

EXERCISING FOR MOBILITY

England & Wales · Charity number 1135054

Details

Status Registered

Legal form Other

Registered 2010-03-19

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

Contact

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Bridgerule
Holsworthy
Devon
EX22 7HB

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Website www.exercising4mobility.co.uk

Activities

Objects: FOR THE BENEFIT OF THE INHABITANTS OF BUDE AND SURROUNDING AREAS, THE ADVANCEMENT OF GOOD HEALTH AND THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF CHAIR-BASED FITNESS SESSIONS AVAILABLE TO EVERYONE, BUT WITH A PARTICULAR FOCUS FOR THOSE WITH PHYSICAL OR MENTAL HEALTH ISSUES, INCLUDING DEGENERATIVE DISORDERS SUCH AS PARKINSON'S OR MULTIPLE SCLEROSIS, OR OTHER LIMITED MOBILITY.

Activities: Exercising for Mobility's aims are to provide fun and affordable Chair-Based Fitness Sessions for everyone, but especially for people with physical or mental health issues of any kind, and also to provide varied social opportunities for its Members at a time when many elderly people feel lonely and isolated.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** BUDE AND SURROUNDING AREAS
- Cornwall

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£38,702	£44,217	-	-
2023-12-31	£19,411	£40,589	-	-
2022-12-31	£32,768	£33,744	-	-
2021-12-31	£46,235	£28,802	-	-
2020-12-31	£48,948	£28,150	-	-

Trustees

Name	Role	Appointed
Gabrielle Barling	Chair	2022-12-05
Alan Geoffrey North		2024-12-09
Annette North		2025-07-07
Brian James Dixon		2023-03-14
Carolyn Margaret Head		2024-12-09
Joyce Bickerstaff		2024-06-10
Lynda Anne Powell		2023-09-13
Stephen Charles Jewell		2024-12-09

Accounts

EXERCISING
FOR MOBILITY

CHARITY NUMBER: 1135054

FINANCIAL STATEMENTS

AND

ANNUAL REPORT

FOR

YEAR ENDING
31st DECEMBER 2024

EXERCISING FOR MOBILITY

Contents for the Accounts for the Year Ending December 31st 2024

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EXERCISING FOR MOBILITY

ADMINISTRATIVE DETAILS

Charity Number: 1135054

Registered Office: Furze Mead
Poundstock
Bude
Cornwall
EX23 0EE

Trustees: Julie Pawley – Chair
Lynda Powell - Vice Chair
Gabrielle Barling - Vice Chair
Zinnia Symonds
Jane Bickle
Joyce Bickerstaff
Carolyn Head
Stephen Jewell
Alan North
Brian Dixon

Administrators Joanne Barnes - Marketing and Fundraising Officer
Laraine Turner - Project Manager and Bookkeeper

Sessional Workers Joanne Barnes - Senior Instructor
Michaela Millard - Instructor
Marie Clements - Instructor
Lec Quance - Driver
Carolyn Jessop - Driver/General Administrator

Independent Examiner: Major PJ Buzzard FCCA, FCPFA
Cedar Accountancy Services
4, Penkenna Close
Crackington Haven
Near Bude
Cornwall
EX23 0PF

Accountants: Cedar Accountancy Services
4, Penkenna Close
Crackington Haven
Near Bude
Cornwall
EX23 0PF

TRUSTEES REPORT JANUARY 1st - DECEMBER 31st 2024

Exercising for Mobility - Registered Charity No: 1135054

Objectives and Activities

The purposes/aims for which the organisation is set up are:

- i.) Promote well-being for the benefit of the inhabitants of the Bude and surrounding areas without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said inhabitants and the local authorities, voluntary and other organisations in a common effort to advance education and to provide a facility for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants
- ii.) To establish an exercise group to assist people with decreased levels of mobility and health issues, and to maintain and manage the same furtherance of these objects.
- iii.) To develop opportunities to reduce isolation and contribute to the improvement of general health and wellbeing
- iv.) To promote positive volunteering opportunities.

The Trustees confirm that they have taken due notice of the guidance published by the Charity Commission in regards to the public benefit when reviewing the aims and objectives of the charity and in planning activities.

Chair's Report

Trustees

At the beginning of 2024, we had six Trustees: myself as Chair, Gabrielle Barling and Lynda Powell, both Vice Chairs, Zinnia Symonds, Brian Dixon and Jane Bickle. Then during the year Joyce Bickerstaff rejoined the Board and in December 2024, we welcomed three new Trustees onto the Board: Carolyn Head, Stephen Jewell and Alan North.

Sessional Workers

In July, Co-Project Manager Alison Castillo-Bernaus left E4M to be nearer her family in Surrey and Laraine Turner took over this role, working with Jo Barnes, on August 1st. Laraine (Lally) has the title Admin and Bookkeeping and Jo oversees Marketing and Fundraising. Lally and Jo work together, not just to ensure the every day functioning of the Charity but also to fundraise and seek funding from outside organisations.

Jo is also Senior Instructor, having been in this role now for thirteen years. She is ably supported by Michaela Millard, Assistant Instructor. Our other Assistant Instructor, Emma Baston, decided to leave E4M in November as she had accepted a new job, working with the British Council teaching English online to foreign students. New Instructor, Marie Clements, started her training with us in May and has completed her online Instructor's qualification.

Lester (Lec) Quance continued as our main Driver, assisted all year by Cliff Bowden, who left E4M in

Events

In March we held our Easter Bonnet Quiz, hosted by Jo and the E4M Team. There were prizes for the best Easter Bonnets and a hilarious game of Heads and Tails. The Quiz night raised £245 for E4M funds.

This year our Coach Outing took place in May, visiting Kingsley Village, Fraddon for some retail therapy in the morning and then the Cornish Birds of Prey Centre near St Columb where we had our very own Flying Display of several birds of prey.

As usual, E4M participated in the Bude summer community events, starting with Heritage Day in July when we erected our colourful E4M Gazebo on the grass outside the Central Methodist Church where Jo plus half a dozen E4M members did three Demos during the day.

In August we took part in the Community Funday and NHS Wellbeing Festival in the Parkhouse Centre, where Jo and Michaela, again assisted by E4M Members, did three Demos and gave out many leaflets.

Also in August were Bude Carnival and RNLI Lifeboats weekends. For the former, we erected our E4M Gazebo on Bude Rugby Club pitch and raised funds with the Adult and Children's Tombolas and Play Your Cards Right game. And for the latter, we did the same, occupying two tables in the RNLI Marquee. In all, over the summer, we raised £757 for E4M funds.

