

# KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE

England & Wales · Charity number 1102940

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2004-03-30

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 8 Fields Oak  
Blandford Forum  
Dorset  
DT11 7PP

**Phone** 01258860147

## Activities

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**Objects:** THE PRESERVATION AND PROTECTION OF GOOD HEALTH FOR THE BENEFIT OF THE PUBLIC, IN PARTICULAR PERSONS OVER THE AGE OF 55 AND/OR THOSE RECOVERING FROM OR LIVING WITH HEALTH PROBLEMS AND RESIDING IN AND AROUND THE DORSET POST COST CODES OF DT10 AND DT11 BY THE PROVISION OF EXERCISE PROGRAMMES AND SUCH OTHER CHARITABLE SUPPORT AS THE TRUSTEES THINK FIT.

**Activities:** We provide exercise classes for people with cardiac problems and the public generally.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities

## Geography

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- **Area of benefit:** IN AND AROUND THE DORSET POST COST CODES OF DT10 AND DT11
- Dorset

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£49,198	£39,674	-	-
2023-12-31	£39,674	£35,023	-	-
2022-12-31	£35,764	£37,955	-	-
2021-12-31	£27,748	£32,097	-	-
2020-12-31	£28,217	£25,398	-	-

## Trustees

Name	Role	Appointed
June Lane		2019-05-16
KATH Lane		2017-04-13
Linda Wild		2021-06-24
Lynda Newman		2019-05-16
Margaret Irene Ballinger		2021-06-24
Pamela Case		2021-06-24
Susan Frizzle		2026-03-26
Valerie Pearce		2014-05-01

**KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE**

England & Wales - Charity number 1102940

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# Accounts

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CHAIRPERSON OF THE COMMITTEE ANNUAL REPORT 2024

Welcome to the twentieth Annual General Meeting of our charity. This year has gone well. In December we signed a new 5 year lease. This is set at £11,500 per annum until December 2027 when it will be reviewed and will, no doubt, increase again. This will impact on our finances over the year but we are in a good position at the moment due to the rise in attendance figures but it is surprising how quickly funds can be used up.

Our tombola this year did not go quite to plan but in the end we made over £170 so many thanks for your support. We also had small donation from the U3A coffee fund and I was invited to speak at one of their meetings to explain what we do.

We had a successful clean up of the outside area in June and thank you to all who helped. Our leaky toilet has been mended and the south barge board has been fixed. As always its an on going task to keep the building up to standard and if anyone has any time or inclination to do some painting or general maintenance it would be much appreciated.

At last we are in a position to offer Cardiac Rehab Phase 4 classes as Tiffany has completed her training. We look forward to an on going collaboration with Dorset Council Active 4 Health Hub and the Cardiac Rehab team in Dorchester. Our classes have been well attended with Pilates and Circuits being especially popular. We continue to provide a good range of classes both specialised and general.

I think you will agree that our instructors are first class and always go the extra mile to make sessions cheerful and appropriate. We thank them for their continued support and professionalism. Your committee (trustees) have worked hard making sure the charity runs smoothly with all the relevant policies and insurances in place. I personally thank them for their fantastic support and enthusiasm.

Our thanks also go to anyone who as helped in any way to make Knees Up the asset that it undoubtably is. We look forward to another great year.

Signed on behalf of the charities trustees.

Sign:

