

**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	
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 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 £
<b>Incoming resources</b>					
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
<b>Total incoming resources</b>		<u>28,027</u>	<u>243,662</u>	<u>271,689</u>	<u>123,443</u>
<b>Less: Cost of generating funds</b>	5				
Shop expenditure		(10,443)	-	(10,443)	(7,549)
		<u>(10,443)</u>	<u>-</u>	<u>(10,443)</u>	<u>(7,549)</u>
<b>Net incoming resources available for charitable application</b>		<u>17,584</u>	<u>243,662</u>	<u>261,246</u>	<u>115,894</u>
<b>Charitable expenditure</b>					
Cost of activities in furtherance of the charity's objects:	6				
Project 1		-	(90,188)	(90,188)	(70,023)
Management and administration	7	-	(1,283)	(1,283)	(1,605)
<b>Total charitable expenditure</b>		<u>-</u>	<u>(91,471)</u>	<u>(91,471)</u>	<u>(71,628)</u>
<b>Total resources expended</b>		<u>(10,443)</u>	<u>(91,471)</u>	<u>(101,914)</u>	<u>(79,177)</u>
<b>Net movement in funds</b>		<u>17,584</u>	<u>152,191</u>	<u>169,775</u>	<u>44,266</u>
<b>Total funds carried forward</b>		<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
		£	£
<b>Fixed assets</b>			
Tangible assets	9	292,719	118,328
<b>Current assets</b>			
Cash at bank and in hand		4,311	11,953
		4,311	11,953
<b>Creditors: amounts falling due within one year</b>	10	(2,828)	(5,854)
<b>Net current assets</b>		1,483	6,099
<b>Net assets</b>		294,202	124,427
<b>Funds</b>			
Unrestricted funds	9	55,425	37,841
Restricted Funds	10	238,777	86,586
		294,202	124,427

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 Foundation	-	-	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

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

#### 4. Other incoming resources

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

#### 5. Cost of generating funds

	<b>Shop £</b>	<b>2024 £</b>	<b>2023 £</b>
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**

	<b>project £</b>	<b>2024 £</b>	<b>2023 £</b>
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**

	<b>2024 £</b>	<b>2023 £</b>
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 Number	2023 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 £
<b>Cost</b>				
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>
<b>Net book values</b>				
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.