

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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THE MOVEMENT CENTRE FOR TARGETED TRAINING
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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 |

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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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.

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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)'.

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

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.*

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

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.

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

Objectives and activities (continued)

Strategic report

Achievements and performance

a. Main achievements of the Company

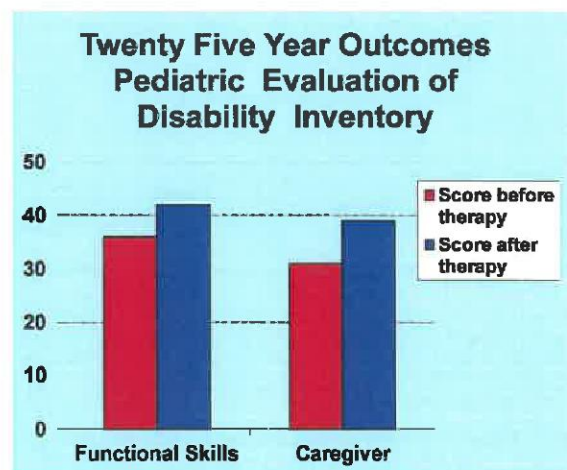
We are exceptionally pleased to report our clinical outcomes for the last financial period. Despite the obvious disruption the pandemic and the lockdowns caused we were still able to provide 40 children with Targeted Training therapy which included 12 new patients; in sum, 97 sessions were delivered 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.



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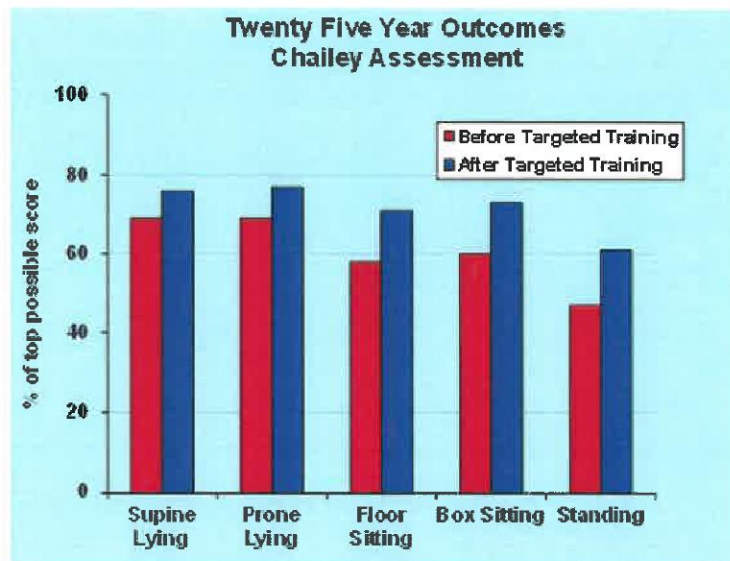
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

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

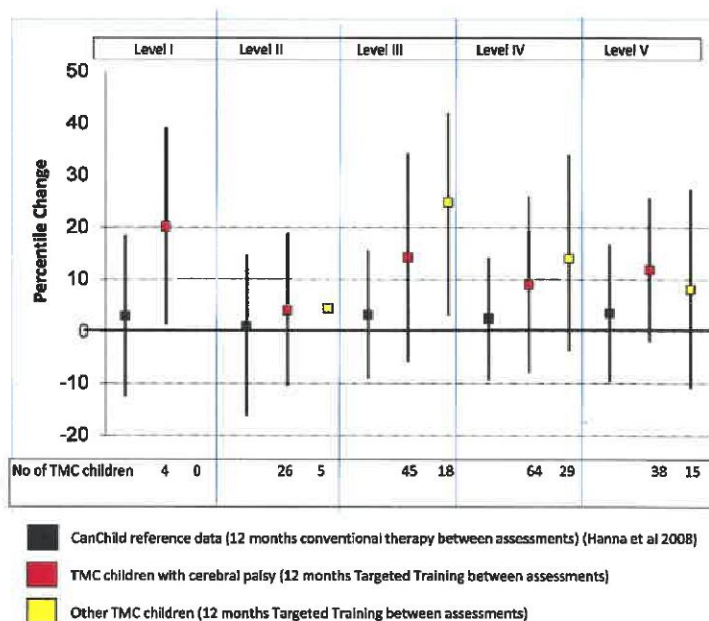
The GMFM measures children's abilities in lying, sitting, crawling, standing, and walking/running. It was first developed in the late 1980's by CanChild for use in both clinical and research settings and has evolved through advanced analytic techniques and in response to requests for more efficient testing. 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.

