

Registered number: 03713213  
Charity number: 1075549



**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
**UNAUDITED**  
**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**



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**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 2023**

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

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**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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

### **Introduction and Highlights**

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

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

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

Following the decision to provide Targeted Training therapy free of charge in October 2022, 2023 saw a significant increase in numbers of patients seeking assessment for treatment.

We are now running at clinical capacity, with 44 patients currently in active treatment, and have a waiting list of families looking for assessment and treatment.

Aims for 2024 include increasing physiotherapy capacity either on an ad hoc basis, using physiotherapists who has worked at the Movement Centre previously and have knowledge of providing Targeted Training, but also looking at offering a training/apprentice position for a new physiotherapist.

During the current year we have had 77 active courses of treatment, with 66 new referrals and 48 courses of treatment commenced. 100% of these were funded by The Movement Centre.

To the end of 2023, we have provided around 1,000 courses of Targeted Training therapy to help 673 children to gain independence and a better quality of life through increased movement control – the number of children gradually increased through the year as families became less anxious post covid and treatment costs were reduced then being completely removed. As well as a direct benefit to the child, Targeted Training can have a huge impact on family life.

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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

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

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

**Objectives and activities**

**a. Strategies for achieving objectives**

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

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

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

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

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

1. *The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;*
2. *The provision to develop methods of assessment, management and treatment of those with movement difficulties;*
3. *The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;*
4. *The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;*
5. *The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above.*

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Objectives and activities (continued)**

**b. Activities undertaken to achieve objectives**

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

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

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

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

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

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

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

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

1. Our own fund-raising efforts: details of the events for 2023 have been included in the report.
2. Grants from the trusts and foundations who support our work
3. Contributions from the families of the patients; although treatment is free of charge we encourage the families accessing treatment to engage in fundraising wherever possible and they are supported in this by the fundraising team.

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report**

**Achievements and performance**

**a. Main achievements of the Charitable Company**

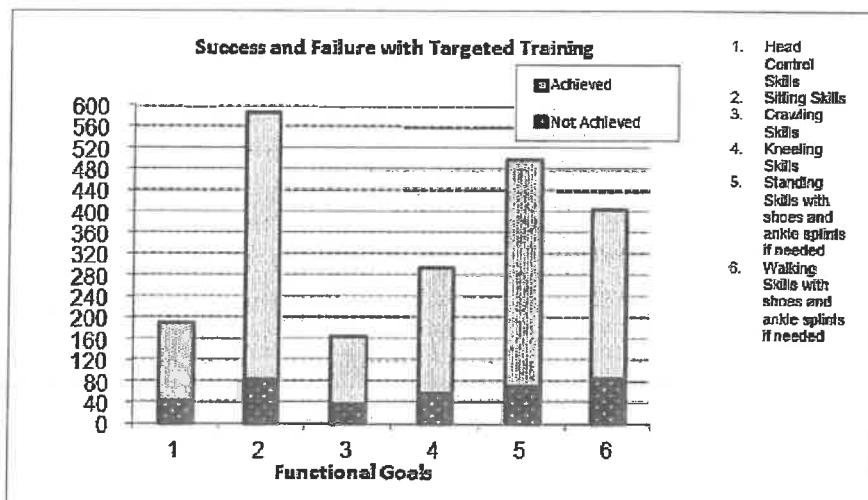
We are exceptionally pleased to report our clinical outcomes for the last financial period.