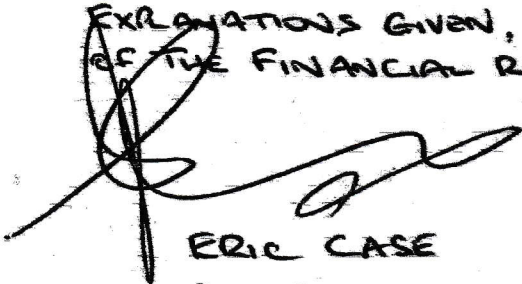


K. Lane

Position: Chair Knees Up Healthy Living Ltd. Date 1st May 2025

KNEES UP - Healthy Living for Mature People						
Income and Expenditure Report						
for the period 1st January 2024 to 31st December 2024						
				2024		2023
Income						
	Class Fees			39557		33000
	Hall Hire			7425		5888
	Fund Raising			595		784
	Donations			1620		2
Total Income				49198		39674
Expenditure						
	Equipment & Service			263		173
	Instructors Fee			23910		19975
	Rent			10357		10000
	Water, Electricity & Rates			3235		1720
	Insurance			1132		1057
	Cleaning			1244		1406
	Legal & Professional			38		33
	Printing & Stationery			72		75
	Web Design			114		119
	Gifts & Donations			226		224
	First Aid Equipment & Supplies			12		0
	Building Maintenance			2184		79
	Travel Expenses			102		162
	Trainers Course			675		0
Total Expenditure				43564		35023
Excess of Income over Expenditure				5634		4651
represented by:-						
	Bank Balance at 1st January 2024			18731		14109
	Petty Cash at 1st January 2024			52		23
	Excess of Income over Expenditure			5634		4651
	Bank Balance at 31st December 2024	24368				18731
	Petty Cash at 31st December 2024	48				52
				24416		18783

I HAVE EXAMINED THE FINANCIAL RECORDS OF KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE FOR THE PERIOD 1st JANUARY 2024 TO 31st DECEMBER 2024 AND ON THE EVIDENCE PROVIDED AND EXPLANATIONS GIVEN, I AM SATISFIED AS TO THE CORRECTNESS OF THE FINANCIAL REPORT.



ERIC CASE

AUDITOR

6th FEBRUARY 2025.

# Knees Up - Healthy Living for Mature People

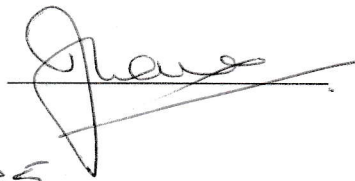
## AUDIT CERTIFICATE

This financial statement for 2024 was approved at a meeting of the Charity Committee on 27th March 2025

Signed



Kathleen Lane ( Chair )



JUNE LANE ( Trustee )

Dated. 27.3.2025

**KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE**

England & Wales - Charity number 1102940

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# Accounts

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## CHAIR PERSON OF COMMITTEE ANNUAL REPORT 2023

Welcome to the nineteenth Annual General Meeting of our charity. At last we seem to have turned a corner and for the first time since the pandemic we have made a small profit. It is our aim to keep class fees as low as possible during the coming year but as costs continue to rise we might have to review our current charges.

In the December storms the barge boards on the north side of the roof blew off and had to be replaced. Thanks to the generosity of the Blandford and Stour Rotary Club and donations from class members we have paid for the repairs. The upkeep of the building is always on going due to its construction and age. Any help with general tidying etc. is always welcome.

In May our Tai Chi instructor, Geoff, died suddenly and has been sadly missed. Jeremy has taken over his Tai Chi class and has also started a Chi Gong class. We are offering three new classes this year. Yoga on Mondays, Gentle exercise on Wednesdays and Specialist Health Exercise on Fridays. Louise, our Friday Pilates instructor, is leaving us at the end of May and we wish her good luck. We look forward to welcoming Sammy Payne in this role. We are still working on reinstating a Cardiac Rehab class but as yet have had no luck.

As always we have to thank our instructors for their great support. They are always so caring and cheerful. The committee ( trustees) have once again done a great job keeping the charity moving forward and their hard work is to be applauded. Lastly thank you to anyone who has contributed in any way, large or small, to keeping Knees Up such a great community.

Signed on behalf of the charities trustees.

Sign:



K. Lane

Position: Chair. Knees Up Healthy Living Ltd.