The AGM took place in September with an array of homemade cakes, which was probably why it was the best attended AGM to date!

In October we held our annual Tea Party; this year the theme was Halloween and most party goers rose to the challenge and wore Halloween costumes! We were entertained by the singing group "Finch" and had fun with various games and Fun Routines. Afternoon Tea consisted of a Charcuterie Platter with crackers and dips, followed by a plate of spooky cakes.

Finally, in December we held our Christmas Party with a Pantomime theme. Again most Members dressed up, this time as Panto characters, and we made our own entertainment with Christmas Karaoke, Charades, Pass the Parcel and some of our Fun Routines. Afternoon Tea was a build it yourself Christmas Dinner Bap, followed by cakes and mince pies with clotted cream.

In all, another busy year for Exercising for Mobility and I would like to thank everyone who has worked so hard, not just to keep our E4M Fitness Sessions running smoothly but also to deliver all the other events: our Sessional Workers, Volunteers and Trustees – thank you all very much.

Julie Pawley, March 2025

Financial Review

I submit this review not as the Charity's Treasurer but in my role as Co-Project Manager responsible for Administration and Book-keeping. At the end of December 2023 our Accounts' total balance was £79,694.00 and at the end of December 2024 it was £74,128.00. Therefore, there was an overall loss of £5,566.00. However, this still meant that the Charity's Accounts remained healthy going into 2025.

2016 we were awarded just over £200,000.00 from the National Lottery. The funding was only meant to cover up to 2021 – but with a top-up award from them during Covid, the funding period actually lasted until August 2023. We were permitted to keep the unspent grant money, which is why we enjoyed a prolonged period with a healthy bank balance.

Incomings

Also, during 2024 we received monies from 3 further grants: 1. £950 from Bude and Stratton Town Council towards equipment and resources which was granted from 1 st Feb 2024 until 31st Jan 2025 2. £14,391.00 from the National Lottery Awards For All. This was given to us as a lump sum for room hire and refreshments from May 1st 2024 to last until the end of April 2026. 3. £3,472.50 – one more instalment from NHS Charities Together for our Drivers' wages and mileage costs. With just 2 more similar instalments to be received during 2025. From our members' donations alone, we received £12,839.34 From our Fund-raising events throughout the year, we raised £1,400.00 From the sale of Bric/Brac we raised £431.09 From the sale of bands & T-shirts we raised £295.00 We also received many kind donations throughout the year from members. In June we also received £500.00 from the Masons (Ring-fenced to pay for the coach for 2025s annual trip) In October we received £100.00 from Bude Social Club. In November we received £200.00 from the Poughill revel. Bank Interest received throughout the year came to £871.26 plus £64.53 from easyfundraising.

Outgoings

In September a new computer was purchased for the charity- a long-overdue purchase to allow speedier processing and keeping up to date with future-proof software. The cost was £569.96 and in effect was covered by the Bank Interest gained throughout the year. In January the Trustees agreed a slight pay rise for all the Sessional Workers just under the % rise that the Government forecasts in its yearly budget. Every April the Parkhouse room hire etc charges increase. In July the Trustees agreed a slight pay rise recognising those Sessional Workers with the most responsibility and /or longevity within the charity. It was felt that up until then these factors weren't being fairly represented. During the year we also took on extra staff: - Laraine Turner as Admin Assistant from January till the end of July. This was to learn the ropes from the previous Co-Project Manager who left in July and then Laraine took over her position. Marie Clements as Assistant Fitness Instructor from May. Carolyne Jessep as Admin Assistant and Assistant Driver in November. The membership of the charity continued to grow throughout the year creating more work for all Sessional Workers especially for both Co-Project Managers with regard to the amount of organising, admin & funding applications and reports required to do from home. In conclusion- the Charity's bank balance remained quite healthy at the end of 2024 but there are serious concerns regarding the future if we are not able to secure more substantial funding. We still make a loss every month but currently feel very reluctant to increase the £2 donation per each session.

Laraine Turner, April 2025
Project Manager and Bookkeeper

Reserves Policy Statement

Purpose

The purpose of this Operating Reserve Policy is to build and maintain an adequate level of unrestricted cash reserves to support the organisation's day-to-day operations in the event of unforeseen circumstances or shortfalls. Operating reserves are not intended to replace a permanent loss of funds or eliminate an ongoing budget gap. The sudden interruption of our Fitness Sessions due to the pandemic highlighted the need to build greater financial resilience in the charity and ensure that we can continue to provide services over a period of time while we implement strategies to cover our obligations.

Definitions and Goals

The target minimum Operating Reserve Fund is equal to six months of recurring operating costs and is calculated on a maximum three months' expenditure to ensure ongoing charity activities. Our core costs are around £40,000 per annum and the vast majority of our work is grant funded. Our operating reserves would cover these for 6 months. However, the pandemic has highlighted the need to be able to support our Sessional Workers in the event that E4M is cancelled – our policy being that: In the event of classes being cancelled due to circumstances beyond our control, and if alternative arrangements cannot be made, Sessional Workers will be paid for up to 3 months of pre-planned work. Current reserves equate to six months' operating costs and it is our goal to maintain this level over the course of the next five years in order to be able to provide this level of security. These reserves will be reported within our annual report and included in the regular financial reports at committee meetings to ensure that we are working towards achieving our objectives.

Public Benefit Statement

The Trustees confirm that they have taken due notice of the guidance published by the Charity Commission in regard to the public benefit when reviewing the aims and objectives of the charity and in planning activities. These activities are provided to all irrespective of age, ability, faith, gender, sexual orientation, race, political view or any other belief, condition or trait.

Exercising for Mobility has a written Constitution.

The Charity is administered by a Management Committee (Trustees)

- i.) Membership shall be open to any person over 18 or any organisation living or located in Bude and the surrounding area who is interested in helping the organisation to achieve its purpose and abide by the rules of the organisation.
- ii.) Membership shall be available to anyone without regard to gender, race, nationality, disability, sexual preference, religion or belief.
- iii.) Every member shall have one vote.
- iv.) The membership may be terminated for good reason by the Management Committee; the member has a right to be heard by the Management Committee before a final decision is made.
- v.) Every member will follow the organisations policies and procedures.
- vi.) No member of the Management Committee will benefit from the organisation other than as an ordinary member of the organisation might benefit - allowance being made however for out of pocket expenses.

