

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



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

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

- 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.*

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

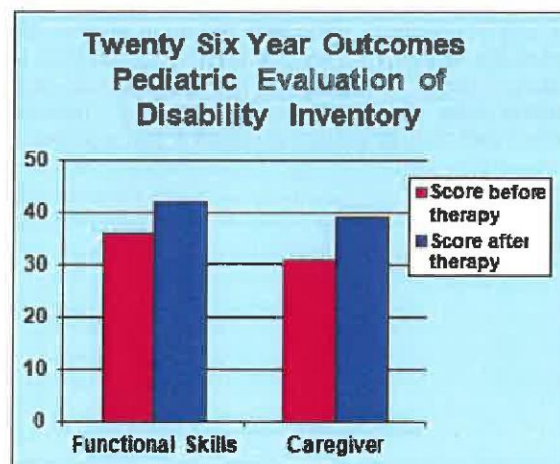
Referrals increased considerably with 68 new referrals compared with 29 in the previous year. Despite the slow return of patients post pandemic, we were still able to provide 30 complete courses of Targeted Training therapy, as well as follow up assessments and reviews. All in all, 153 clinical sessions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



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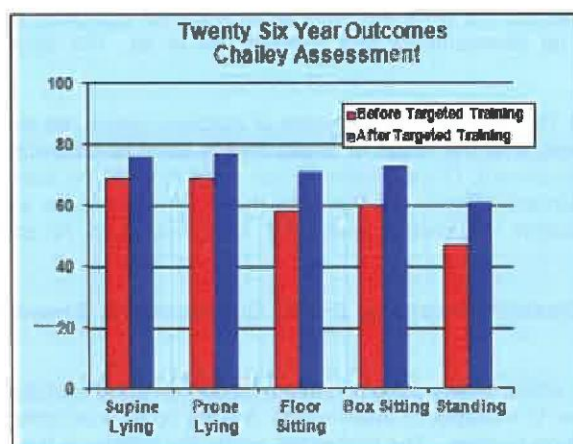
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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

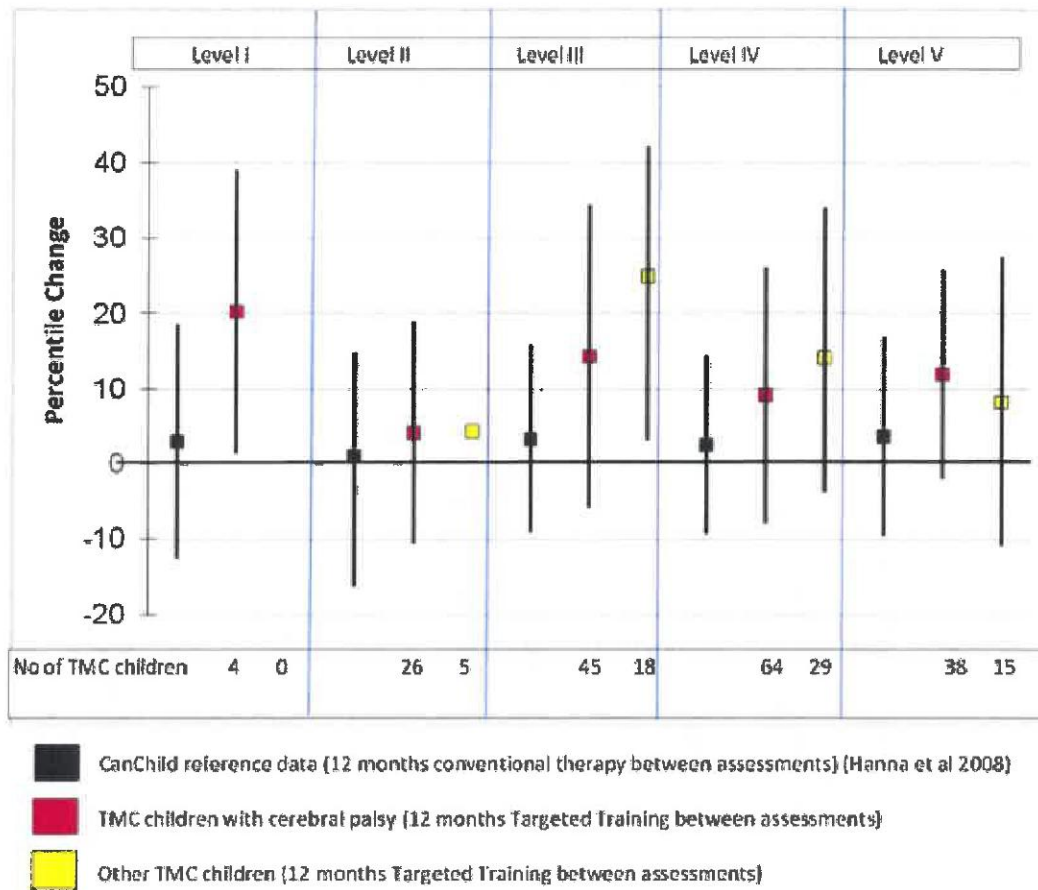
The GMFM measures children's abilities in lying, sitting, crawling, standing, and walking/running. It was first developed in the late 1980's by CanChild for use in both clinical and research settings and has evolved through advanced analytic techniques and in response to requests for more efficient testing. 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 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

