

BODIES IN MOTION (PENDLE) LTD

England & Wales · Charity number 1119711

Details

Status Registered

Legal form Charitable company

Company number [05504622](#)

Registered 2007-06-18

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

Contact

Address 30 Colne Road
Brierfield
Nelson
BB9 5NS

Phone 01282605050

Email bodiesinmotion@btconnect.com

Website www.bodiesinmotion.co.uk

Activities

Objects: 1 THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION FOR THE BENEFIT OF THE INHABITANTS OF PENDLE, LANCASHIRE BY THE PROVISION OF FACILITIES FOR PLAYING SPORT.2 TO HELP YOUNG PEOPLE, ESPECIALLY BUT NOT EXCLUSIVELY THROUGH LEISURE TIME ACTIVITIES, SO AS TO DEVELOP THEIR CAPABILITIES THAT THEY MAY GROW MATURITY AS INDIVIDUALS AND MEMBERS OF SOCIETY.

Activities: Bodies in Motion (Pendle) Ltd supports the people of Pendle through employment, training, and education initiatives, physical activity and sports, horticulture and gardening projects, and health and wellbeing support. Our aim is to improve skills, promote healthier lifestyles, and enhance community engagement for people of all ages and backgrounds.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- **Area of benefit:** PENDLE, LANCASHIRE
- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£435,737	£121,328	-	-
2024-03-31	£272,000	£91,000	-	-
2023-03-31	£123,443	£71,630	-	-
2022-03-31	£96,516	£71,767	-	-
2021-03-31	£93,221	£64,694	-	-

Trustees

Name	Role	Appointed
Mohammad Ahmed		2024-07-01
Mohammad Basharat		2023-05-01
WAQAR AHMAD		
YASIR PATEL		2026-04-29

BODIES IN MOTION (PENDLE) LTD

England & Wales - Charity number 1119711

Accounts

Charity number: 1119711

Company number: 05504622

Bodies In Motion (Pendle) Limited
Trustees' report and financial statements
for the year ended 31 March 2025

Bodies In Motion (Pendle) Limited

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Bodies In Motion (Pendle) Limited

Legal and administrative information

Status

Bodies in Motion (Pendle) Limited is a company limited by guarantee and governed by its Memorandum and Articles of Association. Bodies in Motion is registered charity status.

Trustees / Directors	Mohammed Idris Ahmed Mohammad Basharat Waqar Ahmad	Chairman person Trustee / Director Trustee
Management board	Israr Asif	
Honoury member	Brian Holmes	
Project manager	Shahid Shabbir	
Operational Manager	Benjamin Kelly	
Company number	05504622	
Charity number	1119711	
Registered office	30 Colne Road Brierfield Lancashire BB9 5NS	
Accountants	Eave Brooks Accountants Limited 1 Dalton Court Commercial Road Darwen Lancashire BB3 0DG	
Business address	30 Colne Road Brierfield Lancashire BB9 5NS	
Bankers	Barclays Bank 72-78 St. James Street Burnley Lancashire BB11 1NH	

Bodies In Motion (Pendle) Limited

**Trustees' report
for the year ended 31 March 2025**

Charitable objects

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2025

To promote the benefit of young people resident in Pendle and surrounding areas, without distinction of sex, political, religious or other opinion, by the advancement of education, primarily but not exclusively by the provision of training and employment opportunities and the provision of facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the conditions of life of the said young people.

This Trustees' Report presents the activities and achievements of Bodies in Motion (Pendle) Ltd for the financial year. The charity continues to work towards its mission of promoting health, wellbeing, and community cohesion through inclusive programmes and facilities

Bodies in Motion (Pendle) Ltd exists to support individuals and communities by providing opportunities for physical activity, education, and social engagement. Our focus remains on improving mental and physical health, reducing isolation, and creating safe spaces for young people and older residents.

During the year, the charity has made significant progress in developing facilities and programmes to meet community needs. Key achievements include:

Securing £1.4 million from the Department for Culture, Media and Sport's Youth Investment Fund, enabling completion of a community café at the Garden Zone and commencement of work on a dedicated youth community building on the same site.

Funding from the Lancashire Environmental Fund supported the completion of the community café, creating a welcoming space for residents and visitors

National Lottery Awards for All grant provided essential revenue funding for staffing at our Health and Wellbeing Hub, ensuring sufficient resources to meet community needs.

A grant from the Duchy of Lancaster enabled the purchase of a large TV, installed as part of our Youth Games Zone to enhance recreational opportunities for young people

Funding through the Lancashire Police and Crime Commissioner's Safer Lancashire Neighbourhoods scheme provided revenue to cover staff dedicated to working with young people, helping them make informed decisions and avoid harmful behaviours.

Looking ahead, Bodies in Motion (Pendle) Ltd will continue to develop the youth community building and expand programmes that promote health, wellbeing, and positive life choices. We aim to strengthen partnerships and secure additional funding to sustain and grow our impact across the region.

Bodies in Motion (Pendle) Ltd is governed by its Board of Trustees, who are responsible for strategic oversight and ensuring compliance with charity law and best practice. The charity operates with transparency and accountability, maintaining robust financial and operational controls.

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2025

Statement of trustees responsibilities

- select suitable accounting policies and then apply them consistently ;
- judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees recommend that Eave Brooks Accountants Limited remain in office until further notice.

This report was approved by the trustees on 22 December 2025 and signed on its behalf by

Mohammad Basharat
Trustee / Director

Bodies In Motion (Pendle) Limited

Independent examiner's report to the trustees on the unaudited financial statements of Bodies In Motion (Pendle) Limited.

I report on the financial statements of Bodies In Motion (Pendle) Limited for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act"). The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act), as amended by section 28 of the Charities Act 2006 and that an independent examination is needed. It is my responsibility to examine the accounts under section 43(3)(a) of the Act, as amended; to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, as amended; and to state whether particular matters have come to my attention.

Basis of independent examiner's report

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- the accounting records were kept in accordance with section 130 of the Act; or ; and
- the accounts were accord with the accounting records; and
- the accounts comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Eave Brooks Accountants Limited
Community Accountants**

**1 Dalton Court
Commercial Road
Darwen
BB3 0DG**

Bodies In Motion (Pendle) Limited

Bodies In Motion (Pendle) Limited

Statement of financial activities

For the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total £	2024 Total £
Incoming resources					
Grants	2	-	413,723	413,723	243,568
Activities for generating funds:					
Membership & Cafe income		22,014	-	22,014	28,027
Income from investments	3	-	-	-	44
Other incoming resources	4	-	-	-	50
Total incoming resources		<u>22,014</u>	<u>413,723</u>	<u>435,737</u>	<u>271,689</u>
Less: Cost of generating funds					
Shop expenditure	5	(6,752)	-	(6,752)	(10,443)
		<u>(6,752)</u>	<u>-</u>	<u>(6,752)</u>	<u>(10,443)</u>
Net incoming resources available for charitable application		<u>15,262</u>	<u>413,723</u>	<u>428,985</u>	<u>261,246</u>
Charitable expenditure					
Cost of activities in furtherance of the charity's objects:					
Project 1	6	-	(119,677)	(119,677)	(90,187)
Management and administration	7	-	(1,651)	(1,651)	(1,283)
Total charitable expenditure		<u>-</u>	<u>(121,328)</u>	<u>(121,328)</u>	<u>(91,470)</u>
Total resources expended		<u>(6,752)</u>	<u>(121,328)</u>	<u>(128,080)</u>	<u>(101,913)</u>
Net movement in funds		<u>15,262</u>	<u>292,395</u>	<u>307,657</u>	<u>169,776</u>
Total funds carried forward		<u>70,687</u>	<u>531,172</u>	<u>601,859</u>	<u>294,202</u>