The Trustees are legally responsible for organisation

- i.) The Management Committee (of not more than 10 members) elected at the Annual General Meeting (AGM), will consist of General Trustees and Officers.
- ii.) The Officers of the Management Committee are: The Chairperson, the Vice Chair, the Treasurer iii.) The Management Committee shall meet at least four times a year.
- iv.) The quorum for Management Committee meetings shall be 3 members.
- v.) Voting at Management Committee meetings shall be by show of hands. If there is a tied vote, then the Chairperson shall have a second vote.
- vi.) The Management Committee may by a two-thirds majority vote and, for a good and proper reason, remove any committee member - but provided that person has the right to be heard before a final decision is made.
- vii.) The Management Committee may appoint another committee member to fill a vacancy provided the maximum number is not exceeded.
- viii.) The organisation shall commission/employ a Marketing and Fundraising Officer plus two Administrators who are delegated the responsibility for the day to day administration of the organisation, and will report directly to the Management Committee.

Declaration

The Trustees declare that they have approved the Trustees' Report above. Signed on behalf of the Charity's Trustees:

Julie Pawley – Chair
Date: 30/07/2025



CHARITY COMMISSION FOR ENGLAND AND WALES

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the Trustees/ Members of Exercising for Mobility.

On accounts for the year ended 31st December 2024.

Charity no 1135054

Set out on pages 8-12 and the Trustees' Report on pages 1-5.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2024.

Responsibilities and Basis of Report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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.

Independent Examiner's Statement

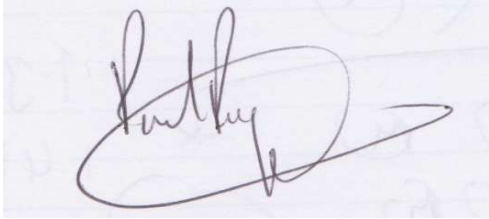
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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

Addition Notes

There are no additioanl notes to the report.

Signed:

A handwritten signature in dark ink, appearing to read 'Paul Buzzard', is written over a faint, circular watermark or stamp. The signature is fluid and cursive.

Date: Paul Buzzard, FCPFA, FCCA, CITP, FFA, FMAAT, MBCS, MA, MSc (Charity Acc.)
Chartered Public Finance Accountant and Chartered Certified Accountant
Cedar Accountancy Services,
4, Penkenna Close,
Crackington Haven,
Near Bude,
Cornwall
EX23 0PF

EXERCISING FOR MOBILITY (CHARITY 1135054)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2024

<u>INCOME AND EXPENDITURE</u>	<u>Note</u>	<u>Total</u> <u>2024</u>	<u>Total</u> <u>2023</u>
<u>Incoming Resources:</u>			
<u>Voluntary Income</u>			
<u>Donations:</u>			
Grants - N.Cornwall NHS Charities Together	£	3,472.50	£ -
Grants - Bude Stratton Town Council	£	950.00	£ -
Grants - National Lottery Awards For All NL4A	£	14,391.00	£ -
Donations	£	14,388	£ 15,359
<u>Activities to Further the</u>			
<u>Charity's Objectives:</u>			
Copper Box	£	-	£ -
Trips and Parties	£	1,176	£ 280
Raffles	£	325	£ -
<u>Activities to Generate Funds:</u>			
Fund Raising	£	2,608	£ 3,033
Sales of Goods or Equipment	£	295	£ 196
<u>Investment Income:</u>			
Interest and Investments	£	871	£ 543
<u>Gift Aid:</u>			
	£	-	£ -
<u>Other Income</u>			
Other Income	£	225	£ -
<u>Total Incoming Resources:</u>	£	38,702	£ 19,411
<u>Resources Expended:</u>			
Audit	£	225	£ 200
Bookkeeping and Accounting	£	600	£ 570
Building Capabilities	£	-	£ 5,374
Flowers/Cards for Clients	£	-	£ -
Hall Hire	£	7,673	£ 6,973
Insurances	£	396	£ 391
Mileage Costs	£	2,039	£ 1,419
Office and Postage	£	896	£ 679
Publicity	£	206	£ 1,221
Purchases or Equipment and Resources	£	1,338	£ 977
Refreshments and Catering	£	922	£ 776
Training	£	145	£ 1,298
Trips and Excursions	£	1,135	£ 3
Wages	£	27,762	£ 19,662
Sundries	£	882	£ 1,045
<u>Total Resources Expended:</u>	£	44,217	£ 40,589
<u>Net Incoming/(Outgoing) Resources</u>			
	-£	5,515	-£ 21,179
Other Recognised Gains & Losses	£	-	£ -
<u>Net Movement in Funds</u>	-£	5,515	-£ 21,179
<u>Total Funds Brought Forward</u>			
	£	79,643	£ 100,822
<u>Total Funds Carried Forward</u>	£	74,128	£ 79,643

EXERCISING FOR MOBILITY (CHARITY 1135054)
BALANCE SHEET AS AT DECEMBER 31st 2024

		<u>31st Dec.</u> <u>2024</u>	<u>31st Dec.</u> <u>2023</u>
	<u>Note</u>		
<u>Tangible Fixed Assets</u>			
Tangible Assets	6,7	£ -	£ -
Investments	5	£ -	£ -
		<u>£ -</u>	<u>£ -</u>
<u>Current Assets:</u>			
Debtors (Within 1 year)	2	£ -	£ -
Debtors (More than 1 year)		£ -	£ -
Cash at Bank & In Hand	4	£ 74,128	£ 79,694
		<u>£ 74,128</u>	<u>£ 79,694</u>
 <u>Creditors:</u>			
(amounts falling within 1 year)	3	£ -	£ 50
<u>Net Current Assets:</u>		£ 74,128	£ 79,644
<u>Total Assets less Current Liabilities:</u>		<u>£ 74,128</u>	<u>£ 79,644</u>
 <u>Funds:</u>			
Restricted		£ 18,814	£ 40,480
Unrestricted			£ 39,164
<u>Total Funds:</u>		<u>£ 74,128</u>	<u>£ 79,644</u>

The Financial Statements were approved by the trustees on
and signed on their behalf by:

J Pawley

Signed - Trustee

Julie Pawley – Chair

Date:

30/07/2025

EXERCISING FOR MOBILITY (CHARITY 1135054)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2024

Note:

1 Accounting Policies:

Basis Of Preparation Of Financial Statements:

The financial statements are prepared under the historic cost convention, and in accordance with the Financial reporting Standard for Smaller Entities (effective January 2007), and the Charities SORP 2016 (Accounting and Reporting by Charities) and comply with the Charities (Accounts and Reports) Regulations 2016 issued under the Charities' Act 2011.

