

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	5				
Shop expenditure		(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:	6				
Project 1		-	(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

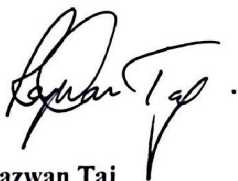
(c) that we acknowledge our responsibilities for:

(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>

4. Other incoming resources

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

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	4	4
Trustees	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.