATCo is different from other assessment tools as it does not treat the trunk as one unit, but instead provides regional differentiation of trunk control, allowing clinicians greater specificity in assessing trunk control. It provides information on the level of Static, Active and Reactive control which a child demonstrates.

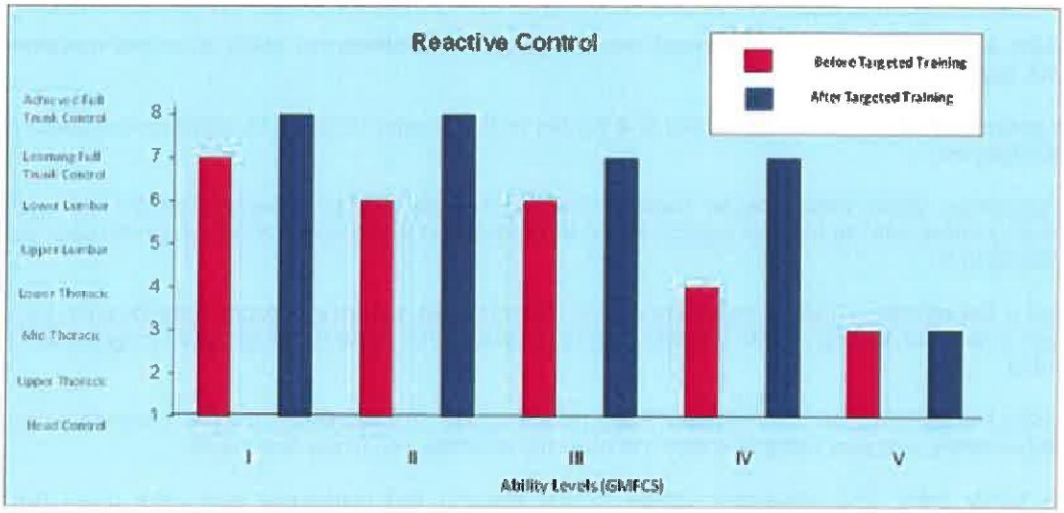
We are very pleased to report that in 2021 we continued to see an improvement in all levels of control (static, active and reactive). The graphs below demonstrate the 26-year accumulative outcomes for the static, active and reactive levels of control - it is evident that the has been improvement for all ability levels in the three controls that were tested and monitored.



Strategic report (continued)

Achievements and performance (continued)





It is important that we are able to demonstrate our impact through our outcome measures, but we are also delighted to be able to highlight the reality of these gains for the children that come to The Movement Centre and what this means for a child's quality of life. This is highlighted in Wilson's story below.

Strategic report (continued)

Achievements and performance (continued)

Wilson's Story



Wilson is a 6-year-old with quadriplegic cerebral palsy, which affects his ability to control movement in his arms, legs, and trunk.

He loves playing games on the go and is a big fan of Manchester United – he was even a mascot at one of their matches!

In December 2020, Wilson began Targeted Training Therapy at The Movement Centre. He was given a standing frame with the topmost support at mid-trunk level and would spend 30 minutes most days completing activities in it.

After a few months, Wilson's movement control had improved, meaning supports were lowered. He was then given a new standing frame with topmost support at pelvic level, as he had made good progress with his trunk control.

Wilson has achieved so much since starting his therapy at The Movement Centre. A standout being sitting independently, and now being able to join in more fun activities with family and friends.

His family thank The Movement Centre for the strength and confidence they have given him, as his independence grows every day.

Strategic report (continued)

Achievements and performance (continued)

Animated Videos

Traditionally we had always relied on narrative case studies, still pictures and feedback to highlight what it is we do, and these were posted onto our website. However, we felt that we have a story to tell, and we wanted to be able to showcase our treatment in the best way possible, therefore, we secured funding to enable us to work with a local company called 7Video to create animated videos. Following on from the success of our first videos launched in 2021, 2022 saw the completion of our 3rd and 4th animated videos, which were developed by 7Video. The videos have been such a great way for us to show people what we do. Instead of the generic presentation, these animated videos have really brought the stories to life.



Other Highlights

Annual events are always something to look forward to and 2022 was no different. Our online auction had lots of visitors, and some happy supporters who went away with some great prizes. Prizes included a weekend trip to Abersoch for 9 people, A Spa Day, a wooden case of 4 super premium Argentinian wines from Mendoza just to name a few. Our other annual event is our golf day, which was attended by local businesses and individuals that gave us some fantastic reviews. We look forward to these events in 2023.

Fundraising has been challenging over the last few years, but The Movement Centre are very lucky to have some amazing support. We have had individuals taking on epic challenges, and corporates thinking up crazy ideas. We have included pictures from some of these events in our annual report. When it comes to building relationships with our corporates and creating new ones it is important to get out there and meet with them. That is why in 2022 we joined Shropshire Business Chamber, of which we are charity partner for the next year.



Strategic report (continued)

Achievements and performance (continued)

Highlights of corporate fundraising in 2022 comprises of the Aico sports day, Sol Distribution golf day, and of course Granites Christmas campaign once again. We want to thank all of our supporters for another incredible year, and we look forward to working with existing and new supporters in 2023.



The Movement Centre also used stickies for the first time, a new donation platform that will change the charity world;

Our first partnership with Henstone Distillery

The Movement Centre travelled to space with INTune Radio

We took part in Lanyon Bowlders podcast

Aico Abseiling Day.

Chester Zoo Dreamnight was a lovely evening enjoyed by many of our existing families, and we met many new families.

We are looking to resume our Annual Awards Party in 2023.

Strategic report (continued)

Achievements and performance (continued)

b. Factors relevant to achieve objectives

Research and Development

The Movement Centre for Targeted Training has a commitment to research and development that supports our work. Indeed, we have provided feedback to Leckey and R82 on the technical specifications of their frames and we have also forged an alliance with Moti Me Family, which will see TMC bench test the sensory toys that they are developing.

Teaching and Raising Awareness

Following the lifting of COVID restrictions we have been able to extend our reach.

- We attended 3 Kidz to Adultz events in 2022, spreading awareness of our fantastic work, and we look forward to attending again in 2023 and catching up with other organisations.

- Work experience for students attending schools in the local area.

- **Open day**:



In 2022, The Movement Centre help its first ever open day, which was a huge success. Families and supporters got to hear all about our work, meet our team, and most importantly hear form one of our families, talking about their journey at The Movement Centre.

- The Movement Centre has regular contact with Keele University and offers the opportunity to provide clinical supervision for physiotherapy students.
- Work experience for students attending schools in the local area.

Strategic report (continued)

Achievements and performance (continued)



Communications

One of our continued main objectives is to increase our impact. One of the ways in which we aim to achieve this is by providing Targeted Training therapy at The Movement Centre to a greater number of children. To meet this objective, we continue to develop developing our communications strategy. As well as delivering our key messages to clinical audiences we are aware that we need to ensure that this information is shared more widely and the outsourcing of our social media to a local agency has worked exceptionally well; they have a clear mandate to drive up the profile of the Centre and in particular to improve our presence on the primary social media platforms such as Facebook, LinkedIn, Twitter and Instagram – our collaboration with the agency goes from strength to strength and the monthly analytics demonstrates how effective this initiative has been.

Enhancing our services

In line with our aims and objectives we continually work towards further developing and enhancing our services.

Our **Annual Patient Survey** enables us to gain feedback. We are pleased to report that 85% of those who completed the survey said their experience at The Movement Centre had been excellent and 100% said that they would recommend The Movement Centre. On the survey we invited families to describe their experience at The Movement Centre. Here are just a few of the comments from our families.

"We find the sessions amazing, the confidence Aled has gained in the standing frame is excellent. Excellent sessions, more than enough support, help and advice. The team are fantastic." – Aled's mum

"Staff were very friendly and explained the details of Ashton's plan well. We understood that Ashton was at the final stage of support in the stander and we were given a clear choice if we wanted to start the therapy. Very helpful from the beginning, very welcoming and I know Ashton felt comfortable during the sessions." - Ashton's dad

"The simplest of looking pieces of equipment can change a child's independence for life!" – Wilson's dad

Strategic report (continued)

Achievements and performance (continued)

The survey also provided us with valuable information on how our services could be further improved and it is our aim to continue to improve upon the service we provide.

Integrated sensory items into our assessments at The Movement Centre

When a child has a brain injury, they are unable to perceive the world as others do. Sensory integration helps build a framework to enable children to properly perceive sensory input, including movement. In 2019 sensory equipment had become fully a part of our assessments at The Movement Centre. Sensory items create a calming environment for our children as well as playing a part in Targeted Training practise at assessments. The safety of our families and staff is our primary concern therefore we have put in place multiple measures to make TMC as safe as possible so that it is 'Covid compliant'. Sadly, this internal review determined that much of the equipment such as the sensory equipment had to be 'mothballed' until it is safe to resume normal activities. In addition, we have plans to build a 'family facility', which will provide some personal space for the family when they arrive and before they depart, and we aim to fully incorporate the sensory equipment into that facility this maximises the visit experience.

Use of activity packs

Our activity packs are for children who are receiving Targeted Training therapy at The Movement Centre. They include activity sheets for children, tailored for their level of ability. Targeted Training therapy involves the children being supported by a standing frame, allowing them to reach in all directions, whilst having an upright posture. Having more interactive and engaging equipment makes the therapy even more enjoyable for the children and, by keeping them active, increases the potential for each child to make progress.



As Targeted Training therapy also takes place daily in the home, it is important that we can support families and help them to engage the child in their activity sessions. Daily practise is essential and getting the child engaged and encouraging them to reach during the each their sessions and appointments is an extremely important part of the therapy. Children respond best if they are interested in something, so we can use their interests as a basis for their Targeted Training therapy activity packs. We believe that by enhancing the therapy sessions children will have an even better chance of reaching their full potential.

Strategic report (continued)

Achievements and performance (continued)



c. Fundraising activities and income generation

NHS Financial Support

Historically, The Movement Centre has treated patients referred by the NHS, and in some cases funded by the NHS. Unfortunately, this practice ceased in 2019. The primary consequence of this was a reduction in patient referrals, with an impact on income and thus financial reserves. The team responded by increasing our own publicity efforts and our family fund-raising capability. The result by the 2019 year end was a recovery on recruitment numbers and this continued into the first quarter of 2020. However, the announcement of the first lockdown in late March 2020 and the subsequent lockdowns obliterated these efforts.

Since then, much work has been undertaken to engage with the key decision makers in the local NHS structure to determine how funding maybe released to support the treatment we provide. What was clear was that we needed to (1) have our results peer reviewed and (2) use the peer review to get registered with National Institute for Health and Care Excellence (NICE). We have now begun a search to find a prominent clinician to conduct the research required to have the results peer reviewed.

NHS Clinical and Logistical Support

The pandemic has placed a huge strain on the resources of the NHS, and this impacted on their staffing levels and the functionality of those departments providing therapy and elective services as their staff members were seconded to other departments focused on fighting the pandemic. Our own physiotherapists were underutilised and when not holding appointments they were on furlough, therefore, we offered up our team to support the local hospitals and the Physiotherapy Department of The Robert Jones and Agnes Hunt Orthopaedic Hospital took up our offer – our physiotherapists supported the Spinal Unit and we provided this at cost.

The reduction in our own appointments meant that it made sense for us to mothball our second treatment room. At the same time the NHS were adapting to the covid environment and due to the requirement for social distancing it meant that real estate was at a premium, so we offered up our treatment room to ease their problems – this was offer was quickly taken up and the quid pro quo was that we paid a reduced rent to the hospital.

Strategic report (continued)

Achievements and performance (continued)

Both initiatives have created a great deal of goodwill with the hospital.

Raising Funds

Increased fundraising efforts:
Despite reaching out to various local NHS commissioners their support and funding has remained very elusive. NHS funding is not available to the children we treat so we have to rely on :

1. Parents Our fund-raising team work hard to support the parents in (1) assisting them with their own applications for grants and (2) assisting them by helping them to set up social media campaigns and providing them with ideas on how to raise funds.
2. Donors
3. Trusts and Foundations
4. Events- details of the events for 2022 have been included in the report.

Due to the kind support of fundraisers and donors, The Movement Centre has been able to offer Targeted Training therapy free of charge since October 2022 for many of our families, within the limit of our resources. Voluntary income also allows us to continue our work and develop our services. In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

Our fundraising is undertaken with consideration for our donors, we never pass on information to third parties. We actively monitor fundraising activities undertaken on our behalf as far as resources allow, and do not use those practices considered unacceptable by society. We have received no complaints in the last financial period. The Movement Centre is registered with the Fundraising Regulator. We adhere to the Fundraising Code of Practice and Fundraising Promise and agree to ensure that all of our fundraising is legal, open, honest, and respectful.

Further information on our fundraising and those who have supported us in 2022 can be found in our latest Impact Review and on our website.

Following the fundraising team's extremely successful year in 2021, we had some concerns that this momentum would not be maintained once the pandemic eased and organisations began to feel the financial impact.

However, the team continued to work with our supporters and organise an exciting programme of events. This combined with funding from a number of trusts resulted in a staggering total of £100K by July 2022.

By December we has reached almost £145K, which was in excess of the target we had set ourselves and in October 2022 it was agreed that we would provide all new courses of treatment free of charge, but continue to encourage the families to fundraise on our behalf.

Strategic report (continued)

Achievements and performance (continued)

d. Future Developments

A very watchful eye was kept on our financial position throughout the year and the strategy was adjusted accordingly. Our initiatives for 2022 are:

- Increase our impact by providing Targeted Training therapy to a greater number of children at The Movement Centre:
  - > Develop our marketing to create further awareness of Targeted Training therapy.
  - > Create future partnerships and links with other organisations to create further awareness of our work.
  - > Develop relationships with other providers in the Cerebral Palsy arena and the wider special needs fraternity.
- Reduce our risks:
  - > Grow our fundraising and aim to minimise risks through creating a more robust and sustainable funding model.
  - > Decrease our reliance on the use of rental frames from the hospital and where possible maximise the use of the frames that we have purchased ourselves.
- Continue to enhance our services so that families receive the best possible experience:
  - > Develop our activity packs with a greater range of sensory items and equipment.
  - > Deliver two more animated videos that show case the scope of the treatment that is provided.
  - > Investigate the possibility to develop an app to help support our families through their Targeted Training journey and their fundraising efforts.
  - > Continue evaluation and possible adoption of a new standing frame that can be used in Targeted Training therapy.
  - > Seek funding to develop a dedicated family space at the centre.

Financial review

a. Going concern

After formally reviewing financial forecasting at The Movement Centre's Annual General Meeting, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. This is recorded in the minutes of the meeting. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Financial review

The majority of legal coronavirus (COVID-19) restrictions ended by March 2022, but patients initially were reluctant to travel and stay overnight. As the general population became increasing well vaccinated and confidence grew, we saw a gradual return of patients to The Movement Centre.

Financially, we were in a better position than anticipated following a very successful final few months of fund raising in 2021.

It was disappointing to see that, following a reduction in fees and despite our continued efforts to reach our patient base, the numbers of enquiries remained low. We felt, in part, this was due to the cost of living crisis following the pandemic. As the fundraising team looked to be exceeding their target for the year, a decision was made to consider provision of all courses in Targeted Training free of charge from October 2022.

The CEO worked closely with the Board of Trustees to ensure that they were kept up to speed with a weekly report that provided an overview of the activity and the latest financial position, and the trustees meet regularly to monitor the financial situation.

Income

The total income from 1st January 2022 to 31st December 2022 was £164,353. Our key activities consisted of:

- Charitable activities £33,467
- Donations & voluntary income £101,649
- Other income £29,237

Expenditure

The total expenditure for the period was £221,073. This consisted of:

- Raising voluntary funds £43,970
- Charitable activities £177,103

Reserves

At the period end total funds stood at £108,721 (2021: £165,441) and free reserves were £82,687 (2021: £79,142).

c. Policies

A schedule of policies is maintained with policies reviewed on a rolling basis and approved by the relevant Trustees.

d. Material investments policy

The Trustees retain the power to decide our investment strategy, and any investments would remain in line with the Charity Commission guidance. The Movement Centre does not currently have any available funds to invest, however if the situation were to change, the Trustees would refer to the current investment policy which is reviewed annually.

e. Reserves policy

The Movement Centre has reviewed the need to hold reserves, having taken account of the guidance issued by the Charity Commission. Reserves must be unrestricted funds, which are available to spend on the charity's purposes. Endowed and restricted funds, fixed assets and designated reserves cannot be considered as part of the Reserves Policy.