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet as at 31 March 2025

	Notes	£	2025	£	2024	£
Fixed assets						
Tangible assets	9			509,513		292,719
Current assets						
Cash at bank and in hand			97,052		4,311	
			<u>97,052</u>		<u>4,311</u>	
Creditors: amounts falling due within one year	10	(4,706)			(2,828)	
Net current assets				92,346		1,483
Net assets				<u>601,859</u>		<u>294,202</u>
Funds						
Unrestricted funds	9			70,687		55,425
Restricted Funds	10			531,172		238,777
				<u>601,859</u>		<u>294,202</u>

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet (continued)

Trustees' statements required by the Companies Act 2006 for the year ended 31 March 2025

In approving these financial statements as trustees of the company we hereby confirm:

(a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006 ;

(b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2025 and

(c) that we acknowledge our responsibilities for:

(1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of section 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.!!C!!C!

The financial statements were approved by the trustees on 22 December 2025 and signed on its behalf by

Mohammed Idris Ahmed
Trustee / Secretary

Mohammad Basharat
Trustee / Director

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2025

1. Accounting policies

1.1. Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000.

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2. Incoming resources

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

Income from the charity shop is included in the year in which it is receivable.

Income from investments is included in the year in which it is receivable.

1.3. Resources expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

2. Grant income

Restricted 2025 2024

	funds		
	£	£	£
LCC	37,510	37,510	550
Police AP	10,000	10,000	-
Duchy of Lancashire	800	800	-
YIF Grant	340,155	340,155	192,089
Community Foundation	-	-	3,000
Awards for All	19,850	19,850	9,936
Active Lancashire	-	-	2,328
LEF	-	-	7,430
Sport England	-	-	14,500
Pendle Borough Council	5,408	5,408	13,735
	<u>413,723</u>	<u>413,723</u>	<u>243,568</u>

3. Investment income

2025 2024

£ £

Bodies In Motion (Pendle) Limited

**Notes to the financial statements
for the year ended 31 March 2025**

Interest received	-	44
	<u>-</u>	<u>44</u>
	<u>-</u>	<u>44</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2025

4. Other incoming resources 2025 2024

£ £

Inc - Rental Income	-	50
	<u>-</u>	<u>50</u>
	<u>-</u>	<u>50</u>

5. Cost of generating funds

	Shop £	2025 £	2024 £
Purchases	6,752	6,752	10,443
	<u>6,752</u>	<u>6,752</u>	<u>10,443</u>
	<u>6,752</u>	<u>6,752</u>	<u>10,443</u>

6. Costs of activities in furtherance of the objects of the charity project 2025 2024

£ £ £

Staff costs	76,206	76,206	46,993
Staff training	-	-	412
Rent	13,875	13,875	3,125
Insurance	1,559	1,559	1,592
Light and heat	5,485	5,485	2,113
Cleaning	35	35	504
Repairs, maintenance and building work	907	907	3,292
Printing, postage and stationery	260	260	337
Telephone	1,406	1,406	1,359
Service Agreements	-	-	5,064
Residential food costs	-	-	127
Professional fees	16,650	16,650	21,544
Accountancy fees	1,880	1,880	1,480
General expenses	34	34	-
Subscriptions	1,382	1,382	2,372
	<u>119,679</u>	<u>119,679</u>	<u>90,314</u>
	<u>119,679</u>	<u>119,679</u>	<u>90,314</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2025

7. Management and administration 2025 2024 £ £

Interest and charges	1,651	1,283
	<u>1,651</u>	<u>1,283</u>

8. Employees

Number of employees

The average monthly numbers of employees (including the trustees) during the year were:

		2025 Number	2024 Number
Staff & Managers	Paid staff	12	4
Trustees	Voluntary	4	4
		<u>16</u>	<u>8</u>

Employment costs

	Charitable expenditure £	2025 £	2024 £
Wages and salaries	76,206	76,206	46,993
	<u>76,206</u>	<u>76,206</u>	<u>46,993</u>
	Restricted £	2025 £	2024 £
Wages and salaries	76,206	76,206	46,993
	<u>76,206</u>	<u>76,206</u>	<u>46,993</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2025

9. Tangible fixed assets	YIF Project £	Fixtures & Equipment £	Garden & Improvements £	Total £
Cost				
At 1 April 2024	116,253	45,432	131,034	292,719
Additions	102,764	-	114,030	216,794
At 31 March 2025	<u>219,017</u>	<u>45,432</u>	<u>245,064</u>	<u>509,513</u>
Net book values				
At 31 March 2025	<u>219,017</u>	<u>45,432</u>	<u>245,064</u>	<u>509,513</u>
At 31 March 2024	<u>116,253</u>	<u>45,432</u>	<u>131,034</u>	<u>292,719</u>

10. Creditors: amounts falling due within one year	2025 £	2024 £
Accruals	<u>4,708</u>	<u>2,828</u>

11. Unrestricted funds	1 April 2024 £	Incoming £	Outgoing £	31 March 2025 £
Membership & Shop	55,425	22,014	(6,752)	70,687
Pendle Borough Council	-	5,408	(5,408)	-
	<u>55,425</u>	<u>27,422</u>	<u>(12,160)</u>	<u>70,687</u>

Purposes of unrestricted funds

The trustees are free to use the unrestricted funds in accordance with project objectives. These funds were transferred to the restricted funds.

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2025

12. Restricted funds	1 April 2024	Incoming	Outgoing	31 March 2025
	£	£	£	£
LCC	-	37,510	(37,510)	-
Awards4All	-	19,850	(19,850)	-
Duchy of Lancashire	-	800	(800)	-
YIF	-	340,155	(340,155)	-
Lancashire CC	-	550	(550)	-
	<u>-</u>	<u>398,865</u>	<u>(398,865)</u>	<u>-</u>

Purposes of restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

BODIES IN MOTION (PENDLE) LTD

England & Wales - Charity number 1119711

Accounts

Charity number: 1119711

Company number: 05504622

Bodies In Motion (Pendle) Limited
Trustees' report and financial statements
for the year ended 31 March 2024

Bodies In Motion (Pendle) Limited

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Bodies In Motion (Pendle) Limited

Legal and administrative information

Status

Bodies in Motion (Pendle) Limited is a company limited by guarantee and governed by its Memorandum and Articles of Association. Bodies in Motion is registered charity status.

Trustees / Directors	Benjamin Kelly Razwan Taj Mohammad Basharat Waqar Ahmad	Chairmanperson Trustee / Secretary Trustee / Director Trustee
Management board	Israr Asif	
Honoury member	Brian Holmes	
Project manager	Shahid Shabbir	
Operational Manager	Benjamin Kelly	
Company number	05504622	
Charity number	1119711	
Registered office	30 Colne Road Brierfield Lancashire BB9 5NS	
Accountants	Eave Brooks Accountants Limited 1 Dalton Court Commercial Road Darwen Lancashire BB3 0DG	
Business address	30 Colne Road Brierfield Lancashire BB9 5NS	
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Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2024

Charitable objects

To promote the benefit of young people resident in Pendle and surrounding areas, without distinction of sex, political, religious or other opinion, by the advancement of education, primarily but not exclusively by the provision of training and employment opportunities and the provision of facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the conditions of life of the said young people.