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

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.

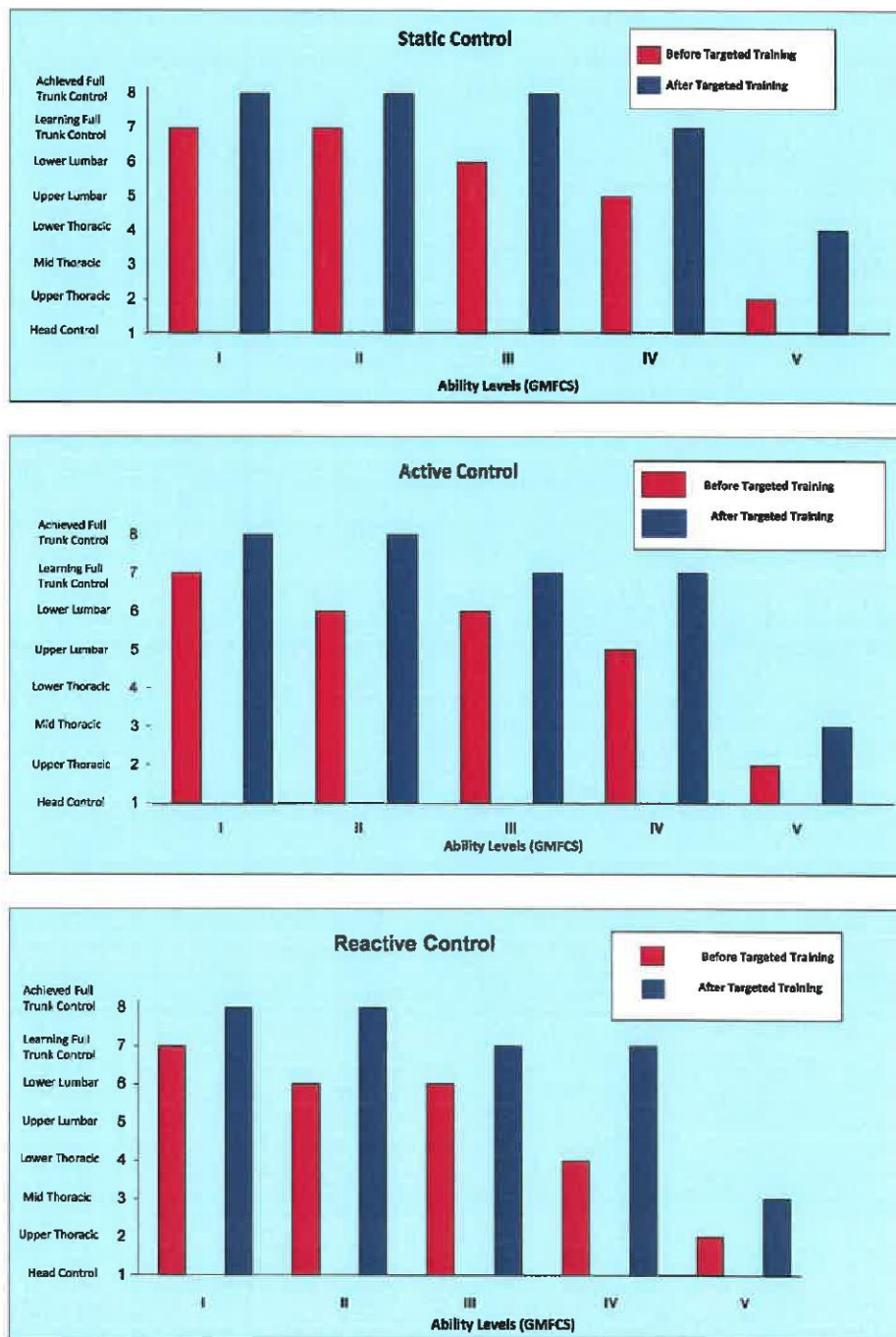
We are very pleased to report that in 2021 we continued to see an improvement in all levels of control (static, active and reactive). The graphs below demonstrate the 25-year accumulative outcomes for the static, active and reactive levels of control - it is evident that there has been improvement for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

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

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.

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

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.



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

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.

Generic Treatment



Case Study



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

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 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.

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

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 practice 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.