The Movement Centre provides Targeted Training therapy to children with a disability that affects their movement control. Each course can be of up to twelve months duration. We rely on voluntary income to be able to deliver our services and we believe that it is vital that continuity of service delivery should be maintained to all those enrolled for treatment.

To make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income.
- The impact of any long-term absence of a key member of staff.
- Any external identified potential major risks to income and expenditure during the year.

The Treasurer ensured that the Board was kept fully briefed during the period.

The level of reserves set by the Board for the year is £77,000.

Our free reserves at year end were £82,687 (2021: £79,142) This is higher than the limit set by the trustees as stated in our reserves policy.

f. Risk management

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Structure, governance and management

a. Constitution

The Movement Centre for Targeted Training is a charitable company limited by guarantee, incorporated on 12th December 1999 and registered as a charity at the same date. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The Movement Centre is the working name of the charity.

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The Trustees' skill set represents healthcare, physiotherapy, disability, marketing, finance and accounting, management, governance and data protection. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we seek Trustees to bridge this gap.

The Movement Centre has a policy for trustee recruitment and induction and keeps a Register of Interest, which is available on request. Each year at the Annual General Meeting one third of the Trustees are required to retire by rotation. All Trustees are notified prior to the Annual General Meeting advising them of the retiring Trustees and requesting nominations. The Trustees may appoint a person who is willing to act to be a Trustee, either to fill a vacancy or as an additional Trustee.

The Movement Centre recognises that an effective Board of Trustees is essential if the charity is to achieve its objectives. The Board must seek to be diverse and have representatives who reflect the people with whom the charity works. The Board must have available to it all of the knowledge and skills required to run the charity. Individual Trustees must have sufficient knowledge, both of Trusteeship in general and of The Movement Centre's activities, to enable them to carry out their role and to represent The Movement Centre at meetings and other events. The Trustees must ensure that they retain overall responsibility and control of the Trustee recruitment, selection and induction process. The skills of the Trustees must be matched to those required to maximise the effectiveness of The Movement Centre. All Trustee positions are voluntary and unpaid. Although reasonable out of pocket expenses can be covered, it is usual practice for TMC trustees not to claim expenses unless exceptional.

As part of their induction, newly appointed Trustees are invited to attend clinical sessions at The Movement Centre so that they can familiarise themselves with the work of the organisation. New Trustees are provided with all the information required to familiarise themselves with their legal responsibilities and if felt necessary, will receive external training to fully understand. They are given an overview of the annual report and accounts and flow of operations from the CEO. They will also meet with all staff and are given a specific overview on fundraising.

c. Organisational structure and decision-making policies

The Board of Trustees is responsible for the overall direction of the charity, policies and legal compliance and they support the operational team. Trustee indemnity insurance is included in our insurance policy.

The Movement Centre adheres to all of the recommendations in the new Charity Governance Code, which was published in July 2017.

Structure, governance and management (continued)

d. Financial risk management

The Trustees have assessed the major risks to which the Charitable Company is exposed, in particular those related to the operations and finances of the Charitable Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the Charitable Company is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charitable Company for the purposes of company law) are responsible for preparing the Trustees' report including the Strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial period. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charitable Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charitable Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charitable Company's transactions and disclose with reasonable accuracy at any time the financial position of the Charitable Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

.....

David Vicary
Chair of Trustees

Date: 09/05/23

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Independent Examiner's Report to the Trustees of The Movement Centre For Targeted Training ('the Charitable Company')

I report to the charity Trustees on my examination of the accounts of the Charitable Company for the year ended 31 December 2022.

Responsibilities and Basis of Report

As the Trustees of the Charitable Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charitable Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charitable Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charitable Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charitable Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charitable Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charitable Company and the Charitable Company's Trustees as a body, for my work or for this report.

Signed: Jane Tweedie Dated: 3 August 2023

S J Tweedie BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 DECEMBER 2022

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	*As restated Total funds 2021 £*
Income from:					
Donations and legacies	3	**23,500**	**78,149**	**101,649**	*194,440*
Charitable activities	4	**14,380**	**19,087**	**33,467**	*13,961*
Other trading activities	5	**-**	**28,657**	**28,657**	*49,084*
Investments	6	**-**	**580**	**580**	*90*
Total income		**37,880**	**126,473**	**164,353**	*257,575*
Expenditure on:					
Raising funds	7	-	**43,970**	**43,970**	*42,966*
Charitable activities	8	**92,869**	**84,234**	**177,103**	*166,749*
Total expenditure		**92,869**	**128,204**	**221,073**	*209,715*
Net (expenditure)/income		**(54,989)**	**(1,731)**	**(56,720)**	*47,860*
Transfers between funds	16	**9,640**	**(9,640)**	**-**	-
Net movement in funds		**(45,349)**	**(11,371)**	**(56,720)**	*47,860*
Reconciliation of funds:					
Total funds brought forward		**57,219**	**108,222**	**165,441**	*117,581*
Net movement in funds		**(45,349)**	**(11,371)**	**(56,720)**	*47,860*
Total funds carried forward		**11,870**	**96,851**	**108,721**	*165,441*

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 28 to 42 form part of these financial statements.

BALANCE SHEET
AS AT 31 DECEMBER 2022

	Note		2022 £		2021 £
Fixed assets					
Tangible assets	13		**21,704**		*32,080*
			21,704		*32,080*
Current assets					
Debtors	14	**3,233**		*768*	
Cash at bank and in hand		**95,612**		*164,121*	
		98,845		*164,889*	
Creditors: amounts falling due within one year	15	**(11,828)**		*(31,528)*	
Net current assets			**87,017**		*133,361*
Total assets less current liabilities			**108,721**		*165,441*
Total net assets			**108,721**		*165,441*

BALANCE SHEET (CONTINUED)
AS AT 31 DECEMBER 2022

	Note	2022 £	*2021 £*
Charity funds			
Restricted funds	16	**11,870**	*57,219*
Unrestricted funds	16	**96,851**	*108,222*
Total funds		**108,721**	*165,441*

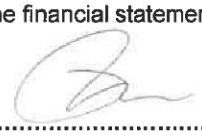
The Charitable Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
David Vicary
Chair of Trustees

Date: 09/05/23

The notes on pages 28 to 42 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. General information

The Movement Centre for Targeted Training is a private limited company by guarantee, incorporated in England and Wales, with its registered office and principal place of business at The Movement Centre, Robert Jones & Agnes Hunt Hospital, Oswestry, Shropshire, SY10 7AG. The members of the Charitable Company are the Trustees named on page 1. In the event of the Charitable Company being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Movement Centre For Targeted Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Directors have considered the going concern basis of the financial statements preparation and have concluded that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the financial statements.

2.3 Income

All income is recognised once the Charitable Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charitable Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charitable Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants are recorded as income in the Statement of Financial Activities on a receiveable basis. Where income is received in advance of entitlement of receipt it is deferred and included in creditors as deferred income.

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charitable Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Taxation

The Charitable Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charitable Company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Short-term leasehold property	-	10% on cost
Treatment equipment	-	25% reducing balance
Office equipment	-	25% reducing balance

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charitable Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.12 Financial instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charitable Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charitable Company to the fund in respect of the year.

2. Accounting policies (continued)

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charitable Company and which have not been designated for other 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 Charitable Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	*Total funds 2021 £*
Donations	23,500	78,149	**101,649**	*153,586*
Government grants	-	-	**-**	*40,854*
Total 2022	23,500	78,149	**101,649**	*194,440*
Total 2021	*80,576*	*113,864*	*194,440*	

4. Income from charitable activities

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	*Total funds 2021 £*
Provision of therapy	14,380	19,037	**33,417**	*8,944*
Other income	-	50	**50**	*5,017*
Total 2022	14,380	19,087	**33,467**	*13,961*
Total 2021	*13,961*	-	*13,961*	

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2022 £	Total funds 2022 £	*Total funds 2021 £*
Community fundraising	5,780	**5,780**	*7,227*
Lottery and raffle income	1,452	**1,452**	*1,274*
Events	6,124	**6,124**	*9,928*
Individual fundraising	6,900	**6,900**	*12,444*
Corporate fundraising	8,401	**8,401**	*18,211*
Total 2022	28,657	**28,657**	*49,084*
Total 2021	*49,084*	*49,084*	

6. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	*Total funds 2021 £*
Interest receivable	580	**580**	*90*
Total 2022	580	**580**	*90*
Total 2021	*90*	*90*	

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2022 £	Total funds 2022 £	*As restated Total funds 2021 £*
Fundraising expenditure	4,181	**4,181**	*10,407*
Fundraising staff costs	39,789	**39,789**	*32,559*
Total 2022	43,970	**43,970**	*42,966*
Total 2021 as restated	*42,966*	*42,966*	

Staff costs for the prior year have been restated between 'Costs of raising voluntary income', 'Direct' and 'Support costs' to show the fundraising costs appropriately.

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total 2022 £	*Total 2021 £*
Charitable activities	92,869	84,234	**177,103**	*166,749*
Total 2021	*74,352*	*92,397*	*166,749*	

9. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	*Total funds 2021 £*
Charitable activities	90,930	86,173	**177,103**	*166,749*
Total 2022	90,930	86,173	**177,103**	*166,749*
Total 2021	*84,554*	*82,195*	*166,749*	

Staff costs for the prior year have been restated between 'Costs of raising voluntary income', 'Direct' and 'Support costs' to show the fundraising costs appropriately.

Analysis of direct costs

	Total funds 2022 £	*Total funds 2021 £*
Staff costs	**65,149**	*66,357*
Rent and services	**11,273**	*13,018*
Insurance	**1,478**	*572*
Equipment refurbishment	**10,039**	*2,495*
Equipment	**30**	-
Utilities	**2,961**	*2,112*
Total	**90,930**	*84,554*

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2022 £	*Total funds 2021 £*
Staff costs	**48,688**	*54,188*
Depreciation	**10,376**	*7,043*
Telephone and internet	**444**	*137*
Postage and stationary	**62**	*252*
Staff training	**349**	*40*
Subscriptions	**398**	*-*
Travel	**470**	*94*
Publication and promotion	**15,862**	*13,892*
Bank charges	**248**	*337*
Consumables	**687**	*1,412*
IT costs	**920**	*842*
Governance costs	**7,669**	*3,958*
Total	**86,173**	*82,195*

10. Independent examiner's remuneration

	2022 £	*2021 £*
Fees payable to the Charitable Company's independent examiner for the independent examination of the Charitable Company's annual accounts	**2,460**	*2,232*

11. Staff costs

	2022 £	*2021 £*
Wages and salaries	**135,855**	*137,612*
Social security costs	**5,522**	*6,933*
Contribution to defined contribution pension schemes	**12,249**	*8,559*
	153,626	*153,104*

11. Staff costs (continued)

The average number of persons employed by the Charitable Company during the year was as follows:

	2022 No.	*2021* *No.*
Employees	**5**	*6*

No employee received remuneration amounting to more than £60,000 in either year.

During the year key management personnel received remuneration totaling £18,482 (2021: £27,869). No benefits were received. The highest paid member of staff received remuneration of £41,274.

12. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2021 - £NIL)*.

During the year ended 31 December 2022, no Trustee expenses have been incurred *(2021 - £NIL)*.

13. Tangible fixed assets

	Short-term leasehold property £	Treatment equipment £	Office equipment £	Total £
Cost or valuation				
At 1 January 2022	**16,501**	**145,160**	**37,288**	**198,949**
At 31 December 2022	**16,501**	**145,160**	**37,288**	**198,949**
Depreciation				
At 1 January 2022	**15,575**	**122,142**	**29,152**	**166,869**
Charge for the year	**926**	**5,761**	**3,689**	**10,376**
At 31 December 2022	**16,501**	**127,903**	**32,841**	**177,245**
Net book value				
At 31 December 2022	**-**	**17,257**	**4,447**	**21,704**
At 31 December 2021	*926*	*23,018*	*8,136*	*32,080*

14. Debtors

	2022 £	*2021* *£*
Due within one year		
Trade debtors	**-**	*329*
Other debtors	**3,233**	*289*
Prepayments and accrued income	**-**	*150*
	3,233	*768*

15. Creditors: Amounts falling due within one year

	2022 £	*2021* *£*
Trade creditors	**5,484**	*1,348*
Other taxation and social security	**-**	*3,962*
Pension creditor	**3,884**	*4,074*
Accruals and deferred income	**2,460**	*22,144*
	11,828	*31,528*

16. Statement of funds

Statement of funds - current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2022 £
Unrestricted funds					
General Funds - all funds	108,222	126,473	(128,204)	(9,640)	96,851
Restricted funds					
Clinical Equipment	27,955	-	(20,415)	-	7,540
Core Reserve Support	(9,640)	-	-	9,640	-
Donor Targeted Training Therapy	8,144	23,500	(31,644)	-	-
Support Equipment	913	-	-	-	913
Other reserves	10,810	-	(10,810)	-	-
Patient Targeted Training Therapy	19,037	14,380	(30,000)	-	3,417
	57,219	37,880	(92,869)	9,640	11,870
Total of funds	165,441	164,353	(221,073)	-	108,721

16. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2021 £	*Income £*	*Expenditure £*	*Balance at 31 December 2021 £*
Unrestricted funds				
General Funds - all funds	*40,800*	*163,038*	*(95,616)*	*108,222*
Restricted funds				
Clinical Equipment	*15,147*	*23,800*	*(10,992)*	*27,955*
Core Reserve Support	*2,556*	*-*	*(12,196)*	*(9,640)*
Donor Targeted Training Therapy	*5,615*	*36,764*	*(34,235)*	*8,144*
Support Equipment	*7,786*	*-*	*(6,873)*	*913*
Other reserves	*13,560*	*3,700*	*(6,450)*	*10,810*
Patient Targeted Training Therapy	*32,117*	*30,273*	*(43,353)*	*19,037*
	76,781	*94,537*	*(114,099)*	*57,219*
Total of funds	*117,581*	*257,575*	*(209,715)*	*165,441*

16. Statement of funds (continued)

Restricted Funds

Patient Targeted Training Therapy
The Targeted Training Therapy fund holds the payments made by Parents to support the cost of their child receiving Targeted Training and this treatment is/or will be scheduled but has not yet been delivered.

Donor Targeted Training Therapy
The Targeted Training Therapy fund holds the payments made by Donors to support the cost of the children receiving Targeted Training and this treatment is/or will be scheduled but has not yet been delivered.

Clinical Equipment
The Clinical Equipment fund represents funds received for clinical equipment used to enhance Targeted Training Therapy.

Support Equipment
The Support Equipment fund represents funds received for general equipment used at The Movement Centre.

Core Reserve Support
The Core Reserve Support fund represents funds received to supplement The Movement Centre core reserves to enable it to continue trading.

Other
Other represents miscellaneous items such as staff training, publicity and general infrastructure support such as website design etc.

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	7,540	14,164	**21,704**
Current assets	4,330	94,515	**98,845**
Creditors due within one year	-	(11,828)	**(11,828)**
Total	11,870	96,851	**108,721**

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	Restricted funds 2021 £	*Unrestricted funds 2021* £	*Total funds 2021* £
Tangible fixed assets	-	*32,080*	*32,080*
Current assets	*57,219*	*107,670*	*164,889*
Creditors due within one year	-	*(31,528)*	*(31,528)*
Total	*57,219*	*108,222*	*165,441*

18. Pension commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £12,249 (2021: £8,559). £3,884 (2021: £4,074) was payable to the fund at the balance sheet date and included within creditors.

19. Related party transactions

The Charitable Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charitable Company at 31 December 2022.

THE MOVEMENT CENTRE FOR TARGETED TRAINING

England & Wales - Charity number 1075549

Accounts

Registered number: 03713213
Charity number: 1075549

THE MOVEMENT CENTRE FOR TARGETED TRAINING

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021



THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2021

Trustees	David Vicary, Chair of Trustees Stuart Gillies, Treasurer Alison Shields Angela Tomley Jill Elizabeth Barker (appointed 1 August 2021) Kate Halewood (appointed 4 August 2021) Katrina Graham
Company registered number	03713213
Charity registered number	1075549
Registered office	The Movement Centre for Targeted Training Robert Jones & Agnes Hunt Orthopaedic Hospital Oswestry Shropshire SY10 7AG
Company secretary	Alison Shields
Chief executive officer	Johnny Wilkes
Accountants	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG
Key Management Personnel	Johnny Wilkes - Chief executive officer

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their Annual Report together with the financial statements of The Movement Centre for Targeted Training (the charitable company) for the period ended 31st December 2021. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

Introduction and Highlights

The Movement Centre for Targeted Training (which operates under its working name The Movement Centre) is a UK charity and specialist treatment centre for children dedicated to supporting children and their families living with movement disabilities. We provide a specialist therapy called Targeted Training to help children gain movement control. Our vision is that all children who have a disability affecting their movement control are able to reach their full potential. Our mission is to maximise the potential of children's movement control through Targeted Training therapy.