In the financial year between April 2023 and the end of March 2024, the management team at Bodies in Motion has been working to promote the charitable objectives of the charity, aiming to increase our reach to a larger audience and support the mental and physical wellbeing of people living in our service area, across the Pendle region.

We have been working in partnership with Pendle Borough Council, continuing to deliver upon the Holiday activities and Food (HAF) scheme, a scheme which aims to ensure that those young people reliant upon free school meals are provided with a healthy, hot meal and engaging educational activities throughout school holiday periods. Bodies in Motion has been supporting HAF throughout Spring, Summer and Winter school holidays. In addition, we continue to garner interest from other HAF providers, who had requested that Bodies in Motion assisted in providing food for other services, our commercial standard kitchen proving time and time again to be a valuable resource.

Following our successful funding application through the Dept of Culture, Media and Sport's Youth Investment Fund, in 2023 we began to develop our Youth Game Zone, a facility specifically for young people, aiming to provide fun and engaging activities for young people, the game zone used as a vehicle for engagement and helping to provide valuable diversionary activities for young people, encouraging them to utilise the facilities at Bodies in Motion and avoid more harmful behaviours, such as becoming involved with antisocial behaviour and/or youth crime and violence.

The Youth Game Zone was completed in early 2024, installing seating, flooring and creating a large, comfortable space in which young people could take part in a range of activities, which will be facilitated by qualified members of the Bodies in Motion team, who are then able to assess the needs of young people and provide mentoring to help participants to achieve their aspirations.

Furthermore, as part of our plan to ensure long-term sustainability, Bodies in Motion began to develop a spa facility, adding additional value to the offer for members, as well as helping to bring in additional income, aiming to increase footfall and membership.

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2024

Statement of trustees responsibilities

- select suitable accounting policies and then apply them consistently ;
- judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees recommend that Eave Brooks Accountants Limited remain in office until further notice.

This report was approved by the trustees on 20 December 2024 and signed on its behalf by

Mohammad Basharat
Trustee / Director

Bodies In Motion (Pendle) Limited

Independent examiner's report to the trustees on the unaudited financial statements of Bodies In Motion (Pendle) Limited.

I report on the financial statements of Bodies In Motion (Pendle) Limited for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act"). The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act), as amended by section 28 of the Charities Act 2006 and that an independent examination is needed. It is my responsibility to examine the accounts under section 43(3)(a) of the Act, as amended; to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, as amended; and to state whether particular matters have come to my attention.

Basis of independent examiner's report

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - the accounting records were kept in accordance with section 130 of the Act; or ; and
 - the accounts were accord with the accounting records; and
 - the accounts comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Eave Brooks Accountants Limited
Community Accountants

1 Dalton Court
Commercial Road
Darwen
BB3 0DG

Bodies In Motion (Pendle) Limited

Statement of financial activities

For the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
Incoming resources					
Grants	2	-	243,568	243,568	77,184
Activities for generating funds:					
Membership & Cafe income		28,027	-	28,027	45,390
Income from investments	3	-	44	44	49
Other incoming resources	4	-	50	50	820
Total incoming resources		<u>28,027</u>	<u>243,662</u>	<u>271,689</u>	<u>123,443</u>
Less: Cost of generating funds					
Shop expenditure	5	(10,443)	-	(10,443)	(7,549)
		<u>(10,443)</u>	<u>-</u>	<u>(10,443)</u>	<u>(7,549)</u>
Net incoming resources available for charitable application		<u>17,584</u>	<u>243,662</u>	<u>261,246</u>	<u>115,894</u>
Charitable expenditure					
Cost of activities in furtherance of the charity's objects:					
Project 1	6	-	(90,188)	(90,188)	(70,023)
Management and administration	7	-	(1,283)	(1,283)	(1,605)
Total charitable expenditure		<u>-</u>	<u>(91,471)</u>	<u>(91,471)</u>	<u>(71,628)</u>
Total resources expended		<u>(10,443)</u>	<u>(91,471)</u>	<u>(101,914)</u>	<u>(79,177)</u>
Net movement in funds		<u>17,584</u>	<u>152,191</u>	<u>169,775</u>	<u>44,266</u>
Total funds carried forward		<u><u>55,425</u></u>	<u><u>238,777</u></u>	<u><u>294,202</u></u>	<u><u>124,427</u></u>

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet as at 31 March 2024

	Notes	2024	2023
		£	£
Fixed assets			
Tangible assets	9	292,719	118,328
Current assets			
Cash at bank and in hand		4,311	11,953
		<u>4,311</u>	<u>11,953</u>
Creditors: amounts falling due within one year	10	(2,828)	(5,854)
Net current assets		<u>1,483</u>	<u>6,099</u>
Net assets		<u>294,202</u>	<u>124,427</u>
Funds			
Unrestricted funds	9	55,425	37,841
Restricted Funds	10	238,777	86,586
		<u>294,202</u>	<u>124,427</u>

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet (continued)

Trustees' statements required by the Companies Act 2006 for the year ended 31 March 2024

In approving these financial statements as trustees of the company we hereby confirm:

(a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006 ;

(b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2024 and

(c) that we acknowledge our responsibilities for:

(1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of section 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the trustees on 20 December 2024 and signed on its behalf by

Razwan Taj
Trustee / Secretary

Mohammad Basharat
Trustee / Director

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2024

1. Accounting policies

1.1. Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000.

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2. Incoming resources

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

Income from the charity shop is included in the year in which it is receivable.

Income from investments is included in the year in which it is receivable.

1.3. Resources expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

2. Grant income

	Restricted funds	2024	2023
	£	£	£
LCC	550	550	500
YIF Grant	192,089	192,089	8,718
Groundwork UK	-	-	1,000
Lancashire Sport	-	-	6,638
Community Foundation	3,000	3,000	4,750
Awards for All	9,936	9,936	9,900
Active Lancashire	2,328	2,328	-
LEF	7,430	7,430	6,733
Sport England	14,500	14,500	-
Active Lancashire	-	-	2,328
Pendle Borough Council	13,735	13,735	25,668
Muslim Sport Foundatiom	-	-	3,060
DWP	-	-	7,889
	<u>243,568</u>	<u>243,568</u>	<u>77,184</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2024

3. Investment income

	Restricted funds £	2024 £	2023 £
Interest received	44	44	49
	<u>44</u>	<u>44</u>	<u>49</u>

4. Other incoming resources

	Restricted funds £	2024 £	2023 £
Inc - Rental Income	50	50	820
	<u>50</u>	<u>50</u>	<u>820</u>

5. Cost of generating funds

	Shop £	2024 £	2023 £
Purchases	10,443	10,443	7,549
	<u>10,443</u>	<u>10,443</u>	<u>7,549</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2024