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

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

**TARGETED TRAINING OUTCOMES AFTER TWENTY-SEVEN YEARS OPERATION**

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



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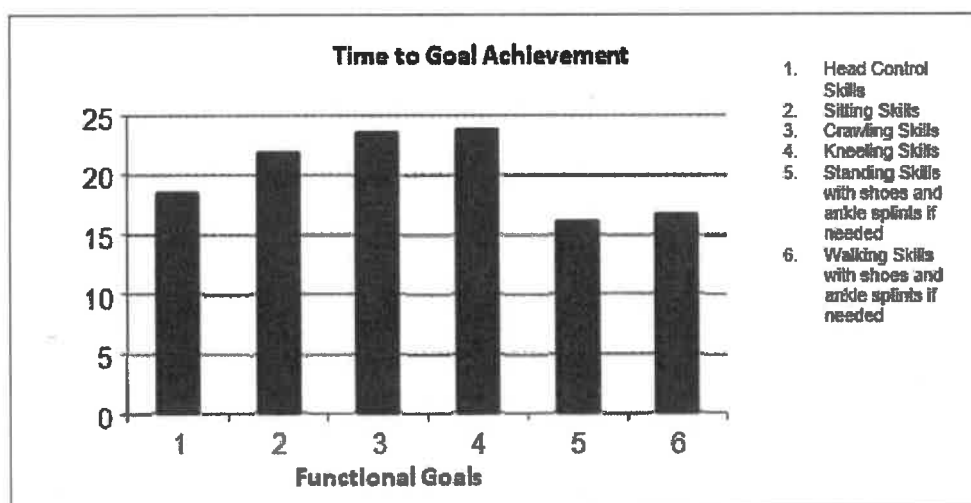
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**



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

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

**PAEDIATRIC EVALUATION OF DISABILITY INVENTORY**

**RESULTS IN CHILDREN WHO HAVE COMPLETED A COURSE OF TARGETED TRAINING**

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



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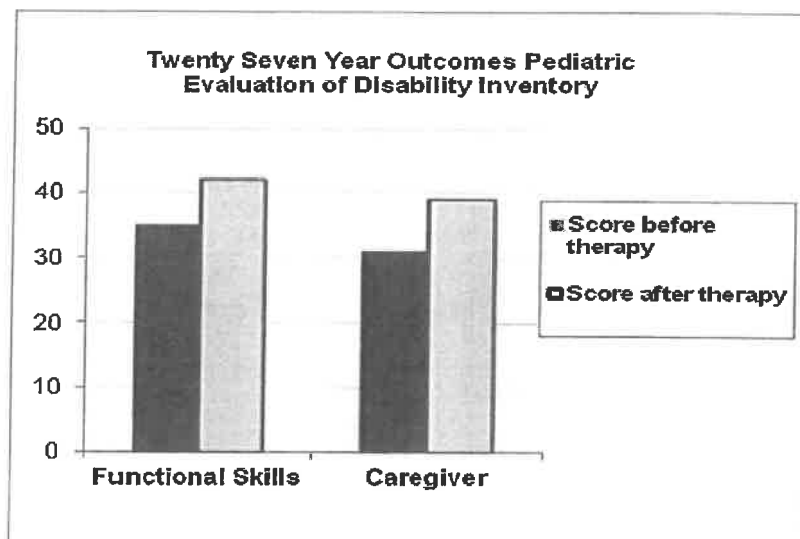
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**



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

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

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

**CHAILEY LEVELS OF ABILITY**

**RESULTS IN CHILDREN WHO HAVE COMPLETED A COURSE OF TARGETED TRAINING**

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

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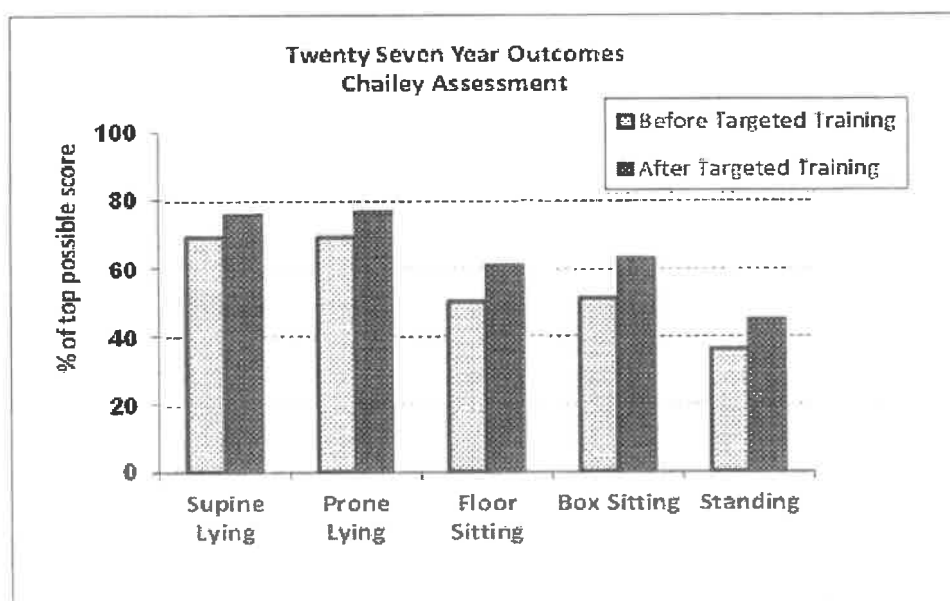
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**