Targeted Training has been developed to help children with movement disabilities gain control of their movement. It helps enable children to gain new skills and independence, which can have a huge impact on their lives. It can also make a big difference to the lives of their family and friends. Through a course of Targeted Training therapy children can gain head control, so they can interact with their family; it can help children develop the skills to sit unaided, so that they can play with their friends. For some children it can enable them to walk, which means they can be far more independent.

We welcome any family to come to The Movement Centre who may benefit. Diagnoses include, but are not limited to: Cerebral palsy, Global Developmental Delay; Genetic Disorders; Down syndrome; an Acquired Brain Injury; Childhood strokes; Undiagnosed; Syndrome without a name (SWAN).

The continuation of the COVID-19 pandemic meant that we approached 2021 with some trepidation and it is fair to say that the financial projections did not bode well. That said, the implementation of the vaccine roll out gave us cause for optimism albeit we were prepared for what would be a roller coaster ride and our primary aim was survival.

The cohort of children that we continue to treat remained amongst those most affected as they were required to shield for much of the year. When the opportunity to travel for treatment arose this was severely undermined by parents who were naturally cautious and risk averse; many of those who were willing to travel had to travel a long distance and overnight stays were particularly difficult to arrange as there was no local accommodation available. In the first 6 months of the year, it was evident that the trusts and foundations that we have previously relied upon for funding were still reluctant to award grants as their own fundraising activities had been impacted and they desperately protected their own reserves. That said, we came out of lockdown and the economy grew so the trusts and foundations grew in confidence and began to release funds; in the final half of the year, we enjoyed a significant injection of cash amounting to circa £150K compared to the £46K that had been raised in the first half of the year.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

To end 2021, we have provided almost 1,000 courses of Targeted Training therapy to help 626 children to gain independence and a better quality of life through increased movement control – this number would have been higher, however, treatment was cancelled and delayed due to the continual lockdowns and we had to contend with many last minute cancellations by the parents. As well as a direct benefit to the child, Targeted Training can have a huge impact on family life. We are delighted to report continuing good progress towards our objectives in 2021. We are pleased to report a number of highlights from the year. In 2021 we have:

- **Raised further awareness of our services:** These efforts continued in the face of adversity but as can be expected there was a massive drop off in attendance and take-up of the treatment.
- **Continued our impact:** There have been 40 courses of Targeted Training therapy active during 2021 albeit many of these were carried over from 2020; treatment continued to be impacted by further lockdowns, notwithstanding, the centre opened whenever it was allowed to with the clinical staff working on a flexible furlough basis – they returned fully on 1st October 2021.
- **Jilly Barker and Kate Halewood** were appointed as new trustees, which has strengthened the skillset and diversity of the board.
- **Ben Rowlings** is a world record holder Paralympian who has represented Great Britain at the Brazil Paralympics agreed to become our new patron; this is a neat fit as Ben was diagnosed with cerebral palsy comes from Shrewsbury so fully understands the importance of the treatment we deliver.
- **Demonstrated the continued effectiveness of Targeted Training therapy** through our clinical outcomes, with children showing improvements in functional and motor abilities leading to greater independence and a better quality of life.
- **Price Reduction:** After a full review the decision was taken to adopt an 'economy of scale' pricing model, which saw us reduce the cost to the parents from £3,950.00 to £2,000.00 for a 12 month course of treatment.
- **Video Animations:** We launched the first two animated videos that showcase the treatment we provide; the first video is a generic 'concept' video that provides an animation of the treatment that The Movement Centre provides and the second video is a case study based on the treatment journey that Abbie Burchell underwent.

Further details of some of the highlights above can be found in the report.

Objectives and activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Objectives and activities (continued)

b. Strategies for achieving objectives

Our Legal objectives as set out in our governing document are as follows:

To promote the relief of persons suffering from difficulties of movement control anywhere in the world and in particular but not so as to limit the generality of the foregoing:

• The provision to treat conditions that are of neurological or neuromuscular origin, whether congenital or acquired. Such conditions may include cerebral palsy, cerebral vascular accident, muscular dystrophy, head injury or developmental delay.

In order to fulfil our legal objectives, we deliver our specialist therapy, Targeted Training therapy, to children who face problems of movement control.

In furtherance of the Objects but not otherwise the Centre may exercise the following powers:

1. *The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;*

2. *The provision to develop methods of assessment, management and treatment of those with movement difficulties;*

3. *The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;*

4. *The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;*

5. *The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above.*

Objectives and activities (continued)

c. Activities undertaken to achieve objectives

The objective of The Movement Centre is to help reduce, and in some cases, resolve, the problems and difficulties that are a consequence of poor control of movement due to a disability that impacts on movement. The Movement Centre has worked historically to provide Targeted Training therapy to children, and this is the continued focus of our work.

Functional difficulties in these children range from inability to control head posture in those most severely affected to problems with walking in the least affected. The Movement Centre aims to meet its objectives by:

- Providing a clinical service assessing and treating children with movement control difficulties, aiming to improve functional abilities and quality of life.
- Raising awareness and teaching of the techniques developed at The Movement Centre ensuring that an ever widening audience is aware of what can be achieved.
- Researching and developing methods to enhance movement control, including equipment. This is vital to ensure that children are offered the optimal therapy provision.

Targeted Training therapy, the therapy technique developed at The Movement Centre, has continued to provide the main focus of activity during the last accounting period, in order for the charity to realise its clinical, teaching and research and development objectives and aims.

d. Main activities undertaken to further the Company's purposes for the public benefit

Our work directly benefits children who face problems with movement control. We deliver Targeted Training therapy, which helps them to maximise their potential by gaining functional skills and greater independence. In delivering our services we further benefit the public, as follows:

- **Families**: Our work with children can have a significant impact on their family life, allowing for greater participation, inclusion and interaction. This can be extremely positive for all members of the family.
- **Wider community**: Individuals who gain greater independence through Targeted Training can play a more active role in the community within their lifetime.
- **Healthcare providers**: Targeted Training can reduce the need for medical equipment and care intervention.

Despite reaching out to various CEOs in the local NHS Trusts their support and funding has remained very elusive. NHS funding is not available to the children we treat so we have to rely on (1) our own fund raising efforts (2) grants from the trusts and foundations who support our work and (3) contributions from the parents. Our fund raising team work hard to support the parents in (1) assisting them with their own applications for grants and (2) assisting them by helping them to set up social media campaigns and providing them with ideas on how to raise funds.

Due to the kind support of fundraisers and donors, The Movement Centre is able to contribute towards the cost of Targeted Training therapy for many of our families, within the limit of our resources. Voluntary income also allows us to continue our work and develop our services. In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

Objectives and activities (continued)

Strategic report

Achievements and performance

a. Main achievements of the Company

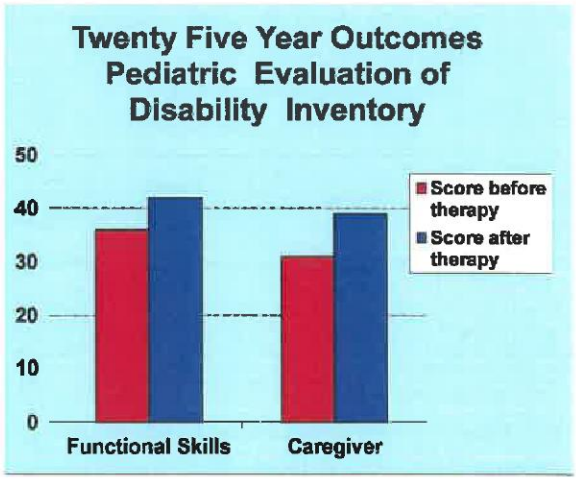
We are exceptionally pleased to report our clinical outcomes for the last financial period. Despite the obvious disruption the pandemic and the lockdowns caused we were still able to provide 40 children with Targeted Training therapy which included 12 new patients; in sum, 97 sessions were delivered throughout the year. Much effort was expended in arranging and rearranging appointments to accommodate the various lockdowns and the needs of the patient and family. Indeed, there were 50 cancelled appointments and many of these were on the day of the appointment itself; this proved to be a double hit because the staff were on the flexible furlough scheme so for those 'no show' days our staff were already in work and as such we were unable to claim furlough for them.

For each course of Targeted Training therapy, a number of outcome measures are used throughout the course of therapy. An outcome measure is the result of a test that is used to determine the baseline function of a patient at the beginning of treatment. Once treatment has commenced, the same instrument can be used to determine progress and treatment efficacy. At The Movement Centre we use a range of outcome measures each chosen to provide valuable information about the individual child. An explanation of these outcome measures is as follows:

Paediatric Evaluation of Disability Inventory (PEDI) Questionnaire: Examining the activities of daily living

This is a paediatric measure, which allows us to document functional delay and document changes in functional abilities over time in response to therapeutic intervention. It does so by examining the activities of daily living, such as sitting skills and walking abilities. The higher the score, the greater is the child's ability. The Caregiver section indicates the amount of assistance required from another person, with a higher score indicating greater independence and less reliance on the Caregiver. All scores presented are scaled scores with a range 0 to 100.

The graph demonstrates the accumulative scores for Targeted Training therapy. We are pleased to report that the graph demonstrates the positive impact of Targeted Training on the child's functional abilities.

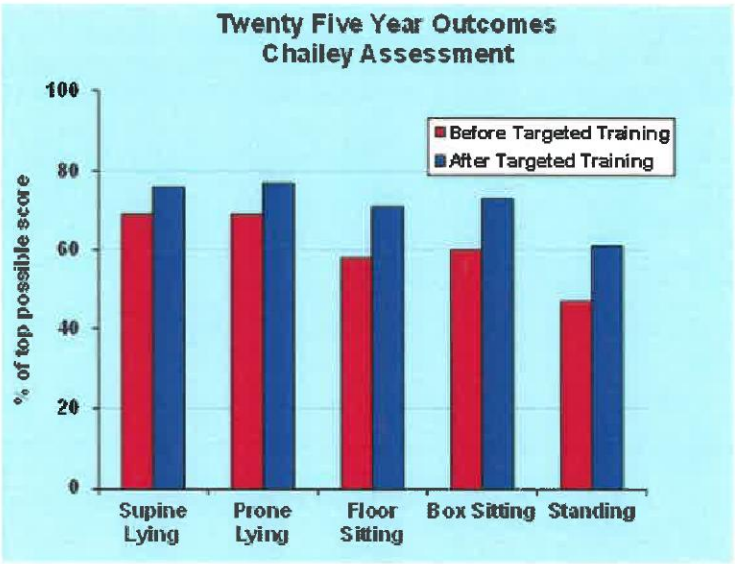


Strategic report (continued)

Achievements and performance (continued)

Chailey Levels of Ability - Observational Scale examining posture

The Chailey Levels of Ability is a scale which measures motor ability in children and young adults. It is an observational scale that details the child's posture at low levels and can record discrete changes in ability. It examines the five postures of: Lying supine; Lying prone; Sitting on floor; Sitting on bench and standing.

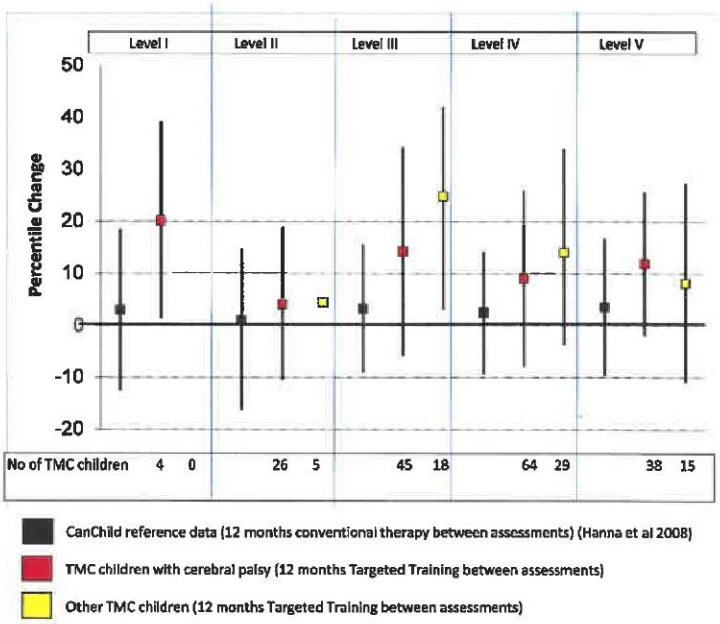


The Gross Motor Function Measure 66 item set (GMFM-66-IS) - Observational Scale examining functional ability

The GMFM measures children's abilities in lying, sitting, crawling, standing, and walking/running. It was first developed in the late 1980's by CanChild for use in both clinical and research settings and has evolved through advanced analytic techniques and in response to requests for more efficient testing. It is most appropriate to review these results in relation to the level of severity of disability of each child and thus a standardised Ability Scale has been used (Gross Motor Function Classification System (GMFCS), as you will see on the graph. This classifies the severity of cerebral palsy into five groups where Level I represent children who walk without restrictions through Level V where self-mobility is severely limited even with the use of assistive technology.

Strategic report (continued)

Achievements and performance (continued)



The CanChild reference data is designed for children with Cerebral Palsy. We have, therefore, separated our data into "TMC children with CP" and "Other TMC children."

As you will see from the graph below children undertaking Targeted Training therapy have scored more highly than the Canchild reference data for children who had conventional therapy.

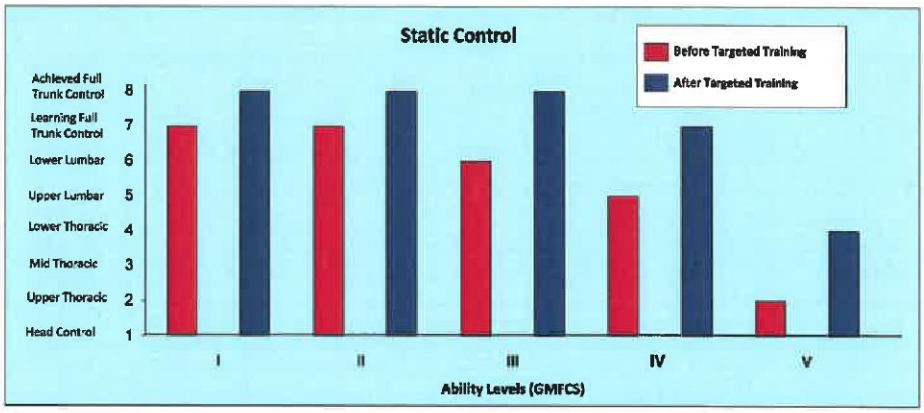
The Segmental Assessment of Trunk Control (SATCo) – validated measure examining trunk control

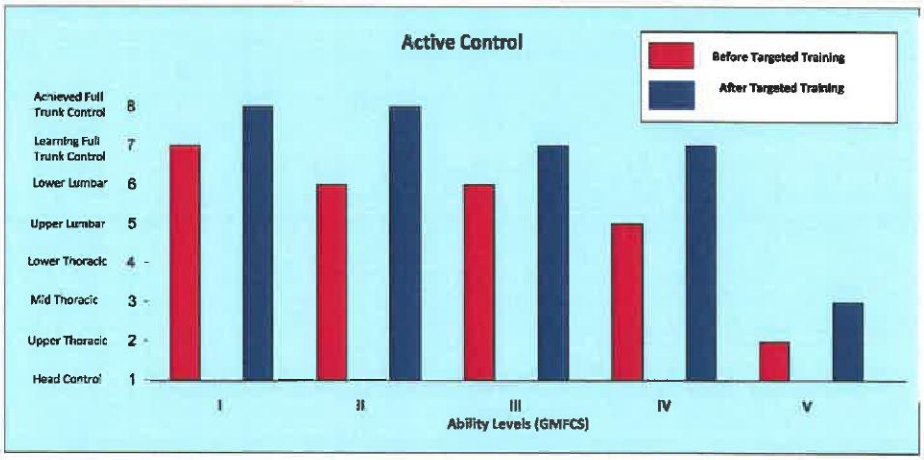
Tools that are central to our assessments is the Segmental Assessment of Trunk Control (SATCo), which were pioneered and developed at The Movement Centre. The SATCo is now an internationally recognised validated measure, which tests the child's trunk control. SATCo is different from other assessment tools as it does not treat the trunk as one unit, but instead provides regional differentiation of trunk control, allowing clinicians greater specificity in assessing trunk control. It provides information on the level of Static, Active and Reactive control which a child demonstrates.