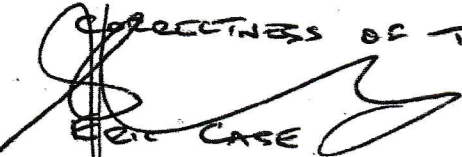
Date 23rd May 2024

## KNEES UP - Healthy Living for Mature People

### Income and Expenditure Report for the period 1st January 2023 to 31st December 2023

Income	2023	2022
Class Fees	33000	29745
Hall Hire	5888	
Fund Raising	784	224
Donation	2	4295
Grants		1500
<b>Total Income</b>	<b>39674</b>	<b>35764</b>
<b>Expenditure</b>		
Equipment & Service	173	108
Instructors Fee	19975	21890
Rent	10000	10000
Water, Electricity & Rates	1720	1660
Insurance	1057	321
Cleaning	1406	1871
Legal & Professional	33	27
Printing & Stationery	75	49
Web Design	119	80
Gifts & Donations	224	275
First Aid Equipment & Supplies		1082
Building Maintenance	79	592
Travel Expenses	162	
<b>Total Expenditure</b>	<b>-35023</b>	<b>-37955</b>
<b>Excess of Expenditure over Income</b>		<b>-2191</b>
<b>Excess of Income over Expenditure</b>	<b>4651</b>	
<b>Represented by:-</b>		
Bank Balance at 1st January 2023	14109	16290
Petty Cash at 1st January 2023	23	33
<b>Excess of Expenditure over income</b>		<b>-2191</b>
<b>Excess of Income over Expenditure</b>	<b>4651</b>	
Bank Balance at 31st December 2023	18731	14109
Petty Cash at 31st December 2023	52	23
	<u>18783</u>	<u>14132</u>

I HAVE EXAMINED THE FINANCIAL RECORDS OF KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE FOR THE PERIOD 1st JANUARY 2023 TO 31st DECEMBER 2023 AND ON THE EVIDENCE PROVIDED AND EXPLANATIONS GIVEN, I AM SATISFIED AS TO THE CORRECTNESS OF THE FINANCIAL REPORT.

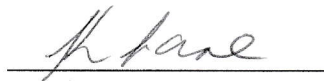
  
ERIC CASE  
AUDITOR  
14th FEBRUARY 2024

# Knees Up - Healthy Living for Mature People

## AUDIT CERTIFICATE

This financial statement was approved at a meeting of the Charity Committee on 23rd May 2024

Signed



Kathleen Lane ( Chair )



( Trustee )

Dated 23rd May 2024

**KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE**

England & Wales - Charity number 1102940

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# Accounts

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## CHAIR PERSON OF COMMITTEE ANNUAL REPORT 2022

Welcome to the eighteenth Annual General Meeting of our charity. Keeping the charity running has again been challenging due to increased costs and reduced revenue following the covid pandemic.

In June we put our charges up to £6 per session. Some poorly attended classes have been suspended which means things are looking up financially for the first time since covid.

Following the awful winter weather we are glad to report that the building has no major issues although some maintenance will need to be done this summer. We have addressed the problem of the floor where it needed patching. The equipment has been serviced and everything is up to standard. Thanks to the committee the outside areas have been kept tidy, which is no mean feat with all the trees around. Volunteers are very welcome.

Sadly we have not found a replacement to run a cardiac rehab class despite trying hard. We will keep advertising as we really want to offer this facility. We also tried to start a seated pilates class but we had very little interest.

Our cleaner, Mrs Winn, retired at Christmas after many years of service and we would like to thank her for all her hard work and wish her well for the future.

Without the dedication of the committee, the fantastic support of our instructors and the hard work of our volunteers there would be no Knees Up so thank you all and lets go into the next year with optimism.

Signed on behalf of the charities trustees.

Sign:



K. Lane

Position: Chair. Knees Up Healthy Living Ltd.

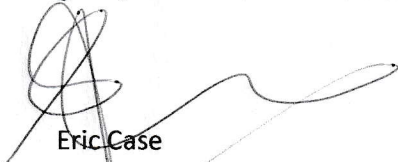
Date: April 27th 2023

# KNEES UP - Healthy Living for Mature People

## Income and Expenditure Report for the Period 1st January 2022 to 31st December 2022

	2022	2021
<b>Income</b>		
Class Fees	29745	16358
Donation	4295	
Grants	1500	8000
Fund Raising	224	
Sundry Income	<u>          </u>	<u>3390</u>
<b>Total Income</b>	<b>35764</b>	<b>27748</b>
<b>Expenditure</b>		
Equipment & Service	108	209
Instructors Fees	21890	16500
Rent	10000	7947
Water, Electricity & Rates	1660	1172
Insurance	321	2598
Cleaning	1871	1120
Legal & Professional	27	1214
Printing & Stationery	49	
Web Design	80	
Gifts & Donations	275	
First Aid Equipment & Supplies	1082	
Building Maintenance	592	
Sundry Expenses		<u>1337</u>
<b>Total Expenditure</b>	<b>-37955</b>	<b>-32097</b>
<b>Excess of Expenditure over Income</b>	<u><u>-2191</u></u>	<u><u>-4349</u></u>
<b>Represented by:-</b>		
Bank Balance at 1st January 2022	16290	20639
Petty Cash	33	33
Excess of Expenditure over Income	-2191	-4349
Bank Balance at 31st December 2022	14109	16290
Petty Cash at 31st December 2022	23	33
Accumulated Surplus	<u><u>14132</u></u>	<u><u>16323</u></u>

I have examined the financial records of Knees Up - Healthy Living for Mature People for the period 1st January 2022 to 31st December 2022 and, on the evidence provided and explanations given, I am satisfied as to the correctness of this Financial Report.