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

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

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

#### FUNCTIONAL OUTCOME CHANGES WITH TARGETED TRAINING

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**

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

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

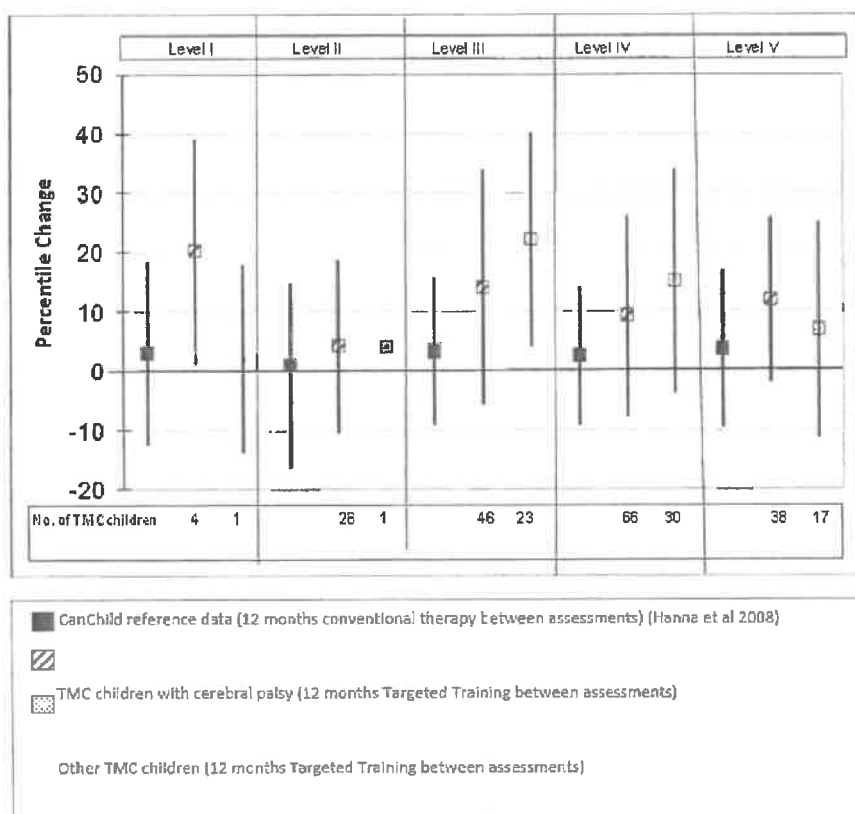
The results portrayed below represent only the data from the first course of Targeted Training for each child. Data is available for those children who continued on to further courses and while the numbers are relatively small these results continue to demonstrate change especially for those children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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**Strategic report (continued)**

**Achievements and performance (continued)**



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

<sup>1</sup> Russell DJ, Avery LM, Walter SD, Hanna SE, Bartlett DJ, Rosenbaum PL, Palisano RJ, Gorter JW. Development and validation of item sets to improve efficiency of the 66-item Gross Motor Function Measure in children with cerebral palsy. *Dev Med Child Neurol* 2009; 52: e48-e54.

<sup>2</sup> Morris C, Bartlett D. Gross Motor Function Classification System: impact and utility. *Dev Med Child Neurol* 2004; 46: 60-65.

<sup>3</sup> Hanna SE, Bartlett DJ, Rivard LM, Russell DJ. Reference Curves for the Gross Motor Function Measure: Percentiles for Clinical Description and Tracking Over Time Among Children With Cerebral Palsy. *Physical Therapy* 2008; 88:596-607.