Incoming Resources:

All income is included in full in the Statement of Financial Activities in the year in which the conditions for their receipt have been complied with. Grants restricted to future accounting periods are deferred and recognised in those future accounting periods. Grants are apportioned to accounting periods on a time apportionment basis.

Voluntary income received by way of donations, and investment income, is included in full in the Statement of Financial Activities in the year in which it is receivable. The value of services by volunteers is not included.

Tangible Fixed Assets And Depreciation:

Tangible fixed assets are stated at cost less depreciation.

The only exceptions are land and buildings which are not depreciated but are revalued periodically as deemed appropriate by the trustees. The Charity has none at present.

Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over the expected useful lives.

Restricted Funds:

Restricted funds are to be used for the designated purposes as laid down by the donor. Expenditure which meets the criteria is charged to the fund.

The restricted funds relate to the grants from National Lottery Awards for All, Bude Stratton Town Council and NHS Charities Together.

Unrestricted Funds:

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Resources Expended:

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relate to the activity.

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2024

2 Debtors:

	<u>Year End</u> <u>31st Dec.</u>	<u>Year End</u> <u>31st Dec.</u>
	<u>2024</u>	<u>2023</u>
<u>Falling Due Within One Year:</u>		
Other Debtors	£ -	£ -
VAT	£ -	£ -
<u>Total Falling Due Within One Year:</u>	<u>£ -</u>	<u>£ -</u>
 <u>Debtors falling due after more than one year</u>	 <u>£ -</u>	 <u>£ -</u>

3 Creditors:

<u>Falling Due Within One Year:</u>		
Accruals - Agency Collections	£ -	£ 50
<u>Total Falling Due Within One Year:</u>	<u>£ -</u>	<u>£ 50</u>
 <u>Creditors falling due after more than one year</u>	 <u>£ -</u>	 <u>£ -</u>

4 Cash at Bank and In Hand

Current Account	£ 74,128	£ 79,694
<u>Total:</u>	<u>£ 74,128</u>	<u>£ 79,694</u>

5 Investments

-	-
-	-
£ -	£ -
<u>£ -</u>	<u>£ -</u>

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2024

6 Tangible Fixed Assets:

	<u>Exercise Equipment</u>	<u>Computer Equipment</u>	<u>Furniture</u>
<u>Cost:</u>			
As at 1 January 2024	£ 90	£ 1,500	£ -
Additions	£ -	£ -	£ -
Disposals	£ -	£ -	£ -
As at 31st December 2024	<u>£ 90</u>	<u>£ 1,500</u>	<u>£ -</u>
 Accumulated Depreciation:			
As at 1 January 2024	£ 90	£ 1,500	£ -
Charge for Year	£ -	£ -	£ -
Disposals	£ -	£ -	£ -
As at 31st December 2024	<u>£ 90</u>	<u>£ 1,500</u>	<u>£ -</u>
 Net Book Value			
As at 1 January 2024	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>
As at 31st December 2024	<u>£ -</u>	<u>£ -</u>	<u>£ -</u>

Depreciation Method - 18% Reducing Balance for all but Property.

Net Book Value as at 31 Dec. 2022	£ -
Net Book Value as at 31 Dec. 2023	£ -
 Depreciation Charge for the Year	 £ -

7 Net Incoming/(Outgoing Resources) For The Year

This is stated after charging:

	Year Ended 31st Dec. 2024	Year Ended 31st Dec. 2023
Depreciation of Tangible Fixed Assets	£ -	£ -
Trustees Expenses	£ -	£ -
Independent Examiner's Fees	£ 225	£ 200
	<u>£ 225</u>	<u>£ 200</u>

8 Related Party Transactions

There are no related party transactions.

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2024

9 Details For Restricted Funds

Incoming Resources:

Voluntary Income

Donations:

Grants - N.Cornwall NHS Charities Together	£	3,472.50
Grants - National Lottery Awards For All NL4A	£	14,391.00

Resources Expended:

Hall Hire	£	7,673
Mileage Costs	£	2,039
Refreshments and Catering	£	466
Wages	£	5,718
Sundries	£	-

<u>Total Resources Expended:</u>	£	15,895
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Net Incoming/(Outgoing) Resources

Total Funds Brought Forward	£	1,968
<u>Total Funds Carried Forward</u>	£	18,814

Incoming Resources:

Voluntary Income

Donations:

Grants Bude Stratton Town Council	£	950.00
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Resources Expended:

Purchases or Equipment and Resources BSTC	£	1,001
<u>Total Resources Expended:</u>	£	1,001

Net Incoming/(Outgoing) Resources

Total Funds Brought Forward	-£	51
<u>Total Funds Carried Forward</u>	-£	51

Accounts

EXERCISING
FOR MOBILITY

CHARITY NUMBER: 1135054

FINANCIAL STATEMENTS

AND

ANNUAL REPORT

FOR

YEAR ENDING
31st DECEMBER 2022

EXERCISING FOR MOBILITY

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EXERCISING FOR MOBILITY **ADMINISTRATIVE DETAILS**

Charity Number: 1135054

Registered Office: Marlborough House
Poundstock
Bude
Cornwall
EX23 0EE

Trustees: Joyce Bickerstaff - Chair
Samantha Lam - Hon. Secretary
Julie Pawley – Hon. Treasurer
Gabrielle Barling
Zinnia Symonds
Pamela Mansell
Jane Bickle
David Teale

Administrators Alison Castillo-Bernaus
Joanne Barnes - Marketing and Fundraising Officer

Sessional Workers Joanne Barnes - Senior Instructor
Sara Zoeflig - Instructor
Michaela Millard - Instructor

Independent Major PJ Buzzard FCCA, FCPFA
Examiner: Cedar Accountancy Services
4, Penkenna Close
Crackington Haven
Near Bude
Cornwall
EX23 0PF

Accountants: Cedar Accountancy Services
4, Penkenna Close
Crackington Haven
Near Bude
Cornwall
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TRUSTEES REPORT JANUARY 1st - DECEMBER 31st 2022

Exercising for Mobility - Registered Charity No: 1135054

Objectives and Activities

The purposes/aims for which the organisation is set up are:

- i.) Promote well-being for the benefit of the inhabitants of the Bude and surrounding areas without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said inhabitants and the local authorities, voluntary and other organisations in a common effort to advance education and to provide a facility for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants
- ii.) To establish an exercise group to assist people with decreased levels of mobility and health issues, and to maintain and manage the same furtherance of these objects.
- iii.) To develop opportunities to reduce isolation and contribute to the improvement of general health and wellbeing
- iv.) To promote positive volunteering opportunities.