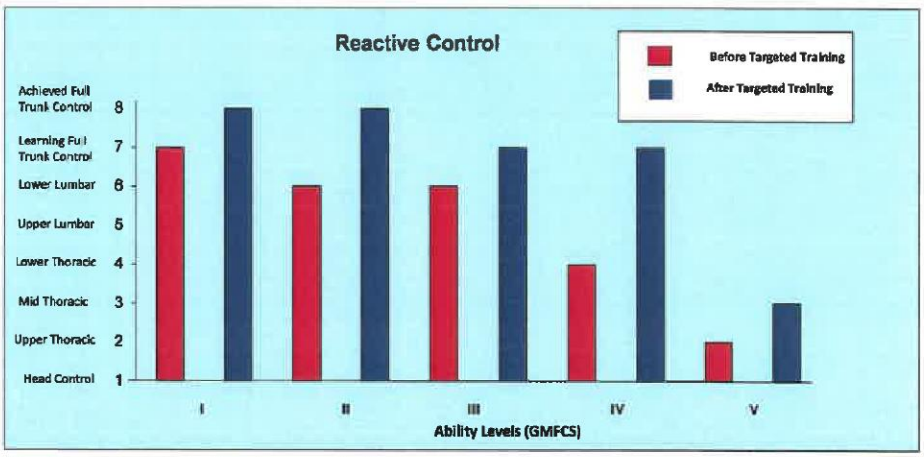
We are very pleased to report that in 2021 we continued to see an improvement in all levels of control (static, active and reactive). The graphs below demonstrate the 25-year accumulative outcomes for the static, active and reactive levels of control - it is evident that the has been improvement for all ability levels in the three controls that were tested and monitored.

Strategic report (continued)

Achievements and performance (continued)







It is important that we are able to demonstrate our impact through our outcome measures, but we are also delighted to be able to highlight the reality of these gains for the children that come to The Movement Centre and what this means for a child's quality of life. This is highlighted in Abbie's story below.

Strategic report (continued)

Achievements and performance (continued)

Abbie's Story

Here's 10-year-old Abbie's story.

Abbie has global development delay, low muscle tone and poor balance. She began treatment at The Movement Centre in September 2019 – a course scheduled to last 12 months but due to the pandemic this was extended until February 2021.

Her mum Lynne said:

"We were told about The Movement Centre by a friend whose son had successfully completed the programme a few years before and is now independently mobile. We weren't sure if
Abbie was suitable for the programme for several reasons but right from the very first phone call everyone at The Movement Centre was very supportive and positive.

"It was certainly the right decision and we noticed a dramatic improvement in Abbie's sitting balance within the first couple of months of starting the programme.

"Abbie has had horse riding lessons for five years and has always needed both parents with her holding onto her legs whilst she is sat on the horse, to prevent her sliding or falling off.

"After starting the program Abbie was soon able to sit on the horse independently, with just supervision needed. It was such a dramatic improvement; I'll confess there were tears from both family and riding staff!!

"She loves riding horses but it is something that has had to be put on hold because of lockdown – it's a shame because the combination of riding and The Movement Centre programme was working brilliantly.





Strategic report (continued)

Achievements and performance (continued)

"The targeted training has involved Abbie carrying out activities whilst being supported in a standing frame, with the support in the frame graded according to need.

"Initially the frame supported Abbie around the waist and hips as well as at the knees. As her core strength increased the supports were removed in stages and she now only has support at the knees.

"Abbie spends between 30 and 45 minutes a day in the frame. It helps her work on her core strength whilst strengthening her legs too.

"Abbie's strength in her legs and her core has definitely improved since starting the programme and she is able to stand for much longer periods of time. She has also started to move and use her right arm which previously would just hang down by her side.

"Staff at The Movement Centre are just so warm and friendly – it's always enjoyable seeing them. During lockdown they were very supportive on the phone and via video call too if we had any concerns or questions.

"The video call was good but it was really helpful to see them in person so they could review and adjust the frame as needed.

"Jack and Lynne both have a lovely rapport with Abbie and she was really excited to see them again when the centre reopened – I understand Abbie was the first child back at The Movement Centre after lockdown.

"We are so pleased to have been able to access the Targeted Training programme. Our only wish is we had known about it sooner!" Parents.

Animated Videos

Traditionally we had always relied on narrative case studies, still pictures and feedback to highlight what it is we do and these were posted onto our website. However, we felt that we have a story to tell and we wanted to be able to showcase our treatment in the best way possible, therefore, we secured funding to enable us to work with a local company called 7Video to create animated videos. In 2021, we launched the first two of four videos – the first video is generic and outlines the treatment that we provide and we worked closely with 7Video and Lynne Burchell to create an animated version of Abbie Burchell's journey with us. We are immensely proud of these videos and we have launched them on our website and used them in various presentations and exhibitions and the feedback has been excellent.





Strategic report (continued)

Achievements and performance (continued)

Awards Party

Pre pandemic we routinely held an annual party to celebrate the achievements of all of the children, who come to The Movement Centre and those who have completed a course of therapy. Sadly, the pandemic meant that the parties for 2020 and 2021 had to be cancelled and at the time of writing it is highly unlikely that there will be a 2022 party; we are tentatively planning an Open Day in 2022 and the intention is to hold an awards part in 2023 party - this is a key date in our diary, and it will be wonderful to be able to have fun again with so many of the families.

b. Factors relevant to achieve objectives

Research and Development

The Movement Centre for Targeted Training has a commitment to research and development that supports our work. Indeed, we have provided feedback to Leckey and R82 on the technical specifications of their frames and we have also forged an alliance with Moti Me Family, which will see TMC bench test the sensory toys that they are developing.

Teaching and Raising Awareness

The Movement Centre actively engages with external audiences to raise awareness of our work. In a typical year we would have had a detailed programme of teaching and raising awareness, however, the planned activity was decimated when the various lockdowns were announced; listed below are the activities that were being planned but had to be cancelled:

- The Movement Centre has regular contact with Keele University and offers the opportunity to provide clinical supervision for physiotherapy students.
- Work experience for students attending schools in the local area.
- Our team was due to attend several Kidz to Adultz exhibitions across the country to raise awareness of Targeted Training therapy to families and clinicians.
- Our Physiotherapists, Jack Mantle and Sarah Bew, were on standby to continue the provision of in-service training sessions at Birmingham Children's Hospital, Alder Hey, Leeds General Infirmary, the Coventry and Warwickshire Partnership trust, and were due to teach on Keele University's post-graduate module Assistive Technology in Neurological Rehabilitation.

Communications

One of our continued main objectives is to increase our impact. One of the ways in which we aim to achieve this is by providing Targeted Training therapy at The Movement Centre to a greater number of children. To meet this objective, we continue to develop developing our communications strategy. As well as delivering our key messages to clinical audiences we are aware that we need to ensure that this information is shared more widely and the outsourcing of our social media to a local agency has worked exceptionally well; they have a clear mandate to drive up the profile of the Centre and in particular to improve our presence on the primary social media platforms such as Facebook, LinkedIn, Twitter and Instagram – our collaboration with the agency goes from strength to strength and the monthly analytics demonstrates how effective this initiative has been.

Strategic report (continued)

Achievements and performance (continued)

Enhancing our services

In line with our aims and objectives we continually work towards further developing and enhancing our services.

Our **Annual Patient Survey** enables us to gain feedback. We are pleased to report that 85% of those who completed the survey said their experience at The Movement Centre had been excellent and 100% said that they would recommend The Movement Centre. On the survey we invited families to describe their experience at The Movement Centre. Here are just a few of the comments from our families.

"It's a different approach to anything else we have experienced but targeted the right areas and made a great difference to Abbie. The Targeted Training has helped Abbie strengthen her core and her legs. It has improved her sitting balance and standing tolerance and as a consequence she is now using her right arm and hand much more. Thank you for all your help." Parents of Abbie.

"Very friendly staff who were very knowledgeable and helpful. Amelie's Paediatric Consultant said the reports she received from you were extremely detailed and helpful. The Movement Centre helped Amelie gain better core strength and develop far more than we could have hoped for." Parents of Amelie.

"As The Movement Centre is private, we definitely feel like Lucy has gotten some more attention. You feel like you're not on a waiting list or being overlooked at all. It's more of a guest tailored experience." Parents of Lucy.

"We have seen a significant improvement in Lukas's standing abilities" Parents of Lukas.

"Without The Movement Centre, Ryder would not be at the stage he is at now. We've been to some places in the past where he was clearly just a number... everyone at the centre is so nice and they all really care about Ryder's development and where he can get to." Parents of Ryder.

"We want to thank The Movement Centre for the strength and confidence they have given Wilson, as his independence grows every day." Parents of Wilson.

"We tried countless therapy methods to help our son strengthen his core and only after we found The Movement Centre our son started to make progress with his sitting and standing." Anonymous.

The survey also provided us with valuable information on how our services could be further improved and it is our aim to continue to improve upon the service we provide.

Integrated sensory items into our assessments at The Movement Centre

When a child has a brain injury, they are unable to perceive the world as others do. Sensory integration helps build a framework to enable children to properly perceive sensory input, including movement. In 2019 sensory equipment had become fully a part of our assessments at The Movement Centre. Sensory items create a calming environment for our children as well as playing a part in Targeted Training practise at assessments. The safety of our families and staff is our primary concern therefore we have put in place multiple measures to make TMC as safe as possible so that it is 'Covid compliant'. Sadly, this internal review determined that much of the equipment such as the sensory equipment had to be 'mothballed' until it is safe to resume normal activities. In addition, we have plans to build a 'family facility', which will provide some personal space for the family when they arrive and before they depart, and we aim to fully incorporate the sensory equipment into that facility this maximises the visit experience.

Strategic report (continued)

Achievements and performance (continued)

Use of activity packs

Our activity packs are for children who are receiving Targeted Training therapy at The Movement Centre. They include activity sheets for children, tailored for their level of ability. Targeted Training therapy involves the children being supported by a standing frame, allowing them to reach in all directions, whilst having an upright posture. Having more interactive and engaging equipment makes the therapy even more enjoyable for the children and, by keeping them active, increases the potential for each child to make progress.



As Targeted Training therapy also takes place daily in the home, it is important that we can support families and help them to engage the child in their activity sessions. Daily practise is essential and getting the child engaged and encouraging them to reach during the each their sessions and appointments is an extremely important part of the therapy. Children respond best if they are interested in something, so we can use their interests as a basis for their Targeted Training therapy activity packs. We believe that by enhancing the therapy sessions children will have an even better chance of reaching their full potential.



Strategic report (continued)

Achievements and performance (continued)

c. Fundraising activities and income generation

NHS Financial Support

Historically, The Movement Centre has treated patients referred by the NHS, and in some cases funded by the NHS. Unfortunately, this practice ceased in 2019. The primary consequence of this was a reduction in patient referrals, with an impact on income and thus financial reserves. The team responded by increasing our own publicity efforts and our family fund-raising capability. The result by the 2019 year end was a recovery on recruitment numbers and this continued into the first quarter of 2020. However, the announcement of the first lockdown in late March 2020 and the subsequent lockdowns obliterated these efforts. The pandemic continued through to 2021 and the various levels of lockdowns and restrictions continued to impact on our ability to operate, indeed, we made full use of the flexible furlough schemed and staff only worked when there were appointments. Notwithstanding, the cohort of children we treat were instructed to shield and those that could travel between lockdowns were unwilling to do so as many must travel a great distance and overnight stays were not possible. Indeed, there was a good deal of parents who were naturally very risk averse and were not willing to risk attending the appointments.

Much work was undertaken to engage with the key decision makers in the local NHS structure to determine how funding maybe released to support the treatment we provide. What was clear was that we needed to (1) have our results peer reviewed and (2) use the peer review to get registered with National Institute for Health and Care Excellence (NICE). We have now begun a search to find a prominent clinician to conduct the research required to have the results peer reviewed.

NHS Clinical and Logistical Support

The pandemic has placed a huge strain on the resources of the NHS, and this impacted on their staffing levels and the functionality of those departments providing therapy and elective services as their staff members were seconded to other departments focussed on fighting the pandemic. Our own physiotherapists were underutilised and when not holding appointments they were on furlough, therefore, we offered up our team to support the local hospitals and the Physiotherapy Department of The Robert Jones and Agnes Hunt Orthopaedic Hospital took up our offer – our physiotherapists supported the Spinal Unit and we provided this at cost.

The reduction in our own appointments meant that it made sense for us to mothball our second treatment room. At the same time the NHS were adapting to the covid environment and due to the requirement for social distancing it meant that real estate was at a premium, so we offered up our treatment room to ease their problems – this was offer was quickly taken up and the quid pro quo was that we paid a reduced rent to the hospital.

Both initiatives have created a great deal of goodwill with the hospital.

Strategic report (continued)

Achievements and performance (continued)

Raising Funds

The team at The Movement Centre has worked hard to raise funds over the last year. We would like to thank all of our individual supporters, corporate supporters and the multiple charitable trusts and foundations who have supported our work. We would not be able to continue without them.

We continued to put further resources into publicity, including on social media (to replace the referral aspect of the NHS) and in working proactively with families to help them raise the funds they need to attend The Movement Centre. We also offer financial support to families towards the cost of a course of therapy, through our fundraising, which we hope will enable more children to be able to receive Targeted Training therapy. In order to do this, we rely on the kind support of fundraisers and donors. That said, the feedback from them is demonstrating that their own fundraising efforts have been severely impacted by the pandemic and in order to protect their own positions and reserves there were fewer grants awarded and those that were awarded resulted in significantly lower sums than those that we have traditionally enjoyed. This continues to place enormous strain on our own financial position, and this has added to a sharp downturn in the take up of treatment.

2021 marked our 25th Anniversary and we launched an initiative to garner financial support from trusts, foundations, and the corporate sector with the aim of raising £125,000, which would represent £5,000.00 for 25 children. In any given year this would have represented a bold challenge let alone a year which saw continual restrictions and by June we had only been able to raise £46,000.00, which was well short of our target. However, as restrictions eased on the economy grew so did the confidence of our supporters and in the last six months of the year, we were able to raise an amazing £155,000.00. In sum, we raised £201,000.00, which is surpassed our wildest expectations – we can't tank our supporters enough and not only did this secure our financial survival it provided a firm foundation for 2022. Indeed, in November 2021 we took the measured decision to reduce the cost of our treatment by 50% in the firm belief that the reduction will see a greater take up of our treatment – this had an immediate affect as we five families that had enquired agreed to start treatment in December 2021, so the signs look promising as we move into the new financial period.

Our fundraising is undertaken with consideration for our donors, we never pass on information to third parties. We actively monitor fundraising activities undertaken on our behalf as far as resources allow, and do not use those practices considered unacceptable by society. We have received no complaints in the last financial period. The Movement Centre is registered with the Fundraising Regulator. We adhere to the Fundraising Code of Practice and Fundraising Promise and agree to ensure that all of our fundraising is legal, open, honest, and respectful.

Further information on our fundraising and those who have supported us in 2021 can be found in our latest Impact Review and on our website.

Strategic report (continued)

Achievements and performance (continued)

d. Future Developments

A very watchful eye was kept on our financial position throughout the year and the strategy was adjusted accordingly. We could never have anticipated that we would enter 2022 in our far stronger position that we start this financial year, but we now have a platform to build on. Our initiatives for 2022 are:

- Increase our impact by providing Targeted Training therapy to a greater number of children at The Movement Centre:
  - > Develop our marketing to create further awareness of Targeted Training therapy.
  - > Create future partnerships and links with other organisations to create further awareness of our work.
  - > Develop relationships with other providers in the Cerebral Palsy arena and the wider special needs fraternity.
- Reduce our risks:
  - > Grow our fundraising and aim to minimise risks through creating a more robust and sustainable funding model.
  - > Decrease our reliance on the use of rental frames from the hospital and where possible maximise the use of the frames that we have purchased ourselves.
- Continue to enhance our services so that families receive the best possible experience:
  - > Develop our activity packs with a greater range of sensory items and equipment.
  - > Deliver two more animated videos that show case the scope of the treatment that is provided.
  - > Investigate the possibility to develop an app to help support our families through their Targeted Training journey and their fundraising efforts.
  - > Continue evaluation and possible adoption of a new standing frame that can be used in Targeted Training therapy.
  - > Seek funding to develop a dedicated family space at the centre.

Financial review

a. Going concern

After formally reviewing financial forecasting at The Movement Centre's Annual General Meeting, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. This is recorded in the minutes of the meeting. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

The Movement Centre has reviewed the need to hold reserves, having taken account of the guidance issued by the Charity Commission. Reserves must be unrestricted funds, which are available to spend on the charity's purposes. Endowed and restricted funds, fixed assets and designated reserves cannot be considered as part of the Reserves Policy.