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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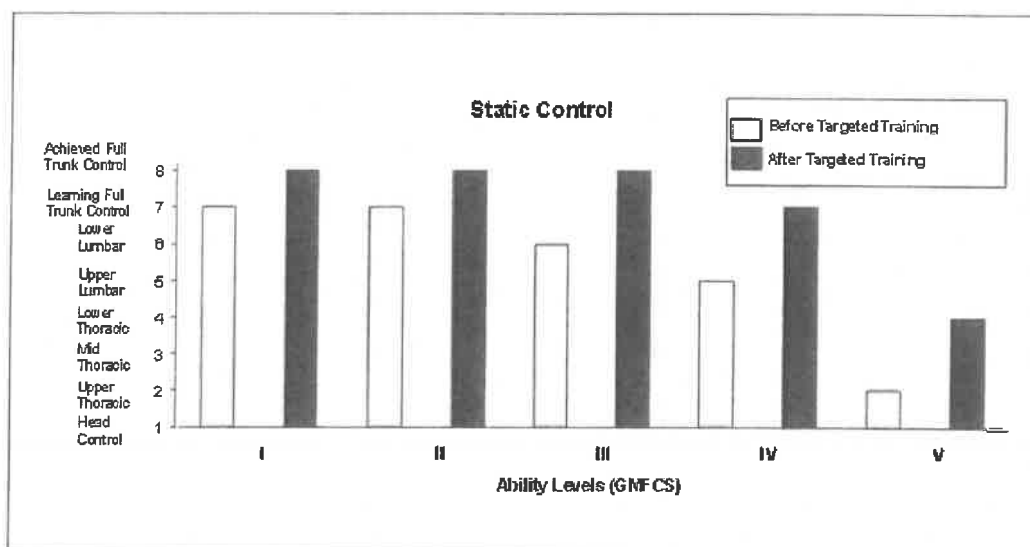
**Strategic report (continued)**

**Achievements and performance (continued)**

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

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

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



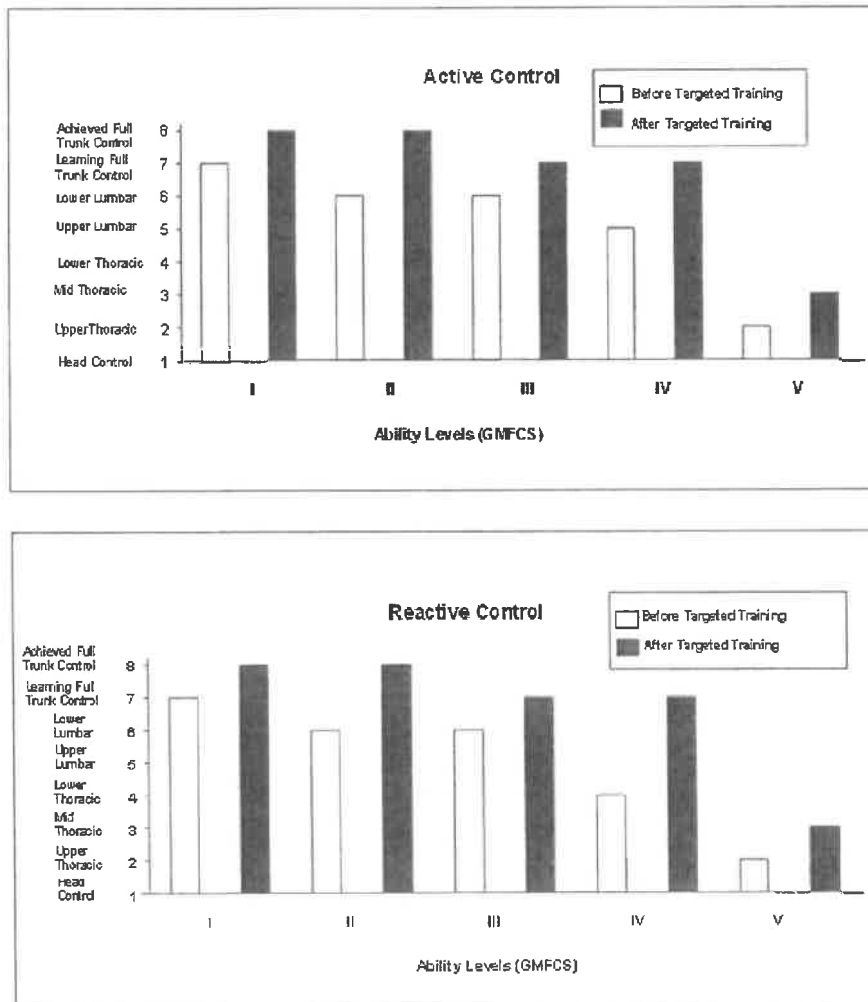
In second and subsequent courses, changes are more likely seen in the more severely disabled children since the more able children have already secured their trunk control. In GMFCS levels IV and V a further improvement in control of one segment level was achieved.