The Trustees confirm that they have taken due notice of the guidance published by the Charity Commission in regards to the public benefit when reviewing the aims and objectives of the charity and in planning activities.

Achievements and Performance

The Exercise Sessions recommenced after the Christmas Break on the 10th. January 2022 and we were able to introduce and welcome our new Exercise Instructor/Assistant Administrator, Michaela Millard to the members. The Friday Coffee Morning/Exercise Session also resumed on a monthly basis. With the further relaxation of the COVID guidelines plans could be made for social gatherings, fund raising events and group outings in the coming months.

At the end of the financial year 2021- 2022 we became aware that COVID restrictions had resulted in an underspend of the Lottery Funding. To clarify whether the amount of underfunding had to be paid back to the Lottery Organisation, Jo and Alison met with Jenny Fish from the Lottery Fund. She was very helpful and suggested that the underspend could be put to good use by seeking advice and guidance from an organisation that helps charitable organisation with their structure, organisation and the development of future funding opportunities. She recommended that we contact and meet with a company Clarity CIC who would explain how they could help E4M progress and develop in the future.

Jo and Alison met with Clarity and were introduced to Jacqui Wolstenholme who outlined how Clarity could help E4M progress and develop the service that it offers to the Bude Community. With the trustees approval a contract was agreed and signed and the development process began.

Members were invited to complete E4M Impact Measurement Questionnaires, interviews with members were arranged and on the 7th. October members, volunteers, trustees were all invited to attend a "Stronger Together " event. This session was well attended and was led by Jacqui Wolstenholme. Participants discussed and answered questions relating to the Exercise Group and as a consequence a " A Theory of Change" document was produced with input from both Alison and Jo. The work with Clarity will continue in 2023, advice on Fund Raising Strategies and other constructive support will be given to the E4M Team.

Throughout the summer months our new Gazebo was put to good use when E4M participated in a number of Community Events in Bude. Heritage Day on the 17th July ; Carnival Day 19th August ; and The RNLI Event 27th & 28th August. Exercise Demonstrations took place at these events and there were also Fund Raising Games and Tombolas.

A number of Tea Parties and social events took place throughout the year, the first of these was the "Platinum Jubilee Party" held on the 1st June. There was the usual raffle, quiz and a prize for the best hand made crown. On 28th September we enjoyed a "Tropical Tea Party ", entertainment was provided by " The All at C " Ukulele Group and this time there was a prize for the best tropical outfit, lots of grass skirts were on show. Then on the 14th. December we had the Annual Christmas Party, entertainment was provided by the "Songbirds Choir" and a prize was awarded for the best Christmas Table Decoration. All the members enjoyed taking part in a "Pass the Parcel " game which cleverly incorporated exercise routines.

On 29th June an outing took place to the Buckfastleigh Steam Railway, we enjoyed walking around the garden admiring the many different butterflies and watched the otters being fed. After lunch we had a train ride from Buckfastleigh to Totnes and return. The sun shone and everyone enjoyed a great day out together.

The Annual AGM was held on 14th September at the Parkhouse. The Meeting was well attended and at that meeting Joyce Bickerstaff was appointed chair of the Trustees, Julie Pawley continued as Treasurer and Sam Lam was appointed as Secretary. Members were updated with the Exercise Groups progress and financial status, they then had the opportunity to ask questions about the future development of the group. During the year 3 new trustees have been appointed, Sam Lam and Jane Bickle were appointed in July and in December Gabrielle Barling joined the Board of Trustees. Janet McCulley, the Founder of the Exercise for Mobility Group in 2010, is now in Residential Care in Nottingham and is no longer a truster. We continue to keep in touch with her and update her with the progress of the Exercise Group that she started all those years ago.

Trustee's Meetings continue to take place on a 3 monthly basis and at their meeting on 5th. December the issue of an increase in the cost of participating in the exercise sessions was discussed. Currently members pay £1 a session, this £1 is viewed as a donation and has remained unchanged over the years. It was agreed by the trustees that the fee/donation should now be increased to £2 this also makes us more attractive to potential Funders.

The Fitness Sessions continue to be popular, new members joining on an ongoing basis. Throughout the year we have continued to produce monthly news letters, we have a Facebook Group which now has 83 members and Attendance Certificates continue to be awarded on a regular basis.

We welcomed new volunteers to our team in 2022, volunteers continue to provide help with refreshments at fitness sessions, their support and help with the catering at the tea parties ensured that these events ran smoothly. Our volunteers are valued members of the E4M team, we rely on their input and are always keen to have new volunteers to join the team

Joyce Bickerstaff, E4M Chair

Finance review

As has been explained in the Chair's report, we have taken the decision to contract Clarity CIC to help and advise us on issues such as structure, organisation and development of future funding opportunities. Partly for this reason and because we are now back to running the charity as before the Covid restrictions and also taking advice on our underspend of Lottery Funding, we had more outgoings during 2022 than during the previous year.

However, the Charity finances are still in a very healthy state, despite being slightly down from the 2021 balance. We received our final Lottery grant in March 2022 and Jo Barnes, our Fundraising administrator, is actively looking for more funding opportunities.

Julie Pawley, Hon Treasurer.

Reserves Policy Statement

The Trustees confirm that no formal reserves policy has been adopted but that they will seek to maintain sufficient financial reserves to enable the proper settlement of any debts incurred in running the charity and hold, if possible, sufficient cash reserves to enable the running of the charity for a period of 6 months. The likely financial risks to the organisation have been assessed.

Exercising for Mobility has a written Constitution.

The Charity is administered by a Management Committee (Trustees)

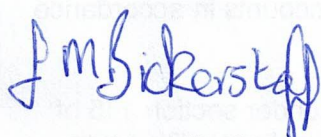
- i.) Membership shall be open to any person over 18 or any organisation living or located in Bude and the surrounding area who is interested in helping the organisation to achieve its purpose and abide by the rules of the organisation.
- ii.) Membership shall be available to anyone without regard to gender, race, nationality, disability, sexual preference, religion or belief.
- iii.) Every member shall have one vote.
- iv.) The membership may be terminated for good reason by the Management Committee; the member has a right to be heard by the Management Committee before a final decision is made.
- v.) Every member will follow the organisations policies and procedures.
- vi.) No member of the Management Committee will benefit from the organisation other than as an ordinary member of the organisation might benefit - allowance being made however for out of pocket expenses.