6. Costs of activities in furtherance of the objects of the charity

	project £	2024 £	2023 £
Staff costs	46,993	46,993	43,695
Staff training	412	412	123
Rent	3,125	3,125	12,624
Insurance	1,592	1,592	1,279
Light and heat	2,113	2,113	2,674
Cleaning	504	504	481
Repairs, maintenance and building work	3,294	3,294	4,153
Printing, postage and stationery	337	337	892
Telephone	1,359	1,359	886
Service Agreements	5,064	5,064	1,166
Residential food costs		-	127
Professional fees	21,544	21,544	200
Accountancy fees	1,480	1,480	1,350
Subscriptions	2,372	2,372	500
	<u>90,189</u>	<u>90,189</u>	<u>70,150</u>

7. Management and administration

	2024 £	2023 £
Interest and charges	1,283	1,605
	<u>1,283</u>	<u>1,605</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2024

8. Employees

Number of employees

The average monthly numbers of employees (including the trustees) during the year were:

		2024	2023
		Number	Number
Staff & Managers	Paid staff	4	4
Trustees	Voluntary	4	4
		<u>8</u>	<u>8</u>

Employment costs

	Charitable expenditure £	2024 £	2023 £
Wages and salaries	46,993	46,993	43,695
	<u>46,993</u>	<u>46,993</u>	<u>43,695</u>

	Restricted £	2024 £	2023 £
Wages and salaries	46,993	46,993	43,695
	<u>46,993</u>	<u>46,993</u>	<u>43,695</u>

9. Tangible fixed assets

	YIF Project £	Fixtures & Equipment £	Garden & Improvement £	Total £
Cost				
At 1 April 2023	-	45,432	72,896	118,328
Additions	116,253	-	58,138	174,391
At 31 March 2024	<u>116,253</u>	<u>45,432</u>	<u>131,034</u>	<u>292,719</u>
Net book values				
At 31 March 2024	<u>116,253</u>	<u>45,432</u>	<u>131,034</u>	<u>292,719</u>
At 31 March 2023	<u>-</u>	<u>45,432</u>	<u>72,896</u>	<u>118,328</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2024

10. Creditors: amounts falling due within one year

	2024	2023
	£	£
Other creditors	-	4,506
Accruals	2,828	1,348
	<u>2,828</u>	<u>5,854</u>

11. Unrestricted funds

	1 April 2023	Incoming	Outgoing	31 March
	£	£	£	£
Other Income	-	50	(50)	-
Membership & Shop	37,841	28,027	(10,443)	55,425
Active Lancashire	-	2,328	(2,328)	-
Pendle Borough Council	-	13,375	(13,375)	-
	<u>37,841</u>	<u>43,780</u>	<u>(26,196)</u>	<u>55,425</u>

Purposes of unrestricted funds

The trustees are free to use the unrestricted funds in accordance with project objectives. These funds were transferred to the restricted funds.

12. Restricted funds

	1 April 2023	Incoming	Outgoing	31 March
	£	£	£	£
LEF	-	7,430	(7,430)	-
Awards4All	-	9,936	(9,936)	-
Community Foundation	-	3,000	(3,000)	-
Sports England	-	14,500	(14,500)	-
YIF	-	192,089	(192,089)	-
Lancashire CC	-	550	(550)	-
	<u>-</u>	<u>242,240</u>	<u>(227,505)</u>	<u>-</u>

Purposes of restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

BODIES IN MOTION (PENDLE) LTD

England & Wales - Charity number 1119711

Accounts

Charity number: 1119711

Company number: 05504622

Bodies In Motion (Pendle) Limited
Trustees' report and financial statements
for the year ended 31 March 2023

Bodies In Motion (Pendle) Limited

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Bodies In Motion (Pendle) Limited

Legal and administrative information

Status

Bodies in Motion (Pendle) Limited is a company limited by guarantee and governed by its Memorandum and Articles of Association. Bodies in Motion is registered charity status.

Trustees / Directors	Benjamin Kelly Razwan Taj Mohammad Basharat Waqar Ahmad	Chairmanperson Trustee / Secretary Trustee / Director Trustee
Management board	Israr Asif	
Honoury member	Brian Holmes	
Project manager	Shahid Shabbir	
Operational Manager	Benjamin Kelly	
Company number	05504622	
Charity number	1119711	
Registered office	30 Colne Road Brierfield Lancashire BB9 5NS	
Accountants	Eave Brooks Accountants Limited 1 Dalton Court Commercial Road Darwen Lancashire BB3 0DG	
Business address	30 Colne Road Brierfield Lancashire BB9 5NS	
Bankers	Barclays Bank 72-78 St. James Street Burnley Lancashire BB11 1NH	

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2023

Charitable objects

To promote the benefit of young people resident in Pendle and surrounding areas, without distinction of sex, political, religious or other opinion, by the advancement of education, primarily but not exclusively by the provision of training and employment opportunities and the provision of facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the conditions of life of the said young people.

In the financial year between April 2022 and the end of March 2023, the management team at Bodies in Motion has been promoting our charitable objectives and working to increase footfall and membership numbers. Our community café has become an integral part of our work, serving food and drinks, the income used to further our charitable objectives and helping to ensure sustainability in the long-term.

The installation of a commercial standard kitchen facility has been of particular benefit to the charity, helping to provide hot meals as part of our participation in Pendle Borough Council's "Holiday Activities and Food (HAF)" scheme, a scheme which aims to ensure that those young people reliant upon free school meals are provided with a hot meal and fun, educational activities during school holiday periods.

Additionally, as a direct result of our kitchen, Bodies in Motion has been providing hot meals for other organisations also working to deliver the HAF scheme. As part of our commitment to ensuring the highest standards, Bodies in Motion achieved the bronze standard award for food quality and hygiene, currently working towards a silver rating.

In 2022, Bodies in Motion created a consultation room, which has enabled members utilising our health and fitness suite to receive further support from instructors and personal trainers, undergoing comprehensive fitness assessments and consultations, tailoring programmes and services to meet their needs. We have purchased all relevant furniture and equipment, aiming to provide the best possible experience for members, helping them to achieve their health, fitness and wellbeing goals.

In late 2022, the management team at Bodies in Motion began a large funding application, aiming to secure a significant amount of funding through the Youth Investment Fund, in partnership with the Social Investment Business and Dept for Culture, Media and Sport. The application centred around securing funds to refurbish our health and wellbeing hub and community garden and greenhouse project, creating changing facilities, a youth games zone and reception/activity buildings, as well as securing funding to cover associated staffing costs for the first 12 months of delivery.

Bodies In Motion (Pendle) Limited

**Trustees' report
for the year ended 31 March 2023**

Statement of trustees responsibilities

- select suitable accounting policies and then apply them consistently ;
- judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees recommend that Eave Brooks Accountants Limited remain in office until further notice.

This report was approved by the trustees on 22 December 2023 and signed on its behalf by

Mohammad Basharat
Trustee / Director



Bodies In Motion (Pendle) Limited

Independent examiner's report to the trustees on the unaudited financial statements of Bodies In Motion (Pendle) Limited.

I report on the financial statements of Bodies In Motion (Pendle) Limited for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act"). The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act), as amended by section 28 of the Charities Act 2006 and that an independent examination is needed. It is my responsibility to examine the accounts under section 43(3)(a) of the Act, as amended; to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, as amended; and to state whether particular matters have come to my attention.