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**Strategic report (continued)**

**Achievements and performance (continued)**



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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**

**JAXSON 'S STORY.**

**Jaxson's Journey – from standing to stepping independently!**

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

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



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



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

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**TRUSTEES' REPORT (CONTINUED)**  
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**Strategic report (continued)**

**Achievements and performance (continued)**



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



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

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



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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**

**b. Factors relevant to achieve objectives**

**Research and Development**

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

**Teaching and Raising Awareness**

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



**Communications**

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Strategic report (continued)**

**Achievements and performance (continued)**

**Enhancing our services**

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

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

*Patient Survey Quotes 2023*

*"It's good. They help me with standing and walking." Oliver, aged 6.*

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

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

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

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

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

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

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

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

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

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

**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 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.

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



As Targeted Training therapy also takes place daily in the home, it is important that we can support families and help them to engage the child in their activity sessions. Daily practice is essential and getting the child engaged and encouraging them to reach during each of 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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**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
**(A company limited by guarantee)**

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

**Strategic report (continued)**

**Achievements and performance (continued)**



**c. Fundraising activities and income generation**

**NHS Financial Support**

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

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

**Raising Funds**  
**Fundraising report 2023**

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

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

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

**Strategic report (continued)**

**Achievements and performance (continued)**

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

Highlights from the year include an incredible Snowdon Sunrise with some of our corporate supporters, the Aico family funday which took place in the grounds of the beautiful Brynknalt Estate and an evening with Louise Minchin, a extremely well attended event with this popular journalist and news presenter.

We also had a lot of support from individuals taking on challenges to raise funds, which included running 10k or half marathon, and even diving with sharks.



The Movement Centre was delighted to receive support from some amazing trusts and foundations. Organisations offering grants make up around 50% of our income every year, and without them we would not be able to continue.

We were very proud to be chosen as one of the charities to receive support from BBC Children in Need in 2023. We also received funding from St James Place and Sobell Foundation to name a few.

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

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

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



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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

**Strategic report (continued)**

**Achievements and performance (continued)**



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

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

The significant impact of the fundraised income this year

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

Looking ahead to 2024

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

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

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

**Strategic report (continued)**

**Achievements and performance (continued)**

**d. Future Developments**

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

Our aims for the next 12 months:

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

**Financial review**

**a. Going concern**

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**b. Financial review**

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

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

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

**Income**

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

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

**Expenditure**

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

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

**Reserves**

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

**c. Policies**

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

**d. Material Investments policy**

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



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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**e. Reserves policy**

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

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

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

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

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

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

**f. Risk management**

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

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

**Structure, governance and management**

**a. Constitution**

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

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**Structure, governance and management (continued)**

**b. Methods of appointment or election of Trustees**

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

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

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

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

**c. Organisational structure and decision-making policies**

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

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

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

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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

---

**Structure, governance and management (continued)**

**d. Financial risk management**

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

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

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

**Statement of Trustees' responsibilities**


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

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

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

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

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

  
.....  
**Kate Halewood**  
Chair of Trustees

Date: 12 June 2024

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

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

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

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

**Responsibilities and Basis of Report**

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

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

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

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

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**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