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

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.



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

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 scheme 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.

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

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 thank 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.

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

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

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

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 to 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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

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 and 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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

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.

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

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

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.



THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2021

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

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

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.

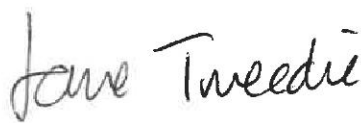
THE MOVEMENT CENTRE FOR TARGETED TRAINING
(A company limited by guarantee)

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:

S J Tweedie



Dated:

BSc FCA DChA

27 June 2022

WR Partners

Chartered Accountants

Belmont House

Shrewsbury Business Park

Shrewsbury

Shropshire

SY2 6LG

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

**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.

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

BALANCE SHEET
AS AT 31 DECEMBER 2021

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

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

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 |

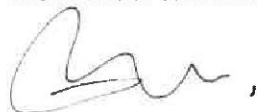
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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.

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

**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.

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

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

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.

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

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

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.

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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 |
| <i>Total 2020</i> | <i>208,434</i> | <i>-</i> | <i>208,434</i> | |

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 |
| <i>Total 2020</i> | <i>31,784</i> | <i>31,784</i> | |

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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 |
| <i>Total 2020</i> | <i>8,559</i> | <i>23,204</i> | <i>31,763</i> | |

6. Investment income

| | Unrestricted funds 2021 £ | Total funds 2021 £ | Total funds 2020 £ |
|---------------------|------------------------------------|-----------------------------|-----------------------------|
| Interest receivable | 90 | 90 | 26 |
| Total 2021 | 90 | 90 | 26 |
| <i>Total 2020</i> | <i>26</i> | <i>26</i> | |

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7. Expenditure on raising funds

Costs of raising voluntary income

| | Unrestricted funds 2021 £ | Total funds 2021 £ | <i>Total funds 2020 £</i> |
|---|--|---------------------------------------|---------------------------------------|
| Expenditure on raising voluntary income | 10,407 | 10,407 | 6,872 |
| Total 2021 | <u>10,407</u> | <u>10,407</u> | <u>6,872</u> |
| <i>Total 2020</i> | <u>6,872</u> | <u>6,872</u> | |

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8. Analysis of expenditure by activities

| | Activities undertaken directly 2021 £ | Support costs 2021 £ | Total funds 2021 £ | <i>Total funds 2020 £</i> |
|-----------------------|--|---|---------------------------------------|---------------------------------------|
| Charitable activities | 151,607 | 47,701 | 199,308 | 193,904 |
| Total 2021 | <u>151,607</u> | <u>47,701</u> | <u>199,308</u> | <u>193,904</u> |
| <i>Total 2020</i> | <u>141,243</u> | <u>52,661</u> | <u>193,904</u> | |

Analysis of direct costs

| | Total funds 2021 £ | <i>Total funds 2020 £</i> |
|---------------------------|---------------------------------------|---------------------------------------|
| 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 | <u>151,607</u> | <u>141,243</u> |

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8. Analysis of expenditure by activities (continued)

Analysis of support costs

| | Total funds 2021 £ | <i>Total funds 2020 £</i> |
|--------------------------------|---------------------------------------|---------------------------------------|
| 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 £ | <i>2020 £</i> |
|---|-------------------|-------------------|
| Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts | 1,860 | 2,028 |

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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).

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**NOTES TO THE FINANCIAL STATEMENTS
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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 |

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13. Debtors

| | 2021 £ | 2020 £ |
|--------------------------------|------------|--------------|
| Due within one year | | |
| Trade debtors | 329 | 3,939 |
| Other debtors | 289 | - |
| Prepayments and accrued income | 150 | 89 |
| | <u>768</u> | <u>4,028</u> |

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 |
| | <u>31,528</u> | <u>17,196</u> |

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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 |

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15. Statement of funds (continued)

Statement of funds - prior year

| | <i>Balance at 1 January 2020 £</i> | <i>Income £</i> | <i>Expenditure £</i> | <i>Balance at 31 December 2020 £</i> |
|-----------------------------------|--|---------------------|--------------------------|--|
| 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 |

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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 |

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16. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

| | <i>Restricted funds 2020 £</i> | <i>Unrestricted funds 2020 £</i> | <i>Total funds 2020 £</i> |
|-------------------------------|--|--|---------------------------------------|
| 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 | <u>76,781</u> | <u>40,800</u> | <u>117,581</u> |

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.