The Trustees are legally responsible for organisation

- i.) The Management Committee (of not more than 10 members) elected at the Annual General Meeting (AGM), will consist of General Trustees and Officers.
- ii.) The Officers of the Management Committee are: The Chairperson, the Vice Chair, the Treasurer iii.) The Management Committee shall meet at least four times a year.
- iv.) The quorum for Management Committee meetings shall be 3 members.
- v.) Voting at Management Committee meetings shall be by show of hands. If there is a tied vote, then the Chairperson shall have a second vote.
- vi.) The Management Committee may by a two-thirds majority vote and, for a good and proper reason, remove any committee member - but provided that person has the right to be heard before a final decision is made.
- vii.) The Management Committee may appoint another committee member to fill a vacancy provided the maximum number is not exceeded.
- viii.) The organisation shall commission/employ a Marketing and Fundraising Officer plus two Administrators* who are delegated the responsibility for the day to day administration of the organisation, and will report directly to the Management Committee.

Declaration

The Trustees declare that they have approved the Trustees' Report above. Signed on behalf of the Charity's Trustees:



Joyce Bickerstaff— Chair

Date:

17/4/23



CHARITY COMMISSION FOR ENGLAND AND WALES

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the Trustees/ Members of Exercising for Mobility.

On accounts for the year ended 31st December 2022.

Charity no 1135054

Set out on pages 8-12 and the Trustees' Report on pages 1-5.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2022.

Responsibilities and Basis of Report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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

Addition Notes

There are no additioanl notes to the report.

Signed:



Date: 16th March 2023

Paul Buzzard, FCPFA, FCCA, CITP, FFA, FMAAT, MBCS, MA, MSc (Charity Acc.)
Chartered Public Finance Accountant and Chartered Certified Accountant
Cedar Accountancy Services,
4, Penkenna Close,
Crackington Haven,
Near Bude,
Cornwall
EX23 0PF

EXERCISING FOR MOBILITY (CHARITY 1135054)

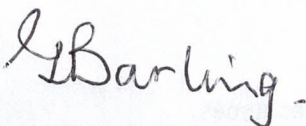
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2022

INCOME AND EXPENDITURE	Note	Total 2022	Total 2021
Incoming Resources:			
<u>Voluntary Income</u>			
<u>Donations:</u>			
Donations	£	11,221	£ 4,278
<u>Activities to Further the Charity's Objectives:</u>			
Copper Box	£	-	£ -
Trips and Parties	£	798	£ 340
Raffles	£	369	£ -
<u>Activities to Generate Funds:</u>			
Fund Raising	£	502	£ 502
Sales of Goods or Equipment	£	229	£ 145
<u>Investment Income:</u>			
Interest and Investments	£	26	£ 9
<u>Gift Aid:</u>	£	-	£ -
<u>Other Income</u>	£	-	£ 758
Lottery Payment	£	20,447	£ 40,552
Total Incoming Resources:	£	32,768	£ 46,235
Resources Expended:			
Audit	£	200	£ 200
Bookkeeping and Accounting	£	600	£ 1,670
Building Capabilities	£	1,905	£ -
Flowers/Cards for Clients	£	-	£ 40
Hall Hire	£	5,842	£ 3,120
Insurances	£	391	£ 386
Mileage Costs	£	446	£ 421
Office and Postage	£	576	£ 449
Publicity	£	1,301	£ 1,761
Purchases or Equipment and Resources	£	854	£ 3,246
Refreshments and Catering	£	630	£ 264
Trips and Excursions	£	1,301	£ -
Wages	£	18,191	£ 16,128
Sundries	£	1,506	£ 1,117
Total Resources Expended:	£	33,744	£ 28,802
Net Incoming/(Outgoing) Resources	-£	975	£ 17,433
Other Recognised Gains & Losses	£	-	£ -
Net Movement in Funds	-£	975	£ 17,433
Total Funds Brought Forward	£	101,797	£ 84,364
Total Funds Carried Forward	£	100,822	£ 101,797

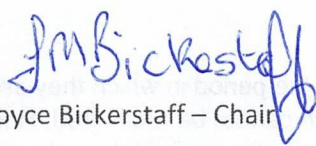
EXERCISING FOR MOBILITY (CHARITY 1135054)
BALANCE SHEET AS AT DECEMBER 31st 2021

			<u>31st Dec.</u> <u>2022</u>	<u>31st Dec.</u> <u>2021</u>
	<u>Note</u>			
<u>Tangible Fixed Assets</u>				
Tangible Assets	6,7	£	-	£ -
Investments	5	£	-	£ -
		£	-	£ -
<u>Current Assets:</u>				
Debtors (Within 1 year)	2	£	-	£ -
Debtors (More than 1 year)		£	-	£ -
Cash at Bank & In Hand	4	£	100,872	£ 101,847
		£	100,872	£ 101,847
<u>Creditors:</u>				
(amounts falling within 1 year)	3	£	50	£ 50
<u>Net Current Assets:</u>				
		£	100,822	£ 101,797
<u>Total Assets less Current Liabilities:</u>				
		£	100,822	£ 101,797
<u>Funds:</u>				
Restricted		£	40,480	£ 40,480
Unrestricted		£	60,342	£ 61,317
<u>Total Funds:</u>		£	100,822	£ 101,797

The Financial Statements were approved by the trustees on
and signed on their behalf by:



Signed - Trustee



Joyce Bickerstaff – Chair

Date: 17/4/23

EXERCISING FOR MOBILITY (CHARITY 1135054)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2022

Note:

1 Accounting Policies:

Basis Of Preparation Of Financial Statements:

The financial statements are prepared under the historic cost convention, and in accordance with the Financial reporting Standard for Smaller Entities (effective January 2007), and the Charities SORP 2016 (Accounting and Reporting by Charities) and comply with the Charities (Accounts and Reports) Regulations 2016 issued under the Charities' Act 2011.

Incoming Resources:

All income is included in full in the Statement of Financial Activities in the year in which the conditions for their receipt have been complied with. Grants restricted to future accounting periods are deferred and recognised in those future accounting periods. Grants are apportioned to accounting periods on a time apportionment basis.

Voluntary income received by way of donations, and investment income, is included in full in the Statement of Financial Activities in the year in which it is receivable. The value of services by volunteers is not included.

Tangible Fixed Assets And Depreciation:

Tangible fixed assets are stated at cost less depreciation.