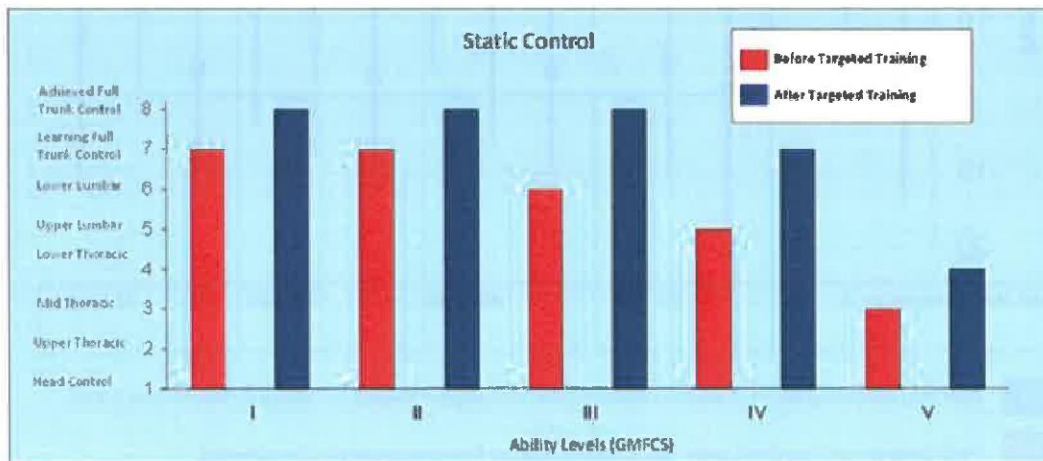
Strategic report (continued)

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 there has been improvement for all ability levels in the three controls that were tested and monitored.