The Movement Centre provides Targeted Training therapy to children with a disability that affects their movement control. Each course can be of up to twelve months duration. We rely on voluntary income to be able to deliver our services and we believe that it is vital that continuity of service delivery should be maintained to all those enrolled for treatment.

To make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income.
- The impact of any long-term absence of a key member of staff.
- Any external identified potential major risks to income and expenditure during the year.

The Trustees consider that appropriate levels of free reserves are £70,000 - £90,000 based on the current risks of The Movement Centre. This will take time to build so as a contingency measure the Trustees issued instructions the ensure that a minimum of £60,000 is to be held in our Co-operative account and that these funds cannot be used unless express permission has been granted by the Board.

As a proportion of The Movement Centre's income is restricted so we would aim to have funds in the bank of between £90,000 and £110,000 at any one time.

Much of our income is 'restricted' but most of this is restricted to the treatment of children, which is our core activity.

At the year end total funds were £165,441 (2020: £117,581) of which £57,219 were restricted (2020: £76,781) and £108,222 were unrestricted (2020: £40,800). Free reserves after taking into account fixed assets are a surplus of £76,142 (2020: surplus of £22,351). Tangible fixed assets stood at £32,080 at the end of the financial period (2020: £18,449). Free reserves are still considered to be low, however, this will begin to be restored once the recruitment and referral 'pipeline' is fully restored.

The Treasurer ensured that the Board was kept fully briefed during the period.

c. Financial review

As we approached 2021 the country was still in lockdown albeit the vaccine programme had started to gather pace so that gave us some hope that we could resume some sort of service in the new year. Indeed, our team were one of the first to be vaccinated. That said, from a financial perspective we approached the year with a good degree of trepidation because we were unable to fundraise in our own right and donor funding had all but dried up. The situation was exacerbated by the fact that the children we treat were vulnerable and many were isolating so they could not attend their treatment sessions. Moreover, many of those that were happy to attend could not do so as they had to travel long distances an overnight stays were not possible.

The CEO worked closely with the Board of Trustees to ensure that they were kept up to speed with a weekly report that provided an overview of the activity and the latest financial position, and that weekly interaction continues. The flexible furlough scheme was critical as it provided a financial safety net and without it the charity would have faced the prospect of liquidation.

Income

The total income from 1st January 2021 to 31st December 2021 was £257,575. Our key activities consisted of:

- Charitable activities £13,961
- Donations & voluntary income £194,440
- Other income £49,174

Expenditure

The total expenditure for the period was £209,715. This consisted of:

- Raising voluntary funds £10,407
- Charitable activities £199,308

Reserves

At the period end total funds stood at £165,441 and free reserves were £76,142. This is in line with the limit set by the trustees as stated in our reserves policy.

d. Material investments policy

The Trustees retain the power to decide our investment strategy, and any investments would remain in line with the Charity Commission guidance. The Movement Centre does not currently have any available funds to invest, however if the situation were to change, the Trustees would refer to the current investment policy which is reviewed annually.

e. A summary of the impact of Covid-19

During 2021 the impact of Covid-19 continued to hit The Movement Centre hard and the effect was felt in two ways:

- Clinically - The effect of lockdowns and shielding severely reduced our ability to treat patients, and as such this income stream all but dried up. The periods between the various lockdowns also impacted as parents were reluctant to bring patients to be treated, and those that were happy to travel long distances felt unable to do so as there was little in the way of overnight accommodation or motorway facilities available to enable them to do so. Notwithstanding, we adhered to the NHS guidelines on PPE and the Clinical Team made every effort to accommodate appointments and requests to enable treatment to take place. That said, the success of the vaccine rollout meant that the NHS was now in a position to start addressing the backlog that had accrued over the lockdown and by the yearend it became evident that patient referrals were starting to pick up.

- Financially - The effect was mixed. Our normal sources of funds were substantially reduced, not just from patients, but also from grants and events income, in part because furloughed staff were unable to apply for funds or organise events. However, the government furlough scheme covered much of the staff cost and protected our finances. In the early part of the year the decision was made to bring back the Marketing and Fundraising Officer back for three working days a week as this enabled us to continue to submit applications to the trusts and foundations who normally support us. It became clear that as the lockdowns eased the economy picked up and the trust and foundations gained a newfound confidence to start releasing funds again.

The grant received from the National Lottery Fund in the latter part of 2020 meant that we were able to survive in the first quarter of the year, however, we faced quarter two with some trepidation so the CEO and the Trustees remained in continually contact to ensure that there was an effective contingency plan in place. Indeed, by the end of the first half of the year we had only been able to raise circa £46K so the flexible furlough scheme was keeping the organisations afloat. During quarter 3 we were able to raise a further £39K almost matching the previous 6 months, notwithstanding, the situation was not too much better as the flexible furlough scheme ended on 30 Sep 22 so the final quarter of the year was going to be a huge challenge. However, the final quarter of the year proved to be an unexpected 'bumper' quarter as we secured circa £116K in funding – we received notable grants of £32K from Belvinfranks, £20K from Garfield Weston and £20K from HSBC.

This unexpected influx in funds enabled the Trustees to take the bold but measured step to reduce the cost of treatment by half – the rationale behind this decision is that that this 'economy of scale' approach will make the treatment more affordable and this should drive up patient numbers. Indeed, the price reduction was also underpinned by the introduction of a flexible payment plan which was aimed at reducing the immediate financial impact of paying for treatment up front.

In reflection 2021 was a financial roller coaster of a year and to come out at the yearend in a stronger position was beyond our wildest expectations. The Trustees and Staff alike should be commended for their selfless dedication to the cause. Moreover, we owe a huge debt of gratitude to our supporters who have remained steadfastly loyal.

Structure, governance and management

a. Constitution

The Movement Centre for Targeted Training is a charitable company limited by guarantee, incorporated on 12th December 1999 and registered as a charity at the same date. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The Movement Centre is the working name of the charity.

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

The Trustees' skill set represents healthcare, physiotherapy, disability, marketing, finance and accounting, management, governance and data protection. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we seek Trustees to bridge this gap.

The Movement Centre has a policy for trustee recruitment and induction and keeps a Register of Interest, which is available on request. Each year at the Annual General Meeting one third of the Trustees are required to retire by rotation. All Trustees are notified prior to the Annual General Meeting advising them of the retiring Trustees and requesting nominations. The Trustees may appoint a person who is willing to act to be a Trustee, either to fill a vacancy or as an additional Trustee.

c. Organisational structure and decision-making policies

The Board of Trustees is responsible for the overall direction of the charity, policies and legal compliance and they support the operational team. Trustee indemnity insurance is included in our insurance policy.

Structure, governance and management (continued)

d. Policies adopted for the induction and training of Trustees

The Movement Centre recognises that an effective Board of Trustees is essential if the charity is to achieve its objectives. The Board must seek to be diverse and have representatives who reflect the people with whom the charity works. The Board must have available to it all of the knowledge and skills required to run the charity. Individual Trustees must have sufficient knowledge, both of Trusteeship in general and of The Movement Centre's activities, to enable them to carry out their role and to represent The Movement Centre at meetings and other events. The Trustees must ensure that they retain overall responsibility and control of the Trustee recruitment, selection and induction process. The skills of the Trustees must be matched to those required to maximise the effectiveness of The Movement Centre. All Trustee positions are voluntary and unpaid. Although reasonable out of pocket expenses can be covered, it is usual practice for TMC trustees not to claim expenses unless exceptional.

As part of their induction, newly appointed Trustees are invited to attend clinical sessions at The Movement Centre so that they can familiarise themselves with the work of the organisation. New Trustees are provided with all the information required to familiarise themselves with their legal responsibilities and if felt necessary, will receive external training to fully understand. They are given an overview of the annual report and accounts and flow of operations from the CEO. They will also meet with all staff and are given a specific overview on fundraising.

During 2021 both Jilly Barker and Kate Halewood joined the Board of Trustees, and the Board is actively seeking new additions to the board.

The Movement Centre adheres to all of the recommendations in the new Charity Governance Code, which was published in July 2017.

New Patron

We were delighted to announce that Ben Rowlings had agreed to become a patron. Ben is a wheelchair racer and represented Great Britain at the Tokyo 2020 Paralympics. Ben is from Shrewsbury and was diagnosed with cerebral palsy and he really buys into the therapy that is delivered at the centre. Ben is an absolute inspiration, and we firmly believe that he will become a real asset and ambassador for The Movement Centre.



Structure, governance and management (continued)

e. Financial risk management

The Trustees have assessed the major risks to which the Company is exposed, in particular those related to the operations and finances of the Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report including the Strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:

David Vicary
Chair of Trustees
Date: 26.05.22

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

Independent Examiner's Report to the Trustees of The Movement Centre For Targeted Training ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 December 2021.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed: Jane Tweedie Dated: 27 June 2022

S J Tweedie BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 DECEMBER 2021

	Note	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Income from:					
Donations and legacies	3	**80,576**	**113,864**	**194,440**	*208,434*
Charitable activities	4	**13,961**	**-**	**13,961**	*31,784*
Other trading activities	5	**-**	**49,084**	**49,084**	*31,763*
Investments	6	**-**	**90**	**90**	*26*
Total income		**94,537**	**163,038**	**257,575**	*272,007*
Expenditure on:					
Raising funds	7	**-**	**10,407**	**10,407**	*6,872*
Charitable activities		**114,099**	**85,209**	**199,308**	*193,904*
Total expenditure		**114,099**	**95,616**	**209,715**	*200,776*
Net movement in funds		**(19,562)**	**67,422**	**47,860**	*71,231*
Reconciliation of funds:					
Total funds brought forward		**76,781**	**40,800**	**117,581**	*46,350*
Net movement in funds		**(19,562)**	**67,422**	**47,860**	*71,231*
Total funds carried forward		**57,219**	**108,222**	**165,441**	*117,581*

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 29 to 43 form part of these financial statements.

BALANCE SHEET
AS AT 31 DECEMBER 2021

	Note		2021 £		2020 £
Fixed assets					
Tangible assets	12		**32,080**		*18,449*
			32,080		*18,449*
Current assets					
Debtors	13	**768**		*4,028*	
Cash at bank and in hand		**164,121**		*112,300*	
		164,889		*116,328*	
Creditors: amounts falling due within one year	14	**(31,528)**		*(17,196)*	
Net current assets			**133,361**		*99,132*
Total assets less current liabilities			**165,441**		*117,581*
Total net assets			**165,441**		*117,581*

BALANCE SHEET (CONTINUED)
AS AT 31 DECEMBER 2021

	Note	2021 £	*2020 £*
Charity funds			
Restricted funds	15	**57,219**	*76,781*
Unrestricted funds	15	**108,222**	*40,800*
Total funds		**165,441**	*117,581*

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

David Vicary
Chair of Trustees
Date: 26.05.22

The notes on pages 29 to 43 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. General information

The Movement Centre for Targeted Training is a private limited company by guarantee, incorporated in England and Wales, with its registered office and principal place of business at The Movement Centre, Robert Jones & Agnes Hunt Hospital, Oswestry, Shropshire, SY10 7AG. The members of the Charitable Company are the Trustees named on page 1. In the event of the Charitable Company being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Movement Centre For Targeted Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Directors have considered the going concern basis of the financial statements preparation which includes consideration of the impact of the ongoing Coronavirus (COVID-19) global pandemic, and are satisfied that the Charitable Company is well placed to manage the financial impacts of the pandemic.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants are accounted for within the Statement of financial activities in full on receipt.

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Taxation

The Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Short-term leasehold property	-	10% on cost
Treatment equipment	-	25% reducing balance
Office equipment	-	25% reducing balance

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.12 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2. Accounting policies (continued)

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other 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 Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Donations	39,722	113,864	**153,586**	*145,449*
Government grants	40,854	-	**40,854**	*62,985*
Total 2021	80,576	113,864	**194,440**	*208,434*
Total 2020	*208,434*	-	*208,434*	

4. Income from charitable activities

	Restricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Provision of therapy	8,944	**8,944**	*31,769*
Other income	5,017	**5,017**	*15*
Total 2021	13,961	**13,961**	*31,784*
Total 2020	*31,784*	*31,784*	

5. Income from other trading activities

Income from fundraising events

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Community fundraising	-	7,227	**7,227**	*7,114*
Challenge events	-	-	**-**	*15,881*
Lottery and raffle income	-	1,274	**1,274**	*1,570*
Events	-	9,928	**9,928**	*394*
Individual fundraising	-	12,444	**12,444**	*2,328*
Corporate fundraising	-	18,211	**18,211**	*4,476*
Total 2021	-	49,084	**49,084**	*31,763*
Total 2020	*8,559*	*23,204*	*31,763*	

6. Investment income

	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Interest receivable	90	**90**	*26*
Total 2021	90	**90**	*26*
Total 2020	*26*	*26*	

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2021 £	Total funds 2021 £	*Total funds 2020 £*
Expenditure on raising voluntary income	10,407	**10,407**	*6,872*
Total 2021	10,407	**10,407**	*6,872*
Total 2020	*6,872*	*6,872*	

8. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £	*Total funds 2020 £*
Charitable activitites	151,607	47,701	**199,308**	*193,904*
Total 2021	151,607	47,701	**199,308**	*193,904*
Total 2020	*141,243*	*52,661*	*193,904*	

Analysis of direct costs

	Total funds 2021 £	*Total funds 2020 £*
Staff costs	**133,410**	*123,502*
Rent and services	**13,018**	*7,987*
Insurance	**572**	*995*
Equipment refurbishment	**2,495**	*3,453*
Equipment hire	**-**	*2,267*
Equipment	**-**	*240*
Publication and promotion	**-**	*15*
Utilities	**2,112**	*2,784*
Total	**151,607**	*141,243*

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2021 £	*Total funds 2020 £*
Staff costs	**19,694**	*20,378*
Depreciation	**7,043**	*8,198*
Telephone and internet	**137**	*435*
Postage and stationary	**252**	*179*
Staff training	**40**	*3*
Subscriptions	**-**	*39*
Travel	**94**	*382*
Publication and promotion	**13,892**	*4,329*
Events and awards for children	**-**	*13,360*
Bank charges	**337**	*449*
Consumables	**1,412**	*1,123*
IT costs	**842**	*757*
Governance costs	**3,958**	*3,029*
Total	**47,701**	*52,661*

9. Independent examiner's remuneration

	2021 £	*2020 £*
Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts	**1,860**	*2,028*

10. Staff costs

	2021 £	2020 £
Wages and salaries	**137,612**	*127,119*
Social security costs	**6,933**	*10,134*
Contribution to defined contribution pension schemes	**8,559**	*6,627*
	153,104	*143,880*

The average number of persons employed by the Company during the year was as follows:

	2021 No.	2020 No.
Employees	**6**	*8*

No employee received remuneration amounting to more than £60,000 in either year.

During the year key management personnel received remuneration totalling £27,869 (2020: £9,077). No benefits were received.

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2020 - £NIL)*.

During the year ended 31 December 2021, no Trustee expenses have been incurred *(2020 - £NIL)*.

