

Registered number: 03713213  
Charity number: 1075549



**THE MOVEMENT CENTRE FOR TARGETED TRAINING**

**UNAUDITED**

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2024**



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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 2024**

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<b>Trustees</b>	Jill Elizabeth Barker Rebecca Cumblidge (appointed 10 September 2024) Stuart Gillies Kate Halewood, Chair Katrina Lewis Anouska Ramsay (appointed 10 September 2024) Nigel Ryan (appointed 10 September 2024) Alison Shields Angela Tomley (resigned 20 November 2024)
<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>	Alison Shields
<b>Chief executive officer</b>	Helen Knight (appointed June 2024)
<b>Accountants</b>	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG

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**CHAIRMAN'S STATEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

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The chair presents her statement for the year.

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

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

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

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

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

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

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

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

Thank you

Kate Halewood



Chair of Trustees

Date: 18/07/2025

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**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

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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 2024. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1st January 2019).

**Introduction and Highlights**

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

**Objectives and activities**

**a. Strategies for achieving objectives**

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

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

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

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

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

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

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

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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.

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 2024**

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

Our achievements during the year included:

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

**b. Future Developments**

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

Our aims for the next 12 months:

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

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

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**Strategic report (continued)**

**Financial review**

**a. Going concern**

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

**b. Financial review**

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

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

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



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

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**c. Reserves policy**

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

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

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

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

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

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

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

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

**d. Risk management**

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

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

**Structure, governance and management**

**a. Constitution**

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

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**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**TRUSTEES' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

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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.

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

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

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

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

**d. Financial risk management**

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

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

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

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**Statement of Trustees' responsibilities**


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

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

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

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

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



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

Date: 18/07/2025

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**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**INDEPENDENT EXAMINER'S REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

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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 2024.

**Responsibilities and Basis of Report**

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

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

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

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**Independent Examiner's Statement**

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

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

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

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

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

Signed:

*Jane Tweedie*

Dated:

*13 August 2025*

S J Tweedie

BSc FCA DChA

**WR Partners**

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



**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 DECEMBER 2024**

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

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

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



**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**REGISTERED NUMBER: 03713213**

**BALANCE SHEET**  
**AS AT 31 DECEMBER 2024**

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

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**REGISTERED NUMBER: 03713213**

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**BALANCE SHEET (CONTINUED)**  
**AS AT 31 DECEMBER 2024**

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

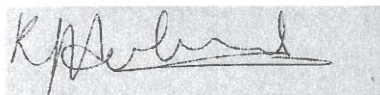
The Charitable Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

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

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

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



**Kate Halewood**  
Chair of Trustees

Date: 18/07/2025

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

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**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

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

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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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**NOTES TO THE FINANCIAL STATEMENTS**  
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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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**NOTES TO THE FINANCIAL STATEMENTS  
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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.

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

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

**3. Income from donations and legacies**

	<b>Endowment funds 2024 £</b>	<b>Restricted funds 2024 £</b>	<b>Unrestricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Donations	60,000	88,312	165,597	<b>313,909</b>	149,760
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<i>Total 2023</i>	-	35,000	114,760	149,760	
	<hr/>	<hr/>	<hr/>	<hr/>	

**4. Income from charitable activities**

	<b>Unrestricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Other income	308	<b>308</b>	-
	<hr/>	<hr/>	<hr/>



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**5. Income from other trading activities**

**Income from fundraising events**

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

**6. Investment income**

	<b>Unrestricted funds 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Interest receivable	3,401	<b>3,401</b>	1,439
<b>Total 2024</b>	<u>3,401</u>	<u><b>3,401</b></u>	<u>1,439</u>
<i>Total 2023</i>	<u>1,439</u>	<u>1,439</u>	

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**7. Expenditure on raising funds**

**Costs of raising voluntary income**

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Fundraising expenditure	20,405	20,405	19,853
Fundraising staff costs	62,330	62,330	40,945
<b>Total 2024</b>	<b>82,735</b>	<b>82,735</b>	<b>60,798</b>
<i>Total 2023</i>	<i>60,798</i>	<i>60,798</i>	

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

**Summary by fund type**

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

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**9. Analysis of expenditure by activities**

	<b>Activities undertaken directly 2024 £</b>	<b>Support costs 2024 £</b>	<b>Total funds 2024 £</b>	<i>Total funds 2023 £</i>
Charitable activities	128,940	71,242	<b>200,182</b>	174,409
<b>Total 2024</b>	<u>128,940</u>	<u>71,242</u>	<u><b>200,182</b></u>	<u>174,409</u>
<i>Total 2023</i>	<u>110,361</u>	<u>64,048</u>	<u>174,409</u>	

**Analysis of direct costs**

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

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

**Analysis of support costs**

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

**10. Independent examiner's remuneration**

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

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**11. Staff costs**

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

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

	2024 No.	2023 No.
Employees	<u>6</u>	<u>4</u>

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

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

**12. Trustees' remuneration and expenses**

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

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

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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 2024	16,501	145,160	37,288	198,949
Additions	-	-	350	350
At 31 December 2024	16,501	145,160	37,638	199,299
<b>Depreciation</b>				
At 1 January 2024	16,501	132,221	34,900	183,622
Charge for the year	-	3,237	1,629	4,866
At 31 December 2024	16,501	135,458	36,529	188,488
<b>Net book value</b>				
At 31 December 2024	-	9,702	1,109	10,811
At 31 December 2023	-	12,939	2,388	15,327



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

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**14. Debtors**

	2024 £	2023 £
<b>Due within one year</b>		
Other debtors	1,000	350
	<u>1,000</u>	<u>350</u>

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

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

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**16. Statement of funds**

**Statement of funds - current year**

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

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

**Statement of funds - prior year**

	<i>Balance at 1 January 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2023 £</i>
<b>Unrestricted funds</b>				
General Funds - all funds	96,851	179,740	(208,337)	68,254
	<hr/>	<hr/>	<hr/>	<hr/>
<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
	<hr/>	<hr/>	<hr/>	<hr/>
	11,870	35,000	(26,870)	20,000
	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total of funds</b>	<hr/> <hr/> 108,721	<hr/> <hr/> 214,740	<hr/> <hr/> (235,207)	<hr/> <hr/> 88,254

**THE MOVEMENT CENTRE FOR TARGETED TRAINING**  
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**NOTES TO THE FINANCIAL STATEMENTS  
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**16. Statement of funds (continued)**

**Restricted Funds**

**Sobell Foundation**

Funds received to cover some core costs, including wages.

**BBC Children in Need**

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

**St James's Place**

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

**National Lottery**

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

**Heart of England**

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

**Expendable Endowment Funds**

**Edward Gostling**

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

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

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

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

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**NOTES TO THE FINANCIAL STATEMENTS  
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**17. Analysis of net assets between funds (continued)**

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

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	-	15,327	15,327
Current assets	20,000	64,069	84,069
Creditors due within one year	-	(11,142)	(11,142)
<b>Total</b>	<u>20,000</u>	<u>68,254</u>	<u>88,254</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 £13,260 (2023: £11,097). £3,083 (2023: £6,049) was payable to the fund at the balance sheet date and included within creditors.

**19. Related party transactions**

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