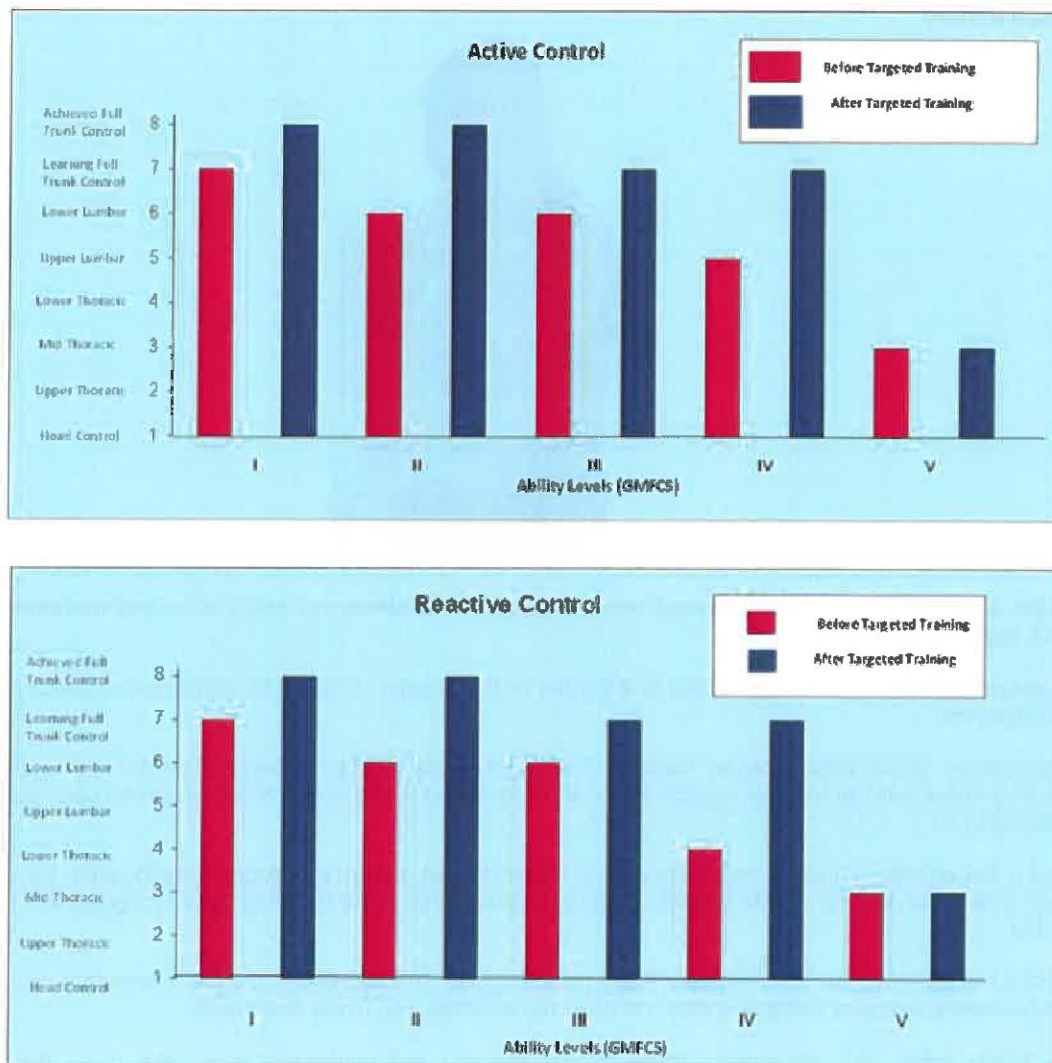


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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.



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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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 held 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 from 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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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 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

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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 have 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.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

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

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

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

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

**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.

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

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:

S J Tweedie

S J Tweedie

Dated:

3 August 2023

BSc FCA DChA

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 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.

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

BALANCE SHEET
AS AT 31 DECEMBER 2022

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

THE MOVEMENT CENTRE FOR TARGETED TRAINING

(A company limited by guarantee)

REGISTERED NUMBER: 03713213

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.

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

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

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.

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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
<i>Total 2021</i>	<i>80,576</i>	<i>113,864</i>	<i>194,440</i>	

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
<i>Total 2021</i>	<i>13,961</i>	<i>-</i>	<i>13,961</i>	

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
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	<u>28,657</u>	<u>28,657</u>	<u>49,084</u>
<i>Total 2021</i>	<u>49,084</u>	<u>49,084</u>	

6. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Interest receivable	580	580	90
Total 2022	<u>580</u>	<u>580</u>	<u>90</u>
<i>Total 2021</i>	<u>90</u>	<u>90</u>	

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

7. Expenditure on raising funds

Costs of raising voluntary income

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

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 £	<i>Total 2021 £</i>
Charitable activities	92,869	84,234	177,103	166,749
<i>Total 2021</i>	<u>74,352</u>	<u>92,397</u>	<u>166,749</u>	

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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
<i>Total 2021</i>	<i>84,554</i>	<i>82,195</i>	<i>166,749</i>	

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

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
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 £	<i>2021 £</i>
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 £	<i>2021 £</i>
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

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

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

11. Staff costs (continued)

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

	2022	<i>2021</i>
	No.	<i>No.</i>
Employees	5	<i>6</i>

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).

THE MOVEMENT CENTRE FOR TARGETED TRAINING
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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

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

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

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

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

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

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

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

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

16. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 January 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2021 £</i>
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

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

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

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

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

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

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
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	<u>57,219</u>	<u>108,222</u>	<u>165,441</u>

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.