12. Tangible fixed assets

	Short-term leasehold property £	Treatment equipment £	Office equipment £	Total £
Cost or valuation				
At 1 January 2021	**16,501**	**130,013**	**31,761**	**178,275**
Additions	**-**	**15,147**	**5,527**	**20,674**
At 31 December 2021	**16,501**	**145,160**	**37,288**	**198,949**
Depreciation				
At 1 January 2021	**13,925**	**119,514**	**26,387**	**159,826**
Charge for the year	**1,650**	**2,628**	**2,765**	**7,043**
At 31 December 2021	**15,575**	**122,142**	**29,152**	**166,869**
Net book value				
At 31 December 2021	**926**	**23,018**	**8,136**	**32,080**
At 31 December 2020	*2,576*	*10,499*	*5,374*	*18,449*

13. Debtors

	2021 £	*2020* *£*
Due within one year		
Trade debtors	**329**	*3,939*
Other debtors	**289**	*-*
Prepayments and accrued income	**150**	*89*
	768	*4,028*

14. Creditors: Amounts falling due within one year

	2021 £	*2020* *£*
Trade creditors	**1,348**	*10,835*
Other taxation and social security	**3,962**	*782*
Pension creditor	**4,074**	*1,371*
Accruals and deferred income	**22,144**	*4,208*
	31,528	*17,196*

15. Statement of funds

Statement of funds - current year

	Balance at 1 January 2021 £	Income £	Expenditure £	Balance at 31 December 2021 £
Unrestricted funds				
General Funds - all funds	**40,800**	**163,038**	**(95,616)**	**108,222**
Restricted funds				
Clinical Equipment	**15,147**	**23,800**	**(10,992)**	**27,955**
Core Reserve Support	**2,556**	**-**	**(12,196)**	**(9,640)**
Donor Targeted Training Therapy	**5,615**	**36,764**	**(34,235)**	**8,144**
Support Equipment	**7,786**	**-**	**(6,873)**	**913**
Other reserves	**13,560**	**3,700**	**(6,450)**	**10,810**
Patient Targeted Training Therapy	**32,117**	**30,273**	**(43,353)**	**19,037**
	76,781	**94,537**	**(114,099)**	**57,219**
Total of funds	**117,581**	**257,575**	**(209,715)**	**165,441**

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2020 £	*Income* £	*Expenditure* £	*Balance at 31 December 2020* £
Unrestricted funds				
General Funds - all funds	*46,350*	*23,230*	*(28,780)*	*40,800*
Restricted funds				
Clinical Equipment	-	*19,600*	*(4,453)*	*15,147*
Core Reserve Support	-	*30,500*	*(27,944)*	*2,556*
Donor Targeted Training Therapy	-	*67,677*	*(62,062)*	*5,615*
Support Equipment	-	*16,435*	*(8,649)*	*7,786*
Other reserves	-	*15,000*	*(1,440)*	*13,560*
Patient Targeted Training Therapy	-	*99,565*	*(67,448)*	*32,117*
	-	*248,777*	*(171,996)*	*76,781*
Total of funds	*46,350*	*272,007*	*(200,776)*	*117,581*

15. Statement of funds (continued)

Restricted Funds

Patient Targeted Training Therapy
The Targeted Training Therapy fund holds the payments made by Parents to support the cost of their child receiving Targeted Training and this treatment is/or will be scheduled but has not yet been delivered.

Donor Targeted Training Therapy
The Targeted Training Therapy fund holds the payments made by Donors to support the cost of the children receiving Targeted Training and this treatment is/or will be scheduled but has not yet been delivered.

Clinical Equipment
The Clinical Equipment fund represents funds received for clinical equipment used to enhance Targeted Training Therapy.

Support Equipment
The Support Equipment fund represents funds received for general equipment used at The Movement Centre.

Core Reserve Support
The Core Reserve Support fund represents funds received to supplement The Movement Centre core reserves to enable it to continue trading.

Other
Other represents miscellaneous items such as staff training, publicity and general infrastructure support such as website design etc.

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	-	32,080	**32,080**
Current assets	57,219	107,670	**164,889**
Creditors due within one year	-	(31,528)	**(31,528)**
Total	57,219	108,222	**165,441**

16. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	Restricted funds 2020 £	*Unrestricted funds 2020* £	*Total funds 2020* £
Tangible fixed assets	-	*18,449*	*18,449*
Current assets	*76,781*	*39,547*	*116,328*
Creditors due within one year	-	*(17,196)*	*(17,196)*
Total	*76,781*	*40,800*	*117,581*

17. Pension commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £8,610 (2020: £6,627). £4,074 (2020: £1,371) was payable to the fund at the balance sheet date and included within creditors.

18. Related party transactions

The Charitable Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charitable Company at 31 December 2021.

THE MOVEMENT CENTRE FOR TARGETED TRAINING

England & Wales - Charity number 1075549

Accounts

Registered number: 03713213
Charity number: 1075549

THE MOVEMENT CENTRE FOR TARGETED TRAINING

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

WR Partners
Protecting your future.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

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THE MOVEMENT CENTRE FOR TARGETED TRAINING

(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2020

Trustees	Stuart Gillies Katrina Graham Alison Shields Angela Tomley David Vicary, Chair of Trustees David Williams
Company registered number	03713213
Charity registered number	1075549
Registered office	Robert Jones & Agnes Hunt Orthopaedic Hospital Oswestry Shropshire SY10 7AG
Accountants	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG
Key Management Personnel	Mrs V Handbury Madin - Chief Executive Officer (Resigned 28 February 2020) Mr J A Wilkes - Chief Executive Officer (Appointed 1 December 2020)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees present their annual report together with the financial statements of the Charitable Company for the year 1 January 2020 to 31 December 2020. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

The Movement Centre for Targeted Training (which operates under its working name The Movement Centre) is a UK charity and specialist treatment centre for children dedicated to supporting children and their families living with movement disabilities. We provide a specialist therapy called Targeted Training to help children gain movement control. Our vision is that all children who have a disability affecting their movement control are able to reach their full potential. Our mission is to maximise the potential of children's movement control through Targeted Training therapy.

Targeted Training has been developed to help children with movement disabilities gain control of their movement. It helps enable children to gain new skills and independence, which can have a huge impact on their lives. It can also make a big difference to the lives of their family and friends. Through a course of Targeted Training therapy children can gain head control, so they can interact with their family; it can help children develop the skills to sit unaided, so that they can play with their friends. For some children it can enable them to walk, which means they can be far more independent.

We welcome any family to come to The Movement Centre who may benefit. Diagnoses include, but are not limited to: Cerebral palsy, Global Developmental Delay; Genetic Disorders; Down syndrome; an Acquired Brain Injury; Childhood strokes; Undiagnosed; Syndrome without a name (SWAN).

The onset of the COVID-19 pandemic has been devastating and this has impacted on every area and activity of the organisation. In particular, the hard work in 2019 that had gone into restoring the reserves to a sensible level has been undone. The staff have been furloughed for much of the year, however, much effort has been expended by the staff and trustees alike to ensure that when the centre could be open it was. Unfortunately, the cohort of children that we treat were amongst those most affected as they were required to shield for much of the year. When the opportunity to travel for treatment arose was severely undermined by parents who were naturally cautious and risk averse and those that were willing to travel but had to travel a long distance and stay overnight locally were unable to do so as there was no local accommodation available. The trusts and foundations that we have previously relied upon for funding have cut back on the grants that they have awarded as their own fundraising activities have been impacted as they desperately protected their own reserves – any grants that have been awarded have been far less than normal.

To end 2020, we have provided almost 1,000 courses of Targeted Training therapy to help 615 children to gain independence and a better quality of life through increased movement control. As well as a direct benefit to the child, Targeted Training can have a huge impact on family life. We are delighted to report continuing good progress towards our objectives in 2020. We are pleased to report a number of highlights from the year. In 2020 we have:

- **Raised further awareness of our services:** These efforts continued in the face of adversity but as can be expected there was a massive drop off in attendance and take-up of the treatment.
- **Continued our impact:** There have been 37 courses of Targeted Training therapy active during 2020 albeit many of these were carried over from 2019 and that treatment all but stalled as the impact of lockdowns was felt, notwithstanding, the centre open whenever it was allowed to.
- **Johnny Wilkes** was appointed as the new CEO in December 2020.
- **Demonstrated the continued effectiveness of Targeted Training therapy** through our clinical outcomes, with children showing improvements in functional and motor abilities leading to greater independence and a better quality of life.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

Further details of some of the highlights above can be found in the report.

Objectives and activities

a. Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

Our Legal objectives as set out in our governing document are as follows:

To promote the relief of persons suffering from difficulties of movement control anywhere in the world and in particular but not so as to limit the generality of the foregoing:

- The provision to treat conditions that are of neurological or neuromuscular origin, whether congenital or acquired. Such conditions may include cerebral palsy, cerebral vascular accident, muscular dystrophy, head injury or developmental delay.

In order to fulfil our legal objectives we deliver our specialist therapy, Targeted Training therapy, to children who face problems of movement control.

In furtherance of the Objects but not otherwise the Centre may exercise the following powers:

1. The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;

2. The provision to develop methods of assessment, management and treatment of those with movement difficulties;

3. The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;

4. The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;

5. The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above.

Objectives and activities (continued)

c. Activities undertaken to achieve objectives

The objective of The Movement Centre is to help resolve the problems and difficulties that are a consequence of poor control of movement due to a disability that impacts on movement. The Movement Centre has worked historically to provide Targeted Training therapy to children, and this is the continued focus of our work.

Functional difficulties in these children range from inability to control head posture in those most severely affected to problems with walking in the least affected. The Movement Centre aims to meet its objectives by:

- Providing a clinical service assessing and treating children with movement control difficulties, aiming to improve functional abilities and quality of life
- Raising awareness and teaching of the techniques developed at The Movement Centre ensuring that an ever widening audience is aware of what can be achieved
- Researching and developing methods to enhance movement control, including equipment. This is vital to ensure that children are offered the optimal therapy provision.

Targeted Training therapy, the therapy technique developed at The Movement Centre, has continued to provide the main focus of activity during the last accounting period, in order for the charity to realise its clinical, teaching and research and development objectives and aims.

d. Main activities undertaken to further the Company's purposes for the public benefit

Our work directly benefits children who face problems with movement control. We deliver Targeted Training therapy, which helps them to maximise their potential by gaining functional skills and greater independence. In delivering our services we further benefit the public, as follows:

- **Families:** Our work with children can have a significant impact on their family life, allowing for greater participation, inclusion and interaction. This can be extremely positive for all members of the family
- **Wider community:** Individuals who gain greater independence through Targeted Training can play a more active role in the community within their lifetime
- **Healthcare providers:** Targeted Training can reduce the need for medical equipment and care intervention

Due to the kind support of fundraisers and donors, The Movement Centre is able to contribute towards the cost of Targeted Training therapy for many of our families, within the limit of our resources. Voluntary income also allows us to continue our work and develop our services. For children who are resident in the UK, applications can be made to a child's local NHS to cover the cost of their therapy. However, this is rarely supported by the NHS.

Children who do not receive NHS funding and need to raise funds are supported by our fundraising team to enable them to do so. In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

Strategic report

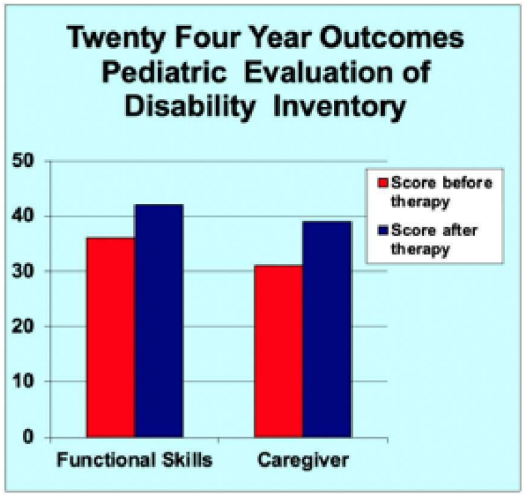
Achievements and performance

a. Main achievements of the Company

We are pleased to report our clinical outcomes for the last financial period. Despite the obvious disruption the pandemic and the lockdowns caused we were still able to provide 31 children with Targeted Training therapy; in sum, 60 sessions were delivered throughout the year at The Movement Centre. Much effort was expended in arranging and rearranging appointments to accommodate the various lockdowns and the needs of the patient and family. For each course of Targeted Training therapy, a number of outcome measures are used throughout the course of therapy. An outcome measure is the result of a test that is used to determine the baseline function of a patient at the beginning of treatment. Once treatment has commenced, the same instrument can be used to determine progress and treatment efficacy. At The Movement Centre we use a range of outcome measures each chosen to provide valuable information about the individual child. An explanation of these outcome measures is as follows:

Paediatric Evaluation of Disability Inventory (PEDI) Questionnaire: Examining the activities of daily living

This is a paediatric measure, which allows us to document functional delay and document changes in functional abilities over time in response to therapeutic intervention. It does so by examining the activities of daily living, such as sitting skills and walking abilities. The higher the score, the greater is the child's ability. The Caregiver section indicates the amount of assistance required from another person, with a higher score indicating greater independence and less reliance on the Caregiver. All scores presented are scaled scores with a range 0 to 100.



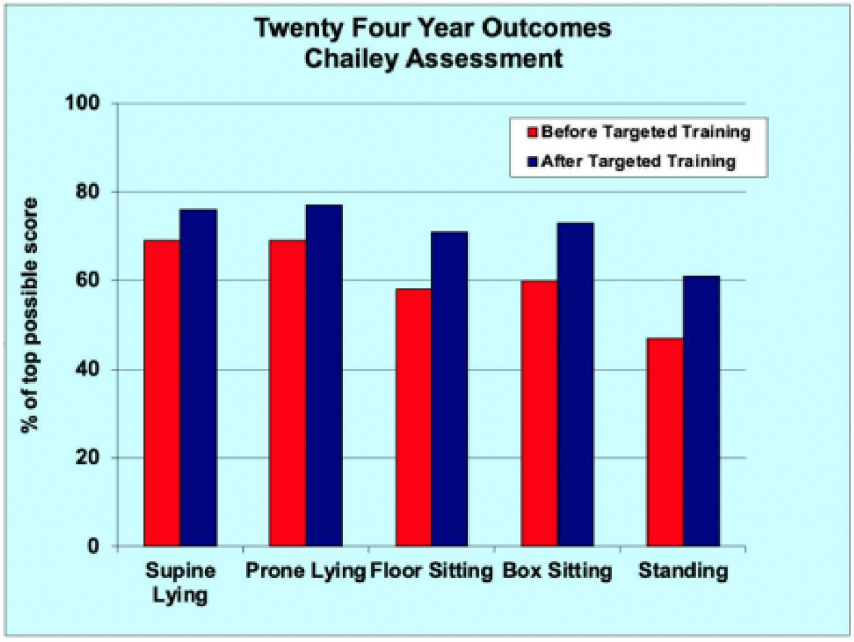
The graph demonstrates the accumulative scores for Targeted Training therapy. We are pleased to report that the graph demonstrates the positive impact of Targeted Training on the child's functional abilities.

Chailey Levels of Ability - Observational Scale examining posture

The Chailey Levels of Ability is a scale which measures motor ability in children and young adults. It is an observational scale that details the child's posture at low levels and can record discrete changes in ability. It examines the five postures of: Lying supine; Lying prone; Sitting on floor; Sitting on bench and Standing.

Strategic report (continued)

Achievements and performance (continued)

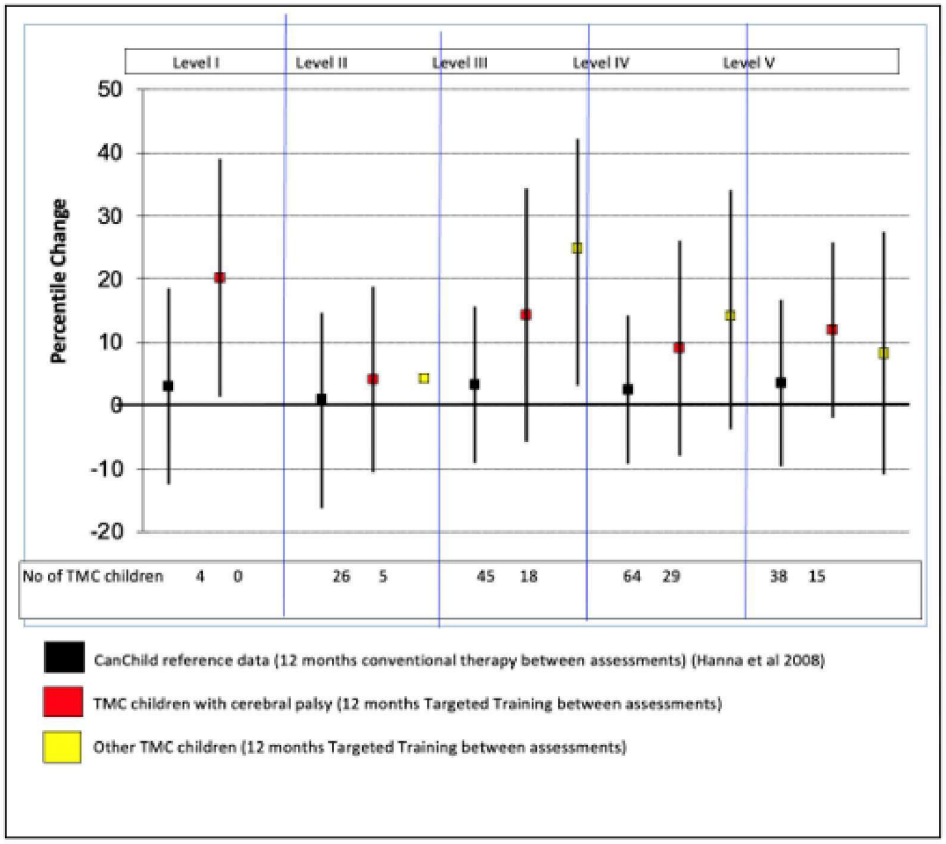


The Gross Motor Function Measure 66 item set (GMFM-66-IS) - Observational Scale examining functional ability

The GMFM measures children's abilities in lying, sitting, crawling, standing, and walking/running. It was first developed in the late 1980's by CanChild for use in both clinical and research settings and has evolved through advanced analytic techniques and in response to requests for more efficient testing. It is most appropriate to review these results in relation to the level of severity of disability of each child and thus a standardised Ability Scale has been used (Gross Motor Function Classification System (GMFCS), as you will see on the graph. This classifies the severity of cerebral palsy into five groups where Level I represent children who walk without restrictions through Level V where self-mobility is severely limited even with the use of assistive technology.