  
 Eric Case  
 Auditor  
 7th January 2023

# Knees Up - Healthy Living for Mature People

## AUDIT CERTIFICATE

This financial statement was approved at a meeting of the Charity Committee on January 19th 2023.

Signed

*K Lane*

Kathleen Lane ( Chair )

*Pamela Case*

Pamela Case. ( Trustee )

Dated 19 January 2023

**KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE**

England & Wales - Charity number 1102940

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# Accounts

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# CHAIR PERSON OF TRUSTEES ANNUAL REPORT 2022

Welcome to the seventeenth Annual General Meeting of our charity. It has been another challenging year mainly due to the Covid pandemic.

We have been operating with smaller classes and people have been, understandably, wary about returning to group exercise. Things are slowly getting back to normal which is a relief to us all.

In December we signed a new lease for the next 3 years at an increased cost of £3.000 per year. This is a big jump and has already resulted in us having to increase some of our class fees. We will review the rest latter in the year.

An electrical inspection has been carried out and we are up to standard. Maintenance on the outside of the building has been completed and the overhanging trees have been removed.

This year we said goodbye to Kerrie who is not only a great pilates teacher but helped us considerably with our website and Facebook page. We welcome Diana who has taken over her classes. Karyn has also left us which means we are unable to offer cardiac rehab classes. We are looking for a replacement and hope that it won't be too long before these classes can resume.

We have managed to secure funding for the replacement of our defibrillator thanks to a grant from the town council and a donation from Mark Robbins Carpets.

Our new treasurer has had a challenging year but has been a great support to the committee and me personally.

Thank you to all the committee, instructors and volunteers whose hard work and dedication means that we can keep going into the future.

Signed on behalf of the charities trustees.

Sign:



K. Lane

Position: Chairperson. Knees Up Healthy Living Ltd.

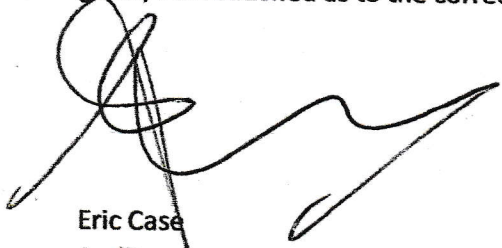
Date: April 21st 2022

# KNEES UP - Healthy Living for Mature People

## Income and Expenditure Report for the Period 1st January 2021 to 31st December 2021

	2021	2020
<b>Income</b>		
Class Fees	16358	15098
Grants	8000	10000
Sundry Income	<u>3390</u>	<u>3119</u>
<b>Total Income</b>	<b>27748</b>	<b>28217</b>
<b>Expenditure</b>		
Equipment & Service	209	727
Instructors Fees	16500	13730
Rent	7947	7000
Water, Electricity & Rates	1172	1127
Insurance	2598	912
Cleaning	1120	895
Solicitors Fees	1214	
Sundry Expenses	<u>1337</u>	<u>998</u>
<b>Total Expenditure</b>	<b>-32097</b>	<b>-25398</b>
<b>Excess of Expenditure over Income</b>	<u><u>-4349</u></u>	<u><u>2819</u></u>
<b>Represented by:-</b>		
Bank Balance at 1st January 2021		20639
Excess of Expenditure over Income		-4349
Bank Balance at 31st December 2021 (Accumulated Surplus)		<u><u>16290</u></u>

I have examined the financial records of Knees Up - Healthy Living for Mature People for the period 1st January 2021 to 31st December 2021 and, on the evidence provided and explanations given, I am satisfied as to the correctness of this Financial Report.



Eric Case  
Auditor  
10th January 2022

# Knees Up - Healthy Living for Mature People

## AUDIT CERTIFICATE

This financial statement was approved at a meeting of the Charity Committee on January 22nd 2022.