The only exceptions are land and buildings which are not depreciated but are revalued periodically as deemed appropriate by the trustees. The Charity has none at present.

Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over the expected useful lives.

Restricted Funds:

Restricted funds are to be used for the designated purposes as laid down by the donor.

Expenditure which meets the criteria is charged to the fund.

The restricted funds relate to the Lottery Grant.

Unrestricted Funds:

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Resources Expended:

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relate to the activity.

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2022

2 Debtors:

Falling Due Within One Year:

Other Debtors

VAT

Total Falling Due Within One Year:

Debtors falling due after more than one year

	Year End 31st Dec.	Year End 31st Dec.
	2022	2021
£	-	£ -
£	-	£ -
£	-	£ -
£	-	£ -
£	-	£ -

3 Creditors:

Falling Due Within One Year:

Accruals - Agency Collections

Total Falling Due Within One Year:

Creditors falling due after more than one year

£	50	£	50
£	50	£	50
£	-	£	-

4 Cash at Bank and In Hand

Current Account

Total:

£	100,872	£	101,847
£	100,872	£	101,847

5 Investments

None

-	-	-	-
£	-	£	-
£	-	£	-

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2022

6 Tangible Fixed Assets:

	<u>Exercise Equipment</u>	<u>Computer Equipment</u>	<u>Furniture</u>
<u>Cost:</u>			
As at 1 January 2022	£ 90	£ 1,500	£ -
Additions	£ -	£ -	£ -
Disposals	£ -	£ -	£ -
As at 31st December 2022	£ 90	£ 1,500	£ -
<u>Accumulated Depreciation:</u>			
As at 1 January 2022	£ 90	£ 1,500	£ -
Charge for Year	£ -	£ -	£ -
Disposals	£ -	£ -	£ -
As at 31st December 2022	£ 90	£ 1,500	£ -
<u>Net Book Value</u>			
As at 1 January 2022	£ -	£ -	£ -
As at 31st December 2022	£ -	£ -	£ -

Depreciation Method - 18% Reducing Balance for all but Property.

Net Book Value as at 31 Dec. 2021	£ -
Net Book Value as at 31 Dec. 2022	£ -
Depreciation Charge for the Year	£ -

7 Net Incoming/(Outgoing Resources) For The Year

This is stated after charging:

	Year Ended 31st Dec. 2022	Year Ended 31st Dec. 2021
Depreciation of Tangible Fixed Assets	£ -	£ -
Trustees Expenses	£ -	£ -
Independent Examiner's Fees	£ 200	£ 200
	£ 200	£ 200

8 Related Party Transactions

There are no related party transactions.

Accounts

EXERCISING
FOR MOBILITY

CHARITY NUMBER: 1135054

FINANCIAL STATEMENTS

AND

ANNUAL REPORT

FOR

YEAR ENDING
31st DECEMBER 2021

EXERCISING FOR MOBILITY

Contents for the Accounts for the Year Ending

December 31st 2021

	<u>Page</u>
Legal and Administrative Details	1
Trustees' Annual Report	2
Independent Examiner's Report	6
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Accounts	10

EXERCISING FOR MOBILITY **ADMINISTRATIVE DETAILS**

Charity Number: 1135054

Registered Office: Marlborough House
Poundstock
Bude
Cornwall
EX23 0EE

Trustees: Joyce Bickerstaff - Chair

Julie Pawley – Hon.Treasurer

Pamela Mansell

Zinnia Symonds

Janet McCulley

Valerie Watling

Nesta Barrett

David Teale

Administrators Alison Castillo-Bernaus

Ced Joanne Barnes - Marketing and Fundraising Officer

Independent Major PJ Buzzard FCCA, FCPFA

Examiner: Cedar Accountancy Services

4, Penkenna Close

Crackington Haven

Near Bude

Cornwall

EX23 0PF

Accountants: Cedar Accountancy Services

4, Penkenna Close

Crackington Haven

Near Bude

Cornwall

EX23 0PF

TRUSTEES REPORT JANUARY 1st - DECEMBER 31st 2021

Exercising for Mobility - Registered Charity No: 1135054

Objectives and Activities

The purposes/aims for which the organisation is set up are:

- i.) Promote well-being for the benefit of the inhabitants of the Bude and surrounding areas without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said inhabitants and the local authorities, voluntary and other organisations in a common effort to advance education and to provide a facility for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants
- ii.) To establish an exercise group to assist people with decreased levels of mobility and health issues, and to maintain and manage the same furtherance of these objects.
- iii.) To develop opportunities to reduce isolation and contribute to the improvement of general health and wellbeing
- iv.) To promote positive volunteering opportunities.

The Trustees confirm that they have taken due notice of the guidance published by the Charity Commission in regards to the public benefit when reviewing the aims and objectives of the charity and in planning activities. These activities are provided to all irrespective of age, ability, faith, gender, sexual orientation, race, political view or any other belief, condition or trait.

Achievements and Performance

Events for the Year commencing 2021 have been greatly influenced by the COVID Pandemic. The Exercise Sessions had to be cancelled but the Trustees agreed to continue paying the Sessional Workers throughout the closure period. The Zoom Fitness Sessions led by Jo Barnes during this period ended on 10th May and we eventually saw the return of the Fitness Sessions at The Parkhouse on the 17th May. We continued to follow the COVID Guidelines and advice, trying to restrict the spread of the virus. New Trustees were appointed Nesta Barrett, Pam Mansell, Val Watling and David Teale. They were all introduced to E4M Members at the AGM on September 15th. The previously held Summer Outing and other Fund Raising Events had had to be cancelled because of the COVID Restrictions.

On the 19th July we had "Freedom Day " when there had been a further relaxation of the Pandemic Guidelines. We were now able to provide coffee and biscuits at the twice weekly sessions. This afforded a much needed socialising opportunity. Then in August the monthly Coffee Mornings resumed and these now incorporated an Exercise Session, followed by coffee and cake. There was also a raffle and items such as books and plants were available to buy.

In September the Trustees, staff and volunteers were provided with T shirts displaying the Lottery Community Fund and E4M Logos; T shirts and Jute bags were also available for our members to buy. We also acquired a Gazebo decorated with E4M Logo. The Gazebo will be used at future community events throughout the summer months, for fund raising and demonstrations, promoting our unique exercise

On 15th September we had the Annual General Meeting, a few months later than scheduled because of the COVID restrictions. At this meeting Joyce Bickerstaff was appointed Chair of the Trustees, Julie Pawley continued as Treasurer and the new Trustees were introduced to the E4M Members.