Strategic report (continued)

Achievements and performance (continued)



The CanChild reference data is designed for children with Cerebral Palsy. We have, therefore, separated our data into “TMC children with CP” and “Other TMC children.”

As you will see from the graph below children undertaking Targeted Training therapy have scored more highly than the Canchild reference data for children who had conventional therapy.

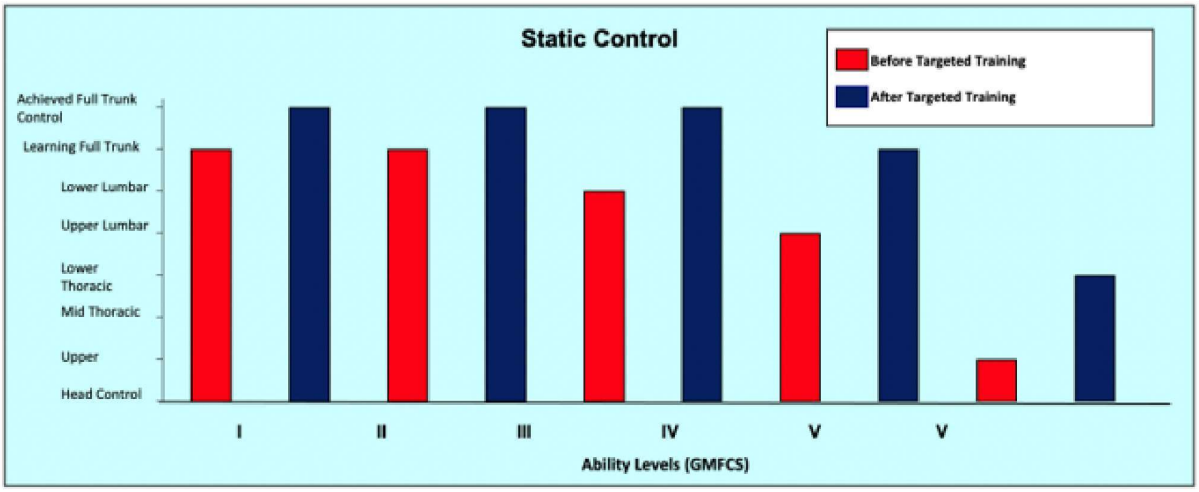
The Segmental Assessment of Trunk Control (SATCo) – validated measure examining trunk control

Tools that are central to our assessments is the Segmental Assessment of Trunk Control (SATCo), which were pioneered and developed at The Movement Centre. The SATCo is now an internationally recognised validated measure, which tests the child’s trunk control. SATCo is different from other assessment tools as it does not treat the trunk as one unit, but instead provides regional differentiation of trunk control, allowing clinicians greater specificity in assessing trunk control. It provides information on the level of Static, Active and Reactive control which a child demonstrates.

We are very pleased to report that in 2020 we continued to see an improvement in all levels of control (static, active and reactive). The graph above demonstrates the accumulative outcomes for the static level of control. There is an evident improvement for all ability levels, particularly for children who are classified as Level V (5) on the scale, who are the children who are most severely affected.

Strategic report (continued)

Achievements and performance (continued)



Lukas's Story

Lukas suffered an ischemic brain injury following a cardiac arrest just before his fourth birthday. He is now looking forward to his 8th birthday.

His mum Shelley said:

"Lukas has a lot of limitations. He has minimal function in his left hand and cannot stand or walk unaided. This means he was completely reliant on us to get around and we had to carry him everywhere.

"I came across The Movement Centre on social media, was impressed with what I saw and was keen to find out more about the sort of treatment the centre offered and if it might be something that would work for Lukas. I then found someone whose child had completed a course at The Movement Centre, was able to talk about the programme with them and the progress their little boy had made".

Strategic report (continued)

Achievements and performance (continued)



“It was an amazing story, really, and we made our minds up to get in touch with the centre and see if they could help Lukas - we were just so keen to try anything which would help Lukas develop some improved movement”.

“We discovered that The Movement Centre was doing something which was unique and had been extremely successful through its Targeted Training programme in helping many children over the years.

“Lukas struggles with concentration, which can be challenging, but we have seen a great improvement and since starting his targeted training he has been able to crawl, so can now get about more independently. We are hopeful the treatment will continue to get him stronger on his feet, making him even more independent!

“The Movement Centre has been wonderful throughout. The staff have all been lovely, really friendly, and always make the appointments fun for Lukas - even with all the PPE!

Awards Party

Every year we celebrate the achievements of all of the children, just like Lukas, who come to The Movement Centre and those who have completed a course of therapy. Sadly, the onset of the pandemic meant that the 2020 party had to be cancelled and at the time of writing it is highly unlikely that there will be a 2021 party; we are tentatively planning the 2022 party as it is a key date in our diary, and it will be wonderful to be able to have fun again with so many of the families.

Strategic report (continued)

Achievements and performance (continued)

Integrated sensory items into our assessments at The Movement Centre

When a child has a brain injury, they are unable to perceive the world as others do. Sensory integration helps build a framework to enable children to properly perceive sensory input, including movement. In 2019 sensory equipment had become fully a part of our assessments at The Movement Centre. Sensory items create a calming environment for our children as well as playing a part in Targeted Training practise at assessments. The safety of our families and staff is our primary concern therefore we have put in place multiple measures to make TMC as safe as possible so that it is 'Covid compliant'. Sadly, this internal review determined that much of the equipment such as the sensory equipment had to be 'mothballed' until it is safe to resume normal activities.

Use of activity packs

Our activity packs are for children who are receiving Targeted Training therapy at The Movement Centre. They include activity sheets for children, tailored for their level of ability.

Targeted Training therapy involves the children being supported by a standing frame, allowing them to reach in all directions, whilst having an upright posture. Having more interactive and engaging equipment makes the therapy even more enjoyable for the children and, by keeping them active, increases the potential for each child to make progress. As Targeted Training therapy also takes place daily in the home, it is important that we are able to support families and help them to engage the child in the activity. Daily practise is essential and getting the child engaged and encouraging them to reach during the each their sessions and appointments is an extremely important part of the therapy. Children respond best if they are interested in something, so we can use their interests as a basis for their Targeted Training therapy activity packs. We believe that by enhancing the therapy sessions children will have an even better chance of reaching their full potential.



Strategic report (continued)

Achievements and performance (continued)

b. Review of activities

Enhancing our services

In line with our aims and objectives we continually work towards further developing and enhancing our services.

Our **Annual Patient Survey** enables us to gain feedback. We are pleased to report that 85% of those who completed the survey said their experience at The Movement Centre had been excellent and 100% said that they would recommend The Movement Centre. On the survey we invited families to describe their experience at The Movement Centre. Here are just a few of the comments from our families:

"Amazing & practically life-changing."

"A very personal, supportive and informative experience for Ruby and all her family."

"Fantastic professionals with our daughter's best interests at heart."

"The Movement Centre is very child-centred & caring and we have had a very positive experience."

"We feel more confident that Eddie is ready for each new step!"

"TMC & staff have given Henry the confidence & strength that he needs on his road to independence, we can't thank you enough!"

"Professional, non-judgmental, friendly team that helps children reach their potential supporting their family."
"Absolutely amazing team working wonders with our son Harry."

"It's been one of the best things we could have done for Rosa. Her life has changed for the better because of the treatment from TMC."

Everyone/all the family has benefitted greatly from Targeted Training therapy & the help and the support we've received from TMC"



Strategic report (continued)

Achievements and performance (continued)

The survey also provided us with valuable information on how our services could be further improved and it is our aim to continue to improve upon the service we provide.

c. Factors relevant to achieve objectives

Research and Development

The Movement Centre for Targeted Training has a commitment to research and development that supports our work.

Teaching and Raising Awareness

The Movement Centre actively engages with external audiences to raise awareness of our work. In a typical year we would have had a detailed programme of teaching and raising awareness, however, the planned activity was decimated when the various lockdowns were announced; listed below are the activities that were being planned but had to be cancelled:

- The Movement Centre has regular contact with Keele University and offers the opportunity to provide clinical supervision for physiotherapy students.
- Work experience for students attending schools in the local area.
- Our team was due to attend several Kidz to Adultz exhibitions across the country to raise awareness of Targeted Training therapy to families and clinicians.
- Our Physiotherapists, Jack Mantle and Sarah Bew, were on standby to continue the provision of in-service training sessions at Birmingham Children's Hospital, Alder Hey, Leeds General Infirmary, the Coventry and Warwickshire Partnership trust, and were due to teach on Keele University's post-graduate module Assistive Technology in Neurological Rehabilitation.

Communications

One of our continued main objectives is to increase our impact. One of the ways in which we aim to achieve this is by providing Targeted Training therapy at The Movement Centre to a greater number of children. In order to meet this objective, we are developing our communications. As well as delivering our key messages to clinical audiences we are aware that we need to ensure that this information is shared more widely. In the latter part of 2020, we outsourced our social media to a local agency with a clear mandate to drive up the profile of the Centre and in particular to improve our presence on the primary social media platforms such as Facebook, LinkedIn, Twitter and Instagram.

Strategic report (continued)

Achievements and performance (continued)

Developing our Database

In 2020 we continued our work on the development of our database, Salesforce, with software development company Impact Box. The Movement Centre previously had a number of different databases and storage systems for data. Salesforce which is now widely used in the charity sector; It is tailored to our needs and, therefore, allows us to store all of the data we need. As it is fully integrated it will also allow us to report more successfully in the future, not only on clinical outputs but on all aspects of our work. We aim to carry out further work on the system where we would link Salesforce directly with our accounting software, Xero. By developing and using one Customer Relationship Management System we will be able to:

- Better comply with GDPR legislation
- More successfully measure our impact
- Produce more robust reports on our clinical outcomes
- Directly relate finance to our service delivery

d. Fundraising activities and income generation

NHS Support

Historically, The Movement Centre has treated patients referred by the NHS, and in some cases funded by the NHS. Unfortunately, this practice ceased in 2019. The primary consequence of this was a reduction in patient referrals, with an impact on income and thus financial reserves. The team responded by increasing our own publicity efforts and our family fund-raising capability. The result by the 2019 year end was a recovery on recruitment numbers and this continued into the first quarter of 2020. However, the announcement of the first lockdown in late March 2020 and the subsequent lockdowns obliterated these efforts. The cohort of children we treat were instructed to shield and those that could travel between lockdowns were unwilling to do so as many have to travel a great distance and overnight stays were not possible. Indeed, there was a good deal of parents who were naturally very risk averse and were not willing to risk attending the appointments.

Our aspiration is to engage with the respective NHS CCGs with a view to turning the funding back on, but this will prove difficult as the pandemic has ravaged public finances and the NHS is also opted to undergo a major restructure to the ICS model so identifying the key decision makers will be a challenge.

Raising Funds

The team at The Movement Centre has worked hard to raise funds over the last year. We would like to thank all of our individual supporters, corporate supporters and the multiple charitable trusts and foundations who have supported our work. We would not be able to continue without them. In particular, a major boost was the award of a restricted £55,000 grant from the National Lottery in November 2020.

We continued to put further resources into publicity, including on social media (to replace the referral aspect of the NHS) and in working proactively with families to help them raise the funds they need to attend The Movement Centre. We also offer financial support to families towards the cost of a course of therapy, through our fundraising, which we hope will enable more children to be able to receive Targeted Training therapy. In order to do this, we rely on the kind support of fundraisers and donors. That said, the feedback from them is demonstrating that their own fundraising efforts have been severely impacted by the pandemic and in order to protect their own positions and reserves there were fewer grants awarded and those that were awarded resulted in significantly lower sums than those that we have traditionally enjoyed. This continues to place enormous strain on our own financial position, and this has added to a sharp downturn in the take up of treatment.

Strategic report (continued)

Achievements and performance (continued)

All of our fundraising is undertaken with consideration for our donors, we never pass on information to third parties. We actively monitor fundraising activities undertaken on our behalf as far as resources allow, and do not use those practices considered unacceptable by society. We have received no complaints in the last financial period. The Movement Centre is registered with the Fundraising Regulator. We adhere to the Fundraising Code of Practice and Fundraising Promise and agree to ensure that all of our fundraising is legal, open, honest, and respectful.

Further information on our fundraising and those who have supported us in 2020 can be found in our latest Impact Review and on our website.

Financial review

a. Going concern

After formally reviewing financial forecasting at The Movement Centre's Annual General Meeting, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. This is recorded in the minutes of the meeting. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

At the period end total funds stood at £117,581. This is lower than the limit set by the trustees as stated in our reserves policy. Tangible fixed assets stood at £18,449 at the end of the financial period.

The Movement Centre has reviewed the need to hold reserves, having taken account of the guidance issued by the Charity Commission. Reserves must be unrestricted funds, which are available to spend on the charity's purposes. Restricted funds, fixed assets and designated reserves cannot be considered as part of the Reserves Policy.

The Movement Centre provides Targeted Training therapy to children with a disability that affects their movement control. Each course can be of up to twelve months duration. We rely on voluntary income to be able to deliver our services and we believe that it is vital that continuity of service delivery should be maintained to all those enrolled for treatment.

In order to make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income
- The impact of any long term absence of a key member of staff
- Any external identified potential major risks to income and expenditure during the year

The Trustees consider that appropriate levels of free reserves are £70,000 - £90,000 based on the current risks of The Movement Centre. The total free reserves for the year ended 31 December 2020 amount to £22,351 (2019: £20,731). This is not currently in line with the Trustees Policy and will be reviewed for the year ended 31 December 2021.

As a proportion of The Movement Centre's income is restricted we would aim to have funds in the bank of between £90,000 and £110,000 at any one time.

However, the cessation of NHS referrals and funding led to a drain on reserves whilst the strengthened approach to recruitment and fund-raising is taking time to become effective.

Much of our income is 'restricted' but most of this is restricted to the treatment of children, which is our core activity.

At the period end total restricted funds balances stood at £76,781. This is considered to be too low and will begin to be restored once the recruitment 'pipeline' development is restored, in 2021.

The Board was kept fully briefed by the Treasurer during the recovery period.

c. Financial review

2019 had been a poor year financially, however, the strategic planning that had been conducted by the trustees had begun to take effect and by March 2020 the green shoots of recovery were evident as the enrolment of the families was broadly in line with the projections made. The announcement of the first lockdown undermined any further growth and the organisation were wholly reliant of the government furlough scheme. A core funding grant from the Charities Aid Foundation (CAF) to enable a restart amounting to £5,000 was received in June 2020 and a National Lottery grant of £55,000 of which £25,000 was to cover reserves arrived in November 2020 and these enabled the centre to continue – the 2020 accounts would be far bleaker had these grants not been awarded. Indeed, the immediate future remains exceptionally precarious, and the fundraising team have double downed on their efforts to secure funds from every source available.

Income

The total income from 1st January 2020 to 31st December 2020 was £272,007. Our key activities consisted of:

- Charitable activities £31,784
- Voluntary income £208,434
- Unrestricted income made up 8.5% of the total (earned income and voluntary income)
- 100% of all voluntary income (fundraising and donations) was unrestricted

Expenditure

The total expenditure for the period was £200,776. This consisted of:

- Raising voluntary funds £6,872
- Charitable activities £193,904

d. Material investments policy

The Trustees retain the power to decide our investment strategy, and any investments would remain in line with the Charity Commission guidance. The Movement Centre does not currently have any available funds to invest, however if the situation were to change, the Trustees would refer to the current investment policy which is reviewed annually.

e. Principal risks and uncertainties

A summary of the impact of Covid-19

The impact of Covid-19 hit The Movement Centre hard in March 2020 the year had started well, with the recruitment campaign for new patients bearing fruit so that by March we were on a sustainable track with a healthy forecast 'patient pipeline' and the beginning of a recovery of reserves. In March, however, Covid-19 struck, which had a huge effect on The Movement Centre as it did on everyone.

The effect was felt in two ways. Clinically, the effect was to reduce very severely our ability to treat patients, and thus to receive income from patients. Parents were reluctant to bring patients to be treated, staff had little work, and when the scheme was announced, all staff were furloughed, and business stopped. As staff were unable to work (under the terms of the scheme), all activity became the responsibility of the unpaid trustees.