Basis of independent examiner's report

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - the accounting records were kept in accordance with section 130 of the Act; or ; and
 - the accounts were accord with the accounting records; and
 - the accounts comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Eave Brooks Accountants Limited
Community Accountants

1 Dalton Court
Commercial Road
Darwen
BB3 0DG

Bodies In Motion (Pendle) Limited

Statement of financial activities

For the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
Incoming resources					
Grants	2	-	77,184	77,184	85,698
Activities for generating funds:					
Membership & Cafe income		45,390	-	45,390	10,050
Income from investments	3	-	49	49	18
Other incoming resources	4	-	820	820	750
Total incoming resources		<u>45,390</u>	<u>78,053</u>	<u>123,443</u>	<u>96,516</u>
Less: Cost of generating funds					
Shop expenditure	5	(7,549)	-	(7,549)	(4,076)
		<u>(7,549)</u>	<u>-</u>	<u>(7,549)</u>	<u>(4,076)</u>
Net incoming resources available for charitable application		<u>37,841</u>	<u>78,053</u>	<u>115,894</u>	<u>92,440</u>
Charitable expenditure					
Cost of activities in furtherance of the charity's objects:					
Project 1	6	-	(70,025)	(70,025)	(71,538)
Management and administration	7	-	(1,605)	(1,605)	(227)
Total charitable expenditure		<u>-</u>	<u>(71,630)</u>	<u>(71,630)</u>	<u>(71,765)</u>
Total resources expended		<u>(7,549)</u>	<u>(71,630)</u>	<u>(79,179)</u>	<u>(75,841)</u>
Net movement in funds		<u>37,841</u>	<u>6,423</u>	<u>44,264</u>	<u>20,675</u>
Total funds carried forward		<u>37,841</u>	<u>86,586</u>	<u>124,427</u>	<u>80,163</u>

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet as at 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	9		118,328		108,199
Current assets					
Cash at bank and in hand		11,953		15,470	
		<u>11,953</u>		<u>15,470</u>	
Creditors: amounts falling due within one year	10	<u>(5,854)</u>		<u>(43,506)</u>	
Net current assets/(liabilities)			6,099		(28,036)
Net assets			<u>124,427</u>		<u>80,163</u>
Funds					
Unrestricted funds	9		37,841		1,086
Restricted Funds	10		86,586		79,077
			<u>124,427</u>		<u>80,163</u>

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet (continued)

**Trustees' statements required by the Companies Act 2006
for the year ended 31 March 2023**

In approving these financial statements as trustees of the company we hereby confirm:

(a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006 ;

(b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2023 and

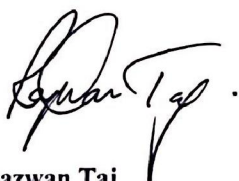
(c) that we acknowledge our responsibilities for:

(1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of section 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the trustees on 22 December 2023 and signed on its behalf by



Razwan Taj
Trustee / Secretary

Mohammad Basharat
Trustee / Director



The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2023

1. Accounting policies

1.1. Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000.

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2. Incoming resources

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

Income from the charity shop is included in the year in which it is receivable.

Income from investments is included in the year in which it is receivable.

1.3. Resources expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

2. Grant income

	Restricted funds	2023	2022
	£	£	£
LCC	500	500	-
YIF Grant	8,718	8,718	-
Groundwork UK	1,000	1,000	-
Lancashire Sport	6,638	6,638	-
Community Foundation	4,750	4,750	2,021
Lanes BME	-	-	4,000
Awards for All	9,900	9,900	9,950
LEF	6,733	6,733	10,267
Lancashire Partnership	-	-	2,419
Active Lancashire	2,328	2,328	1,638
Pendle Borough Council	25,668	25,668	21,990
Muslim Sport Foundation	3,060	3,060	-
HMRC Grants	-	-	14,625
DWP	7,889	7,889	18,788
	<u>77,184</u>	<u>77,184</u>	<u>85,698</u>

Bodies In Motion (Pendle) Limited

**Notes to the financial statements
for the year ended 31 March 2023**

3. Investment income

	Restricted funds £	2023 £	2022 £
Interest received	49	49	18
	<u>49</u>	<u>49</u>	<u>18</u>
	<u><u>49</u></u>	<u><u>49</u></u>	<u><u>18</u></u>

4. Other incoming resources

	Restricted funds £	2023 £	2022 £
Inc - Rental Income	820	820	750
	<u>820</u>	<u>820</u>	<u>750</u>
	<u><u>820</u></u>	<u><u>820</u></u>	<u><u>750</u></u>

5. Cost of generating funds

	Shop £	2023 £	2022 £
Purchases	7,549	7,549	4,076
	<u>7,549</u>	<u>7,549</u>	<u>4,076</u>
	<u><u>7,549</u></u>	<u><u>7,549</u></u>	<u><u>4,076</u></u>

Bodies In Motion (Pendle) Limited

**Notes to the financial statements
for the year ended 31 March 2023**

6. Costs of activities in furtherance of the objects of the charity

	project £	2023 £	2022 £
Staff costs	43,695	43,695	48,627
Staff training	123	123	1,265
Rent	12,624	12,624	12,575
Insurance	1,279	1,279	142
Light and heat	2,674	2,674	392
Cleaning	481	481	1,914
Repairs, maintenance and building work	4,155	4,155	628
Printing, postage and stationery	892	892	2,494
Telephone	886	886	685
Service Agreements	1,166	1,166	-
Residential food costs		-	127
Professional fees	200	200	200
Accountancy fees	1,350	1,350	1,350
Subscriptions	500	500	1,266
	<u>70,025</u>	<u>70,025</u>	<u>71,665</u>

7. Management and administration

	2023 £	2022 £
Interest and charges	1,605	227
	<u>1,605</u>	<u>227</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2023

8. Employees

Number of employees

The average monthly numbers of employees (including the trustees) during the year were:

		2023 Number	2022 Number
Staff & Managers	Paid staff	4	4
Trustees	Voluntary	4	4
		<u>8</u>	<u>8</u>

Employment costs

	Charitable expenditure £	2023 £	2022 £
Wages and salaries	43,695	43,695	48,627
	<u>43,695</u>	<u>43,695</u>	<u>48,627</u>

	Restricted £	2023 £	2022 £
Wages and salaries	43,695	43,695	48,627
	<u>43,695</u>	<u>43,695</u>	<u>48,627</u>

9. Tangible fixed assets

	Fixtures & Equipment £	Garden & Improvement £	Total £
Cost			
At 1 April 2022	35,303	72,896	108,199
Additions	10,129	-	10,129
At 31 March 2023	<u>45,432</u>	<u>72,896</u>	<u>118,328</u>
Net book values			
At 31 March 2023	<u>45,432</u>	<u>72,896</u>	<u>118,328</u>
At 31 March 2022	<u>35,303</u>	<u>72,896</u>	<u>108,199</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2023

10. Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors	4,506	35,956
Accruals	1,348	7,550
	<u>5,854</u>	<u>43,506</u>

11. Unrestricted funds

	1 April 2022	Incoming	Outgoing	31 March
	£	£	£	£
Other Income	-	820	(757)	63
Membership & Cafe	-	45,390	(8,698)	36,692
	<u>1,086</u>	<u>46,210</u>	<u>(9,455)</u>	<u>37,841</u>

Purposes of unrestricted funds

The trustees are free to use the unrestricted funds in accordance with project objectives. These funds were transferred to the restricted funds.