The AGM was followed by the Annual Tea Party and entertainment was provided by a musical duo "Strung Out", Julie being a member of the Duo. A Quiz was provided by Wendy Brown, there was a Fun Exercise Session, cakes and tea and we finished the event with a raffle. It proved to be a successful and enjoyable event.

The end of the month saw the retirement of two valued members of our team, Wendy Brown our Exercise Assistant, and Allan Gregory a volunteer driver. They were presented with farewell gifts to which we had all contributed. In the coming months steps were taken to find replacement team members and volunteers.

The Exercise Sessions continue to be popular, new members joining on an ongoing basis, all the sessions being well attended. We were just beginning to make plans for the Christmas Party when we became aware of the presence of the Omicron Variant - COVID strikes yet again. This resulted in a change of plans for the Annual Christmas Party in order to comply with the current guidelines. So on the 15th December we had a Festive Gathering with a Bingo Session, our very own Russ doing an excellent job as the caller. There was also the usual raffle, sparkliest person competition and mince pies and tea. . It was a Christmas Party with a difference but nonetheless a very enjoyable event.

New Year 2022, and a new member to join the team. We welcomed Michaela Millard to E4M in January to fill the new joint post of Exercise Leader and Admin. Assistant.

Throughout the year we have continued to produce a monthly newsletter which was sent by email and posted on Facebook - hard copies were also available for members.

Joyce Bickerstaff, E4M Chair

Financial Review

We were able to run our classes for seven and a half months from May – December, and, as in 2020 during the first Covid lockdown, it was agreed by all Trustees and the Lottery Funding Officer that we could continue to pay our sessional workers during the months we could not run sessions due to Covid restrictions.

As of 31st December 2021, the accounts show an increase of a little over £17,000 above the end of 2020 balance. This was mainly due to still receiving funding from the Lottery Community Fund. We still had a healthy balance in our Savings account of a little over £98,000, which will enable the charity to continue for approximately 2.5 years without additional funding.

It was agreed by all Trustees not to register for VAT as advised by Cedar Accountancy Services and also to keep our accounting year from January – December.

All in all, the Charity remains in good financial shape.

Julie Pawley, Hon. Treasurer

Reserves Policy Statement

The Trustees confirm that no formal reserves policy has been adopted but that they will seek to maintain sufficient financial reserves to enable the proper settlement of any debts incurred in running the charity and hold, if possible, sufficient cash reserves to enable the running of the charity for a period of 6 months. The likely financial risks to the organisation have been assessed.

Exercising for Mobility has a written Constitution.

The Charity is administered by a Management Committee (Trustees)

- i.) Membership shall be open to any person over 18 or any organisation living or located in Bude and the surrounding area who is interested in helping the organisation to achieve its purpose and abide by the rules of the organisation.
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The Trustees are legally responsible for organisation

- i.) The Management Committee (of not more than 10 members) elected at the Annual General Meeting (AGM), will consist of General Trustees and Officers.
- ii.) The Officers of the Management Committee are: The Chairperson, the Vice Chair, the Treasurer iii.) The Management Committee shall meet at least four times a year.
- iv.) The quorum for Management Committee meetings shall be 3 members.
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vii.) The Management Committee may appoint another committee member to fill a vacancy provided the maximum number is not exceeded.

viii.) The organisation shall commission/employ a Marketing and Fundraising Officer plus two Administrators* who are delegated the responsibility for the day to day administration of the organisation, and will report directly to the Management Committee.

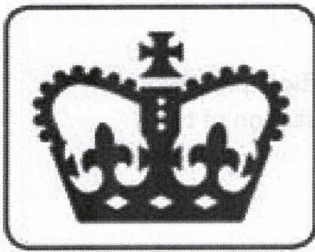
Declaration

The Trustees declare that they have approved the Trustees' Report above. Signed on behalf of the Charity's Trustees:



Joyce Bickerstaff- Chair

Date: 3/8/2022



CHARITY COMMISSION FOR ENGLAND AND WALES

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the Trustees/ Members of Exercising for Mobility.

On accounts for the year ended 31st December 2021.

Charity no 1135054

Set out on pages 8-12 and the Trustees' Report on pages 1-5.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2021.

Responsibilities and Basis of Report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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

Addition Notes

There are no addition notes to the report.

Signed:



Date: 30th July 2022

Paul Buzzard, FCPFA, FCCA, CITP, FFA, FMAAT, MBCS, MA, MSc (Charity Acc.)
Chartered Public Finance Accountant and Chartered Certified Accountant
Cedar Accountancy Services,
4, Penkenna Close,
Crackington Haven,
Near Bude,
Cornwall
EX23 0PF

EXERCISING FOR MOBILITY (CHARITY 1135054)

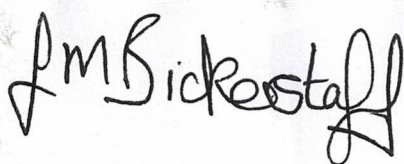
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2021

<u>INCOME AND EXPENDITURE</u>	<u>Note</u>	<u>Total</u>	<u>Total</u>
		<u>2021</u>	<u>2020</u>
<u>Incoming Resources:</u>			
<u>Voluntary Income</u>			
<u>Donations:</u>			
Donations	£	4,278	£ 1,272
<u>Activities to Further the</u>			
<u>Charity's Objectives:</u>			
Copper Box	£	-	£ 183
Trips and Parties	£	340	£ -
Raffles	£	-	£ 20
<u>Activities to Generate Funds:</u>			
Fund Raising	£	502	£ 799
Sales of Goods or Equipment	£	145	£ 247
<u>Investment Income:</u>			
Interest and Investments	£	9	£ -
<u>Gift Aid:</u>	£	-	£ 2,751
<u>Other Income</u>	£	758	£ 4,780
Lottery Payment	£	40,552	£ 38,896
<u>Total Incoming Resources:</u>	£	46,235	£ 48,948
<u>Resources Expended:</u>			
Audit	£	200	£ 200
Bookkeeping and Accounting	£	1,670	£ -
Cost of Committee/Trustee Meetings	£	-	£ 18
Flowers/Cards for Clients	£	40	£ 20
Hall Hire	£	3,120	£ 2,380
Insurances	£	386	£ 386
Mileage Costs	£	421	£ 261
Office and Postage	£	449	£ 1,611
Publicity	£	1,761	£ 214
Purchases or Equipment and Resources	£	3,246	£ 214
Refreshments and Catering	£	264