Signed



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Kathleen Lane ( Chair )



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June Lane ( Trustee )

Dated 22 January 2022

**KNEES UP - HEALTHY LIVING FOR MATURE PEOPLE**

England & Wales - Charity number 1102940

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# Accounts

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## CHAIRMAN OF TRUSTEES ANNUAL REPORT 2021

Welcome to the sixteenth Annual General Meeting of our charity.

The charity has survived a really challenging year, dealing with the various demands of regulations due to the pandemic.

We have had to spend many months unable to open, & when allowed to be operational, we have had to abide by social distancing, & cleansing regulations with reduced numbers in classes.

We are grateful to the council for 2 monetary grant aids, without them we would now be considering our future.

I must pay tribute to our much missed committee member Hazel Warrington who passed away earlier this year. Hazel was a founder member of the charity, who carried out numerous tasks weekly without us realising until she was not there to do them.

Our lease runs out on the studio at the end of November this year, & we have been offered a 3 year lease at an increase of £3,000 per year on the existing terms. We are currently in consultation with our solicitors prior to accepting the new terms. We do not know of anywhere else in or around Blandford suitable for our use.

Your committee have worked hard on your behalf to keep things running smoothly as we can during a pandemic.

Two members of the committee wish to stand down from officer roles. Val Pearce has been our treasurer for several years, but would like to stand down from this role.

Similarly I have been Chairman for over 5 years, & feel it is time for a change, plus I have a few health issues to deal with.

Kath Lane has agreed to takeover the Chair, & Maggie Bellenger has agreed to take on the Treasury. Both Val & myself are willing to stay on the committee if elected.

A lot of our exercise equipment has been replaced recently & all has been serviced & ready for when we can use it.

Our instructors have had to change their plans for classes to keep within social distance, & sanitisation regulations.

Whilst we were closed Kath & Chris Lane not only carried out regular checks on the premises, but also carried out internal decorations to the main hall

Finally a big thank you to all our instructors, & committee, without them Knees Up would not happen.

Signed on behalf of the charities trustees.

Sign :

*D.H. Shackell.*

D.H.SHACKELL

Position : CHAIRMAN. KNEES UP HEALTHY LIVING LTD.

Date : 20<sup>th</sup> March 2020


**KNEES UP – HEALTHY LIVING FOR MATURE PEOPLE**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDING 31<sup>ST</sup> DECEMBER 2020**

<b>INCOME</b>	<b>2020</b>		<b>2019</b>
Class Fees	15098 <sup>1</sup>		32774
Grant	10000	Fund Raising	195
Sundry Income	3119		7815
Total	28217		40784

**EXPENDITURE**

Equipment	727 <sup>1</sup>		1600
Instructors Fees	13730 <sup>1</sup>		22548
Rent	7000 <sup>1</sup>		7000
Water, Electricity and Rates	1127 <sup>1</sup>		1350
Insurance	912 <sup>1</sup>		795
Mrs Winn	895 <sup>1</sup>		1044
Cleaning Materials	9 <sup>1</sup>		63
Sundry Expenses	998 <sup>1</sup>		660
Total	25398		35060

Deficit/Surplus	2819		5724
Balance b/f	17820		12096
Accumulated Surplus	20639		17820
Represented by:			
Balance at Bank	20639		17820


 Audited  
 20 Feb 2021

## **Knees Up – Healthy Living for Mature People**

### **Audit Certificate**

This financial statement was prepared by June Lane and approved by Hugh Shackell, Chair of the Knees Up Committee on February 24<sup>th</sup> 2021.

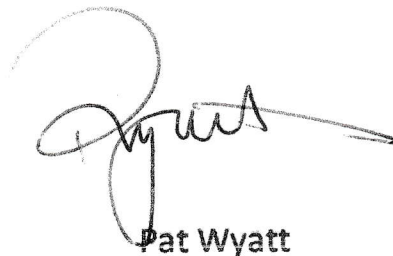
Hugh Shackell Chair



June Lane

### **Audit Certificate**

I have examined the books of the charity and certify that, to the best of my knowledge, the financial statement for the year ending 31<sup>st</sup> December 2020 is a true record.



Pat Wyatt

Hon. Auditor