12. Restricted funds

	1 April 2022	Incoming	Outgoing	31 March
	£	£	£	£
LEF	-	6,733	(6,733)	-
Awards4All	-	9,900	(9,900)	-
Pendle Borough Council	-	25,668	(25,668)	-
Community Foundation	-	4,750	(4,750)	-
Muslim Sports Foundation	-	3,060	(3,060)	-
DWP Grants	-	7,889	(7,889)	-
Lancashire Sport	-	6,638	(6,638)	-
Other Grants	-	12,546	(12,546)	-
	<u>-</u>	<u>85,698</u>	<u>(77,184)</u>	<u>-</u>

Purposes of restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

BODIES IN MOTION (PENDLE) LTD

England & Wales - Charity number 1119711

Accounts

Charity number: 1119711

Company number: 05504622

Bodies In Motion (Pendle) Limited
Trustees' report and financial statements
for the year ended 31 March 2022

Bodies In Motion (Pendle) Limited

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Bodies In Motion (Pendle) Limited

Legal and administrative information

Status

Bodies in Motion (Pendle) Limited is a company limited by guarantee and governed by its Memorandum and Articles of Association. Bodies in Motion is registered charity status.

Trustees / Directors	Jean Weston Razwan Taj Arshad Ahmed Waqar Ahmad	Chairman Trustee / Secretary Trustee / Director Trustee
Management Board	Mohammad Basharat Israr Asif	
Honoury member	Brian Holmes	
Project manager	Shahid Shabbir	
Operational Manager	Ben Kelly	
Company number	05504622	
Charity number	1119711	
Registered office	30 Colne Road Brierfield Lancashire BB9 5NS	
Accountants	Eave Brooks Accountants Limited Unit 1 Dalton Court Commercial Road Darwen Lancashire BB3 0DG	
Business address	30 Colne Road Brierfield Lancashire BB9 5NS	
Bankers	Barclays Bank 72-78 St. James Street Burnley Lancashire BB11 1NH	

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2022

Charitable objects

To promote the benefit of young people resident in Pendle and surrounding areas, without distinction of sex, political, religious or other opinion, by the advancement of education, primarily but not exclusively by the provision of training and employment opportunities and the provision of facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the conditions of life of the said young people.

Following a three-year closure due to extensive renovations, Bodies in Motion opened to the general public officially in November 2021. The increase in floor space and facilities have proven very successful, the health and fitness suite used daily and a new class timetable, delivered by fully qualified health and fitness professionals, which has proven very popular indeed. The community café has been used by members and the general public alike, providing people with opportunities to enjoy a range of hot and cold beverages in a warm and welcoming environment.

In Winter 2021 and Easter 2022, Bodies in Motion hosted Pendle Borough Council's "Holiday Activities and Food (HAF)" scheme, a project aimed at ensuring those young people reliant upon free school meals are provided with a nutritious, hot meal and educational activities during the holiday periods.

As a result of our work with HAF, Bodies in Motion worked in partnership with a local arts and crafts provider, opening up The Garden Project for collaborative work, with a large number of young people and their families making use of the facilities, engaging in structured arts and crafts, also serving to decorate areas of The Garden Project and making it that much more visually appealing for our service users.

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2022

Statement of trustees responsibilities

- select suitable accounting policies and then apply them consistently ;
- judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees recommend that Eave Brooks Accountants Limited remain in office until further notice.

This report was approved by the trustees on 23 December 2022 and signed on its behalf by



Arshad Ahmad
Trustee / Director

Bodies In Motion (Pendle) Limited

Independent examiner's report to the trustees on the unaudited financial statements of Bodies In Motion (Pendle) Limited.

I report on the financial statements of Bodies In Motion (Pendle) Limited for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act"). The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act), as amended by section 28 of the Charities Act 2006 and that an independent examination is needed. It is my responsibility to examine the accounts under section 43(3)(a) of the Act, as amended; to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, as amended; and to state whether particular matters have come to my attention.

Basis of independent examiner's report

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - the accounting records were kept in accordance with section 130 of the Act; or ; and
 - the accounts were accord with the accounting records; and
 - the accounts comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Eave Brooks Accountants Limited
Community Accountants

Unit 1 Dalton Court
Commercial Road
Darwen
BB3 0DG

Bodies In Motion (Pendle) Limited

Statement of financial activities

For the year ended 31 March 2022

	Notes	Restricted funds £	2022 Total £	2021 Total £
Incoming resources				
Grants	2	85,698	85,698	93,217
Activities for generating funds:				
Shop income		10,050	10,050	-
Income from investments	3	18	18	4
Other incoming resources	4	750	750	-
		<u>96,516</u>	<u>96,516</u>	<u>93,221</u>
Total incoming resources				
Less: Cost of generating funds	5	(4,076)	(4,076)	-
Shop expenditure		<u>(4,076)</u>	<u>(4,076)</u>	<u>-</u>
Net incoming resources available for charitable application		<u>92,440</u>	<u>92,440</u>	<u>93,221</u>
Charitable expenditure				
Cost of activities in furtherance of the charity's objects:				
Project 1	6	(71,540)	(71,540)	(64,607)
Management and administration	7	(227)	(227)	(86)
		<u>(71,767)</u>	<u>(71,767)</u>	<u>(64,693)</u>
Total charitable expenditure				
		<u>(75,843)</u>	<u>(75,843)</u>	<u>(64,693)</u>
Total resources expended				
		<u>20,673</u>	<u>20,673</u>	<u>28,528</u>
Net movement in funds				
		<u>80,163</u>	<u>80,163</u>	<u>59,490</u>
Total funds carried forward				

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet as at 31 March 2022

	Notes	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	9		108,199		65,898
Current assets					
Cash at bank and in hand		15,470		33,154	
		<u>15,470</u>		<u>33,154</u>	
Creditors: amounts falling due within one year	10	<u>(43,506)</u>		<u>(39,562)</u>	
Net current liabilities			<u>(28,036)</u>		<u>(6,408)</u>
Net assets			<u>80,163</u>		<u>59,490</u>
Funds					
Unrestricted funds	9		1,086		1,086
Restricted Funds	10		<u>79,077</u>		<u>58,404</u>
			<u>80,163</u>		<u>59,490</u>

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet (continued)

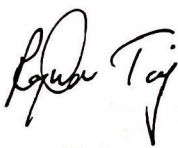
Trustees' statements required by the Companies Act 2006 for the year ended 31 March 2022

In approving these financial statements as trustees of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006 ;
- (b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2022 and
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and
 - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of section 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the trustees on 23 December 2022 and signed on its behalf by



Razwan Taj
Trustee / Secretary



Arshad Ahmad
Trustee / Director

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2022

1. Accounting policies

1.1. Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000.

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2. Incoming resources

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

Income from the charity shop is included in the year in which it is receivable.

Income from investments is included in the year in which it is receivable.