Financially, the effect was mixed. Our normal sources of funds were substantially reduced, not just from patients, but also from grants and events income, in part because furloughed staff were unable to apply for funds or organise events. However, the government furlough scheme covered much of the staff cost and protected our finances. After some months, various charitable funding sources became available, and trustees applied for this funding as best they could.

As a result, income was received from sources including the Charities Aid Foundation, and from the government via Shrewsbury Council. This helped sustain our finances. In August, trustees applied to the National Lottery Community Fund for support, with the objective of financing the restarting of operations and investing in the growth of The Movement Centre throughput to the maximum our facilities could handle. This would help The Movement Centre to reduce its charge to patients and would assist in dealing with the Coronavirus backlog of untreated children. We are pleased to say that our application was granted, and we received £55,000 in November 2020. In the autumn, staff had begun to work part time to recommence treatment of current patients and to begin the recruitment of new patients. We have also received significant sums from other sources in late 2020 such that we will commence 2021 in a healthier position than had been anticipated.

Structure, governance and management

a. Constitution

The Movement Centre for Targeted Training is a charitable company limited by guarantee, incorporated on 12th December 1999 and registered as a charity at the same date. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The Movement Centre is the working name of the charity.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

Structure, governance and management (continued)

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

The Trustees' skill set represents healthcare, physiotherapy, disability, marketing, finance and accounting, management, governance and data protection. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we seek Trustees to bridge this gap.

The Movement Centre has a policy for trustee recruitment and induction and keeps a Register of Interest, which is available on request. Each year at the Annual General Meeting one third of the Trustees are required to retire by rotation. All Trustees are notified prior to the Annual General Meeting advising them of the retiring Trustees and requesting nominations. The Trustees may appoint a person who is willing to act to be a Trustee, either to fill a vacancy or as an additional Trustee.

Dave Williams opted to resign in 2020 and the Board of Trustees is actively seeking new additions to the board.

The Movement Centre adheres to all of the recommendations in the new Charity Governance Code, which was published in July 2017.

c. Organisational structure and decision-making policies

The Board of Trustees is responsible for the overall direction of the charity, policies and legal compliance and they support the operational team. Trustee indemnity insurance is included in our insurance policy.

d. Policies adopted for the induction and training of Trustees

The Movement Centre recognises that an effective Board of Trustees is essential if the charity is to achieve its objectives. The Board must seek to be diverse and have representatives who reflect the people with whom the charity works. The Board must have available to it all of the knowledge and skills required to run the charity. Individual Trustees must have sufficient knowledge, both of Trusteeship in general and of The Movement Centre's activities, to enable them to carry out their role and to represent The Movement Centre at meetings and other events. The Trustees must ensure that they retain overall responsibility and control of the Trustee recruitment, selection and induction process. The skills of the Trustees must be matched to those required to maximise the effectiveness of The Movement Centre. All Trustee positions are voluntary and unpaid. Although reasonable out of pocket expenses can be covered, it is usual practice for TMC trustees not to claim expenses unless exceptional.

As part of their induction, newly appointed Trustees are invited to attend clinical sessions at The Movement Centre so that they can familiarise themselves with the work of the organisation. New Trustees are provided with all the information required to familiarise themselves with their legal responsibilities and if felt necessary, will receive external training to fully understand. They are given an overview of the annual report and accounts and flow of operations from the CEO. They will also meet with all staff and are given a specific overview on fundraising.

Structure, governance and management (continued)

e. Financial risk management

The Trustees have assessed the major risks to which the Company is exposed, in particular those related to the operations and finances of the Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

Plans for future periods

The considerable work carried out on our strategic development in 2019 has come to a grinding halt in 2020, notwithstanding, once fully operational it will be our aim to pick up where we left off and in particular our focus will be to:

- Increase our impact by providing Targeted Training therapy to a greater number of children at The Movement Centre:
  - Develop our marketing to create further awareness of Targeted Training therapy
  - Create future partnerships and links with other organisations to create further awareness of our work
- Reduce our risks:
  - Grow our fundraising and aim to minimise risks through creating a more robust and sustainable funding model
  - Develop the team structure at The Movement Centre
- Continue to enhance our services so that families receive the best possible experience:
  - Develop our activity packs with a greater range of sensory items and equipment
  - Investigate the possibility for an app to help support our families through their Targeted Training journey
  - Continue evaluation and possible adoption of a new standing frame that can be used in Targeted Training therapy

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report including the Strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



David Vicary
(Chair of Trustees)

Date: 8th August 2021

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

Independent Examiner's Report to the Trustees of The Movement Centre for Targeted Training ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 December 2020.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

Independent Examiner's Statement

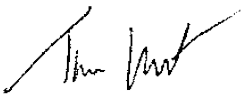
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:  Dated: 09/08/2021

Tim Lunt BA FCCA MIRPM

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 DECEMBER 2020

	Note	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £	*Total funds 2019 £*
Income from:					
Donations and legacies	3	**208,434**	**-**	**208,434**	*106,103*
Charitable activities	4	**31,784**	**-**	**31,784**	*60,945*
Other trading activities	5	**8,559**	**23,204**	**31,763**	*41,932*
Investments	6	**-**	**26**	**26**	*102*
Total income		**248,777**	**23,230**	**272,007**	*209,082*
Expenditure on:					
Raising funds	7	**-**	**6,872**	**6,872**	*5,200*
Charitable activities	8	**171,996**	**21,908**	**193,904**	*287,932*
Total expenditure		**171,996**	**28,780**	**200,776**	*293,132*
Net movement in funds		**76,781**	**(5,550)**	**71,231**	*(84,050)*
Reconciliation of funds:					
Total funds brought forward	15	**-**	**46,350**	**46,350**	*130,400*
Net movement in funds		**76,781**	**(5,550)**	**71,231**	*(84,050)*
Total funds carried forward		**76,781**	**40,800**	**117,581**	*46,350*

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 25 to 39 form part of these financial statements.

BALANCE SHEET
AS AT 31 DECEMBER 2020

	Note		2020 £		2019 £
Fixed assets					
Tangible assets	12		**18,449**		*25,619*
			18,449		*25,619*
Current assets					
Debtors	13	**4,028**		-	
Cash at bank and in hand		**112,300**		*30,011*	
		116,328		*30,011*	
Creditors: amounts falling due within one year	14	**(17,196)**		*(9,280)*	
Net current assets			**99,132**		*20,731*
Total net assets			**117,581**		*46,350*
Charity funds					
Restricted funds	15		**76,781**		-
Unrestricted funds	15		**40,800**		*46,350*
Total funds			**117,581**		*46,350*

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



David Vicary
Chair of Trustees
Date: 8th August 2021

The notes on pages 25 to 39 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. General information

The Movement Centre for Targeted Training is a private limited company by guarantee, incorporated in England and Wales, with its registered office and principal place of business at The Movement Centre, Robert Jones & Agnes Hunt Hospital, Oswestry, Shropshire, SY10 7AG.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the second edition Charities SORP (FRS 102) - 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 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Movement Centre for Targeted Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Company status

The Charitable Company is limited by guarantee. The members of the Charitable Company are the Trustees named on page 1. In the event of the Charitable Company being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.3 Going concern

The Directors have considered the going concern basis of the financial statements preparation which includes consideration of the impact of the ongoing Coronavirus (COVID-19) global pandemic, and are satisfied that the Charitable Company is well placed to manage the financial impacts of the pandemic.

2. Accounting policies (continued)

2.4 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2. Accounting policies (continued)

2.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.6 Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the Statement of financial activities over the expected useful lives of the assets concerned. Other grants are credited to the Statement of financial activities as the related expenditure is incurred.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.8 Taxation

The Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.9 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

2. Accounting policies (continued)

2.9 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on the following bases:.

Depreciation is provided on the following basis:

Short-term leasehold property	-	10% on cost
Treatment equipment	-	25% reducing balance
Office equipment	-	25% reducing balance

2.10 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.11 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.12 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.13 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.14 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2. Accounting policies (continued)

2.15 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other 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 Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Restricted funds 2020 £	**Unrestricted funds 2020 £**	**Total funds 2020 £**	*Total funds 2019 £*
Donations	145,449	-	**145,449**	*106,103*
Government grants	62,985	-	**62,985**	-
	208,434	-	**208,434**	*106,103*
Total 2019	*40,046*	*66,057*	*106,103*	

During the year, the Charity has received £62,985 (2019: £Nil) of government grants in relation to claims regarding furlough support.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

4. Income from charitable activities

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £	*Total funds 2019 £*
Provision of therapy	31,769	-	**31,769**	*60,888*
Other income	15	-	**15**	*57*
	31,784	-	**31,784**	*60,945*
Total 2019	*59,900*	*1,045*	*60,945*	

5. Income from other trading activities

Income from fundraising events

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £	*Total funds 2019 £*
Community fundraising	4,083	3,031	**7,114**	*13,388*
Challenge events	-	15,881	**15,881**	*10,341*
Lottery and raffle income	-	1,570	**1,570**	*1,464*
Events	-	394	**394**	*5,033*
Individual fundraising	-	2,328	**2,328**	*5,385*
Corporate fundraising	4,476	-	**4,476**	*6,321*
	8,559	23,204	**31,763**	*41,932*
Total 2019	*-*	*41,932*	*41,932*	

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

6. Investment income

	Unrestricted funds 2020 £	Total funds 2020 £	*Total funds 2019 £*
Interest receivable	26	**26**	*102*
Total 2019	*102*	*102*	

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2020 £	Total funds 2020 £	*Total funds 2019 £*
Expenditure on raising voluntary income	6,872	**6,872**	*5,200*
Total 2019	*5,200*	*5,200*	

8. Analysis of expenditure by activities

	Activities undertaken directly 2020 £	Support costs 2020 £	Total funds 2020 £	*Total funds 2019 £*
Direct costs	141,243	52,661	**193,904**	*287,932*
Total 2019	*227,186*	*60,746*	*287,932*	

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Direct costs 2020 £	Total funds 2020 £	*Total funds 2019 £*
Staff costs	123,502	**123,502**	*204,640*
Rent and services	7,987	**7,987**	*10,920*
Insurance	995	**995**	*1,505*
Equipment refurbishment	3,453	**3,453**	*5,718*
Equipment hire	2,267	**2,267**	*1,317*
Equipment	240	**240**	*128*
Publication and promotion	15	**15**	-
Events and awards for children	-	**-**	*24*
Utilities	2,784	**2,784**	*2,934*
	141,243	**141,243**	*227,186*
Total 2019	*227,186*	*227,186*	

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Direct costs 2020 £	Total funds 2020 £	*Total funds 2019 £*
Staff costs	20,378	**20,378**	*38,726*
Depreciation	8,198	**8,198**	*8,614*
Telephone and internet	435	**435**	*-*
Postage and stationery	179	**179**	*1,162*
Staff training	3	**3**	*343*
Subscriptions	39	**39**	*26*
Travel	382	**382**	*1,249*
Publication and promotion	4,329	**4,329**	*4,193*
Events and awards for children	13,360	**13,360**	*-*
Bank charges	449	**449**	*561*
Consumables	1,123	**1,123**	*761*
IT costs	757	**757**	*1,001*
Governance costs	3,029	**3,029**	*4,110*
	52,661	**52,661**	*60,746*
Total 2019	*60,746*	*60,746*	

9. Independent examiner's remuneration

	2020 £	*2019 £*
Fees payable to the charitable company's independent examiner for the independent examination of the charitable company's annual accounts	**2,028**	*1,950*

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

10. Staff costs

	2020 £	*2019 £*
Wages and salaries	**127,119**	*205,776*
Social security costs	**10,134**	*17,012*
Contribution to defined contribution pension schemes	**6,627**	*20,578*
	143,880	*243,366*

The average number of persons employed by the Company during the year was as follows:

	2020 No.	*2019 No.*
Employees	**8**	*8*

No employee received remuneration amounting to more than £60,000 in either year.

During the period key management personnel received remuneration totalling £9,077 (2019: £47,732). No benefits were received.

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2019 - £NIL)*.

During the year ended 31 December 2020, no Trustee expenses have been incurred *(2019 - £NIL)*.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

12. Tangible fixed assets

	Short-term leasehold property £	Plant and machinery £	Office equipment £	Total £
Cost or valuation				
At 1 January 2020	**16,501**	**130,013**	**30,733**	**177,247**
Additions	**-**	**-**	**1,028**	**1,028**
At 31 December 2020	**16,501**	**130,013**	**31,761**	**178,275**
Depreciation				
At 1 January 2020	**12,275**	**116,004**	**23,349**	**151,628**
Charge for the year	**1,650**	**3,510**	**3,038**	**8,198**
At 31 December 2020	**13,925**	**119,514**	**26,387**	**159,826**
Net book value				
At 31 December 2020	**2,576**	**10,499**	**5,374**	**18,449**
At 31 December 2019	*4,226*	*14,009*	*7,384*	*25,619*

13. Debtors

	2020 £	*2019 £*
Due within one year		
Trade debtors	**3,939**	-
Prepayments and accrued income	**89**	-
	4,028	-

14. Creditors: Amounts falling due within one year

	2020 £	*2019 £*
Trade creditors	**10,835**	*588*
Other taxation and social security	**782**	*4,185*
Pension creditor	**1,371**	*2,080*
Other creditors	**-**	*62*
Accruals and deferred income	**4,208**	*2,365*
	17,196	*9,280*

15. Statement of funds

Statement of funds - current year

	Balance at 1 January 2020 £	Income £	Expenditure £	Balance at 31 December 2020 £
Unrestricted funds				
General Funds - all funds	**46,350**	**23,230**	**(28,780)**	**40,800**
Restricted funds				
Clinical Equipment	**-**	**19,600**	**(4,453)**	**15,147**
Core Reserve Support	**-**	**30,500**	**(27,944)**	**2,556**
Donor Targeted Training Therapy	**-**	**67,677**	**(62,062)**	**5,615**
Support Equipment	**-**	**16,435**	**(8,649)**	**7,786**
Other Reserves	**-**	**15,000**	**(1,440)**	**13,560**
Patient Targeted Training Therapy	**-**	**99,565**	**(67,448)**	**32,117**
	-	**248,777**	**(171,996)**	**76,781**
Total of funds	**46,350**	**272,007**	**(200,776)**	**117,581**

15. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2019 £	*Income* £	*Expenditure* £	*Transfers in/out* £	*Balance at 31 December 2019* £
Unrestricted funds					
General Funds - all funds	*115,400*	*109,136*	*(76,760)*	*(101,426)*	*46,350*
Restricted funds					
Targeted Training Therapy	*15,000*	*90,663*	*(207,089)*	*101,426*	-
Clinical Equipment	-	*5,846*	*(5,846)*	-	-
Core Reserve Support	-	*3,437*	*(3,437)*	-	-
	15,000	99,946	(216,372)	*101,426*	-
Total of funds	*130,400*	*209,082*	*(293,132)*	-	*46,350*

16. Restricted Funds

Patient Targeted Training Therapy
The Targeted Training Therapy fund holds the payments made by Parents to support the cost of their child receiving Targeted Training and this treatment is/or will be scheduled but has not yet been delivered.

Donor Targeted Training Therapy
The Targeted Training Therapy fund holds the payments made by Donors to support the cost of the children receiving Targeted Training and this treatment is/or will be scheduled but has not yet been delivered.

Clinical Equipment
The Clinical Equipment fund represents funds received for clinical equipment used to enhance Targeted Training Therapy.

Support Equipment
The Support Equipment fund represents funds received for general equipment used at The Movement Centre.

Core Reserve Support
The Core Reserve Support fund represents funds received to supplement The Movement Centre core reserves to enable it to continue trading.

Other
Other represents miscellaneous items such as staff training, publicity and general infrastructure support such as website design etc.

17. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £
Tangible fixed assets	-	18,449	**18,449**
Current assets	76,781	39,547	**116,328**
Creditors due within one year	-	(17,196)	**(17,196)**
Total	76,781	40,800	**117,581**

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	Unrestricted funds 2019 £	*Total funds 2019* £
Tangible fixed assets	25,619	*25,619*
Current assets	30,011	*30,011*
Creditors due within one year	(9,280)	*(9,280)*
Total	46,350	*46,350*

18. Pension commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £6,627 (2019: £20,578). £1,371 (2019: £2,080) was payable to the fund at the balance sheet date and included within creditors.

19. Related party transactions

The Charitable Company has not entered into any related party transactions during the year (2019: £Nil), nor are there any outstanding balances owing between related parties and the Charitable Company at 31 December 2020.