*Jane Tweedie*

Dated:

BSc FCA DChA

*11 July 2024*

**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 2023**

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

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

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

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**THE MOVEMENT CENTRE FOR TARGETED TRAINING**

**(A company limited by guarantee)**

**REGISTERED NUMBER: 03713213**

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**BALANCE SHEET**  
**AS AT 31 DECEMBER 2023**

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

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

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**BALANCE SHEET (CONTINUED)**  
**AS AT 31 DECEMBER 2023**

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	Note	2023 £	2022 £
<b>Charity funds</b>			
Restricted funds	16	20,000	11,870
Unrestricted funds	16	68,254	96,851
<b>Total funds</b>		<u>88,254</u>	<u>108,721</u>

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

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

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

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

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

  
.....  
**Kate Halsewood**  
Chair of Trustees

Date: 12 June 2024

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



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

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

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**1. General information**

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

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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

**2.2 Going concern**

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

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

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

**2.3 Income**

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

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

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

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

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

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

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**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.

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**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.

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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 Charitable Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charitable Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

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

**3. Income from donations and legacies**

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Donations	35,000	114,760	149,760	101,649
<i>Total 2022</i>	<i>23,500</i>	<i>78,149</i>	<i>101,649</i>	

**4. Income from charitable activities**

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Provision of therapy	-	-	-	33,417
Other income	-	-	-	50
<b>Total 2023</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>33,467</b>
<i>Total 2022</i>	<i>14,380</i>	<i>19,087</i>	<i>33,467</i>	

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**5. Income from other trading activities**

**Income from fundraising events**

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

**6. Investment income**

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Interest receivable	1,439	1,439	580
<b>Total 2023</b>	<b>1,439</b>	<b>1,439</b>	<b>580</b>
<i>Total 2022</i>	<i>580</i>	<i>580</i>	

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**7. Expenditure on raising funds**

**Costs of raising voluntary income**

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Fundraising expenditure	19,853	19,853	4,181
Fundraising staff costs	40,945	40,945	39,789
<b>Total 2023</b>	<b>60,798</b>	<b>60,798</b>	<b>43,970</b>
<i>Total 2022</i>	<i>43,970</i>	<i>43,970</i>	

**8. Analysis of expenditure on charitable activities**

**Summary by fund type**

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

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**9. Analysis of expenditure by activities**

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

**Analysis of direct costs**

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

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**9. Analysis of expenditure by activities (continued)**

**Analysis of support costs**

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

**10. Independent examiner's remuneration**

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



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**NOTES TO THE FINANCIAL STATEMENTS**  
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**11. Staff costs**

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

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

	<b>2023</b>	<b>2022</b>
	<b>No.</b>	<b>No.</b>
Employees	<b>4</b>	<i>5</i>

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

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

**12. Trustees' remuneration and expenses**

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

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

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**13. Tangible fixed assets**

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

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**14. Debtors**

	2023 £	2022 £
Due within one year		
Other debtors	350	3,233
	<u>350</u>	<u>3,233</u>

**15. Creditors: Amounts falling due within one year**

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

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**16. Statement of funds**

**Statement of funds - current year**

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

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**16. Statement of funds (continued)**

**Statement of funds - prior year**

	<i>Balance at 1 January 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 December 2022 £</i>
<b>Unrestricted funds</b>					
General Funds - all funds	108,222	126,473	(128,204)	(9,640)	96,851
<b>Restricted funds</b>					
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
<b>Total of funds</b>	165,441	164,353	(221,073)	-	108,721

**Restricted Funds**

**Sobell Foundation**

Funds received to cover some core costs, including wages.

**BBC Children in Need**

Three year funding covering core expenses such as Physiotherapist salary, rent and utilities.

**St James's Place**

Funds to fund the purchase of standing frames and Physiotherapist salary.

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**17. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

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

**Analysis of net assets between funds - prior year**

	<i>Restricted funds 2022 £</i>	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
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)
<b>Total</b>	<b>11,870</b>	<b>96,851</b>	<b>108,721</b>

**18. Pension commitments**

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

**19. Related party transactions**

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