1.3. Resources expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

2. Grant income

	Restricted funds £	2022 £	2021 £
Community Foundation	2,021	2,021	-
Lancs BME	4,000	4,000	-
Awards for All	9,950	9,950	-
LEF	10,267	10,267	3,423
Sport England	-	-	9,200
Lancashire Partnership	2,419	2,419	2,850
Active Lancashire	1,638	1,638	-
Pendle Borough Council	21,990	21,990	29,339
Lottery Fund	-	-	7,834
HMRC Grants	14,625	14,625	40,571
DWP	18,788	18,788	-
	<u>85,698</u>	<u>85,698</u>	<u>93,217</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2022

3. Investment income

	Restricted funds £	2022 £	2021 £
Interest received	18	18	4
	<u>18</u>	<u>18</u>	<u>4</u>

4. Other incoming resources

	Restricted funds £	2022 £	2021 £
Inc - Rental Income	750	750	-
	<u>750</u>	<u>750</u>	<u>-</u>

5. Cost of generating funds

	Shop £	2022 £	2021 £
Purchases	4,076	4,076	-
	<u>4,076</u>	<u>4,076</u>	<u>-</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2022

6. Costs of activities in furtherance of the objects of the charity

	project £	2022 £	2021 £
Staff costs	48,627	48,627	47,851
Staff training	1,265	1,265	-
Rent	12,575	12,575	12,724
Insurance	142	142	1,220
Light and heat	392	392	322
Cleaning	1,914	1,914	-
Repairs, maintenance and building work	630	630	249
Printing, postage and stationery	2,494	2,494	891
Telephone	685	685	-
Residential food costs	-	-	127
Professional fees	200	200	-
Accountancy fees	1,350	1,350	1,350
Subscriptions	1,266	1,266	-
	<u>71,540</u>	<u>71,540</u>	<u>64,734</u>

7. Management and administration

	2022 £	2021 £
Interest and charges	227	86
	<u>227</u>	<u>86</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2022

8. Employees

Number of employees

The average monthly numbers of employees (including the trustees) during the year were:

	2022 Number	2021 Number
Paid staff	4	4
Voluntary	4	4
	<u>8</u>	<u>8</u>

Staff & Managers
Trustees

Employment costs

	Charitable expenditure £	2022 £	2021 £
Wages and salaries	48,627	48,627	47,851
	<u>48,627</u>	<u>48,627</u>	<u>47,851</u>

Wages and salaries

	Restricted £	2022 £	2021 £
Wages and salaries	48,627	48,627	47,851
	<u>48,627</u>	<u>48,627</u>	<u>47,851</u>

Wages and salaries

9. Tangible fixed assets

	Gym equipment £	Garden & Improvement £	Total £
Cost			
At 1 April 2021	30,500	35,398	65,898
Additions	4,803	37,498	42,301
	<u>35,303</u>	<u>72,896</u>	<u>108,199</u>
At 31 March 2022			
Net book values			
At 31 March 2022	<u>35,303</u>	<u>72,896</u>	<u>108,199</u>
At 31 March 2021	<u>30,500</u>	<u>35,398</u>	<u>65,898</u>

Bodies In Motion (Pendle) Limited

**Notes to the financial statements
for the year ended 31 March 2022**

10.	Creditors: amounts falling due within one year	2022	2021
		£	£
		=	7,171
	Other taxes and social security costs	35,956	26,191
	Other creditors	7,550	6,200
	Accruals	<u>43,506</u>	<u>39,562</u>

11.	Unrestricted funds	1 April 2021	Incoming	Outgoing	31 March
		£	£	£	£
		=	750	(750)	=
	Other income	<u>1,086</u>	<u>750</u>	<u>(750)</u>	<u>1,086</u>

Purposes of unrestricted funds

The trustees are free to use the unrestricted funds in accordance with project objectives. These funds were transferred to the restricted funds.

12.	Restricted funds	1 April 2021	Incoming	Outgoing	31 March
		£	£	£	£
		=	10,267	(10,267)	=
	LEF	=	9,950	(9,950)	=
	Awards4All	=	21,990	(21,990)	=
	Pendle Borough Council	=	2,021	(2,021)	=
	Community Foundation	=	4,000	(4,000)	=
	Lancs BMI	=	33,413	(33,413)	=
	HMRC & DWP Grants	=	499	(499)	=
	Lancashire Partnership	=	3,558	(3,558)	=
	Other Grants	<u>=</u>	<u>85,698</u>	<u>(85,698)</u>	<u>=</u>

Purposes of restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

BODIES IN MOTION (PENDLE) LTD

England & Wales - Charity number 1119711

Accounts

BODIES IN MOTION
30 COLNE ROAD, BRIERFIELD
NELSON, LANCASHIRE
BB9 5NS
TEL: 01282 605050
MOB: 07734967348
MOB: 07958579188

Charity number: 1119711

Company number: 05504622

Bodies In Motion (Pendle) Limited

Trustees' report and financial statements

for the year ended 31 March 2021

Bodies In Motion (Pendle) Limited

Legal and administrative information

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Trustees' report	2 - 3
Independent examiners' report	4
Statement of financial activities	5
Balance sheet	6 - 7
Notes to the financial statements	8 - 12

Address:
 Unit 1, Dalton Close
 Dalton
 Lancashire
 BB1 1 111

Registered office:
 10, Church Road
 Haslemere
 Surrey
 GU27 0JH

Registered office:
 10, Church Road
 Haslemere
 Surrey
 GU27 0JH

Bodies In Motion (Pendle) Limited

Legal and administrative information

Status

Bodies in Motion (Pendle) Limited is a company limited by guarantee and governed by its Memorandum and Articles of Association. Bodies in Motion is registered charity status.

Trustees / Directors

Jean Weston
Razwan Taj
Arshad Ahmed
Waqar Ahmad

Chairman
Trustee / Secretary
Trustee / Director
Trustee

Management Board

Mohammad Basharat
Israr Asif

Honoury member

Brian Holmes

Project manager

Shahid Shabbir

Operational Manager

Ben Kelly

Company number

05504622

Charity number

1119711

Registered office

30 Colne Road
Brierfield
Lancashire
BB9 5NS

Accountants

Eave Brooks Accountants Limited
Unit 1 Dalton Court
Commercial Road
Darwen
Lancashire
BB3 0DG

Business address

30 Colne Road
Brierfield
Lancashire
BB9 5NS

Bankers

Barclays Bank
72-78 St. James Street
Burnley
Lancashire
BB11 1NH

Bodies In Motion (Pendle) Limited

Trustees' report for the year ended 31 March 2021

Charitable objects

To promote the benefit of young people resident in Pendle and surrounding areas, without distinction of sex, political, religious or other opinion, by the advancement of education, primarily but not exclusively by the provision of training and employment opportunities and the provision of facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the conditions of life of the said young people.

Since the pandemic began, Bodies in Motion experienced a significant loss in membership income, which included our garden and greenhouse project. All of our activities and services had to be suspended during 2020 and into 2021 due to restrictions put in place to mitigate the risk of infection for our service users. As part of relevant COVID grant schemes, we secured funding to ensure that Bodies in Motion remains sustainable beyond the pandemic as a result of the Government's furlough scheme and grants from Pendle Borough Council.

In addition, continuing with our working relationship with Sport England, we were able to secure some further funding to help support Bodies in Motion through difficult circumstances.

Other income included the remaining funds from a previously successful grant application with the Lancashire Environmental Fund, which had been used to install a mobility lift.

Further funding, through The National Lottery (Awards for All), was used to install appropriate fire doors following advice from planners and local authority, helping to ensure that our newly renovated health and wellbeing hub remains safe and secure for our members and service users.

Renovations to our health and wellbeing hub took longer than anticipated due to unforeseen circumstances, however, Bodies in Motion is now, once again, providing a range of services to our local community.

Bodies In Motion (Pendle) Limited

**Trustees' report
for the year ended 31 March 2021**

Statement of trustees responsibilities

- select suitable accounting policies and then apply them consistently;
- judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees recommend that Eave Brooks Accountants Limited remain in office until further notice.

This report was approved by the trustees on 24 December 2021 and signed on its behalf by



Arshad Ahmad
Trustee / Director

Eave Brooks Accountants Limited
Community Association

10th Floor, 1st Street
Manchester, M1 2JN

Bodies In Motion (Pendle) Limited

Independent examiner's report to the trustees on the unaudited financial statements of Bodies In Motion (Pendle) Limited.

I report on the financial statements of Bodies In Motion (Pendle) Limited for the year ended 31 March 2021 which comprise the statement of financial activities, the balance sheet and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act"). The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the Act), as amended by section 28 of the Charities Act 2006 and that an independent examination is needed. It is my responsibility to examine the accounts under section 43(3)(a) of the Act, as amended; to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, as amended; and to state whether particular matters have come to my attention.

Basis of independent examiner's report

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - the accounting records were kept in accordance with section 130 of the Act; or ; and
 - the accounts were accord with the accounting records; and
 - the accounts comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Eave Brooks Accountants Limited
Community Accountants**

**Unit 1 Dalton Court
Commercial Road
Darwen
BB3 0DG**

Bodies In Motion (Pendle) Limited

Statement of financial activities

For the year ended 31 March 2021

	Notes	Restricted funds £	2021 Total £	2020 Total £
Incoming resources				
Grants	2	93,217	93,217	54,691
Subscriptions	3	-	-	100
Income from investments	4	4	4	11
Total incoming resources		<u>93,221</u>	<u>93,221</u>	<u>54,802</u>
Charitable expenditure				
Cost of activities in furtherance of the charity's objects:				
Project 1	5	(64,608)	(64,608)	(33,092)
Management and administration	6	(86)	(86)	(116)
Total charitable expenditure		<u>(64,694)</u>	<u>(64,694)</u>	<u>(33,208)</u>
Net movement in funds		<u>28,527</u>	<u>28,527</u>	<u>21,594</u>
Total funds carried forward		<u>59,490</u>	<u>59,490</u>	<u>30,963</u>

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet as at 31 March 2021

	Notes	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	8		65,898		46,367
Current assets					
Cash at bank and in hand		33,154		1,847	
		<u>33,154</u>		<u>1,847</u>	
Creditors: amounts falling due within one year	9	<u>(39,562)</u>		<u>(17,251)</u>	
Net current liabilities			<u>(6,408)</u>		<u>(15,404)</u>
Net assets			<u>59,490</u>		<u>30,963</u>
Funds					
Unrestricted funds	9		1,086		1,786
Restricted Funds	10		58,404		29,177
			<u>59,490</u>		<u>30,393</u>

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

[Signature]
Trustee / Secretary

[Signature]
Trustee / Director

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Balance sheet (continued)

**Trustees' statements required by the Companies Act 2006
for the year ended 31 March 2021**

In approving these financial statements as trustees of the company we hereby confirm:

(a) that for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006 ;

(b) that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2021 and

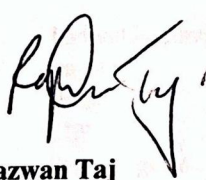
(c) that we acknowledge our responsibilities for:


(1) ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and

(2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of section 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved by the trustees on 24 December 2021 and signed on its behalf by


Razwan Taj
Trustee / Secretary


Arshad Ahmad
Trustee / Director

The notes on pages 8 to 12 form an integral part of these financial statements.

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2021

1. Accounting policies

1.1. Accounting convention

The financial statements are prepared under the historical cost convention and follow the recommendations in 'Accounting and Reporting by Charities: Statement of Recommended Practice' issued in October 2000.

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cashflow statement because it is a small charity.

1.2. Incoming resources

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

Income from investments is included in the year in which it is receivable.

1.3. Resources expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

2. Grant income

	Restricted funds	2021	2020
	£	£	£
Lancashire Environment	-	-	8,390
Inspire	-	-	13,365
WEA	-	-	12,936
LEF	3,423	3,423	-
Sport England	9,200	9,200	-
Lancashire Partnership	2,850	2,850	-
Pendle Borough Council	29,339	29,339	-
Lottery Fund	7,834	7,834	-
Clothworkers Foundation	-	-	20,000
HMRC Grants	40,571	40,571	-
	<u>93,217</u>	<u>93,217</u>	<u>54,691</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2021

3. Subscription income		2021	2020
		£	£
Inc - Membership subscriptions 2		-	100
		<u>-</u>	<u>100</u>
		<u>-</u>	<u>100</u>
4. Investment income	Restricted funds	2021	2020
	£	£	£
Interest received	4	4	11
	<u>4</u>	<u>4</u>	<u>11</u>
	<u>4</u>	<u>4</u>	<u>11</u>
5. Costs of activities in furtherance of the objects of the charity	project	2021	2020
	£	£	£
Staff costs	47,851	47,851	16,885
Staff training	-	-	400
Rent	12,724	12,724	9,375
Insurance	1,220	1,220	1,314
Light and heat	322	322	1,633
Repairs, maintenance and building work	251	251	287
Printing, postage and stationery	891	891	931
Telephone	-	-	12
Hire of hall	-	-	1,105
Residential food costs	-	-	127
Accountancy fees	1,350	1,350	1,000
General expenses	-	-	150
	<u>64,609</u>	<u>64,609</u>	<u>33,219</u>
	<u>64,609</u>	<u>64,609</u>	<u>33,219</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2021

6. Management and administration

	2021 £	2020 £
Interest and charges	86	116
	<u>86</u>	<u>116</u>

7. Employees

Number of employees

The average monthly numbers of employees (including the trustees) during the year were:

	2021 Number	2020 Number
Paid staff	4	4
Voluntary	4	4
Trustees	<u>8</u>	<u>8</u>

Employment costs

Wages and salaries

	Charitable expenditure £	2021 £	2020 £
Wages and salaries	47,851	47,851	16,885
	<u>47,851</u>	<u>47,851</u>	<u>16,885</u>

	Restricted £	2021 £	2020 £
Wages and salaries	47,851	47,851	16,885
	<u>47,851</u>	<u>47,851</u>	<u>16,885</u>

Bodies In Motion (Pendle) Limited

Notes to the financial statements for the year ended 31 March 2021

10. Restricted funds	1 April 2020 £	Incoming £	Outgoing £	31 March £
LEF	-	3,423	(3,423)	-
Sports England	-	9,200	(9,200)	-
Lancashire Partnership	-	2,850	(2,850)	-
Pendle Borough Council	-	29,339	(29,339)	-
Lottery Fund	-	7,834	(7,834)	-
HMRC Grants	-	40,571	(40,571)	-
	<u>-</u>	<u>93,217</u>	<u>(93,217)</u>	<u>-</u>

Purposes of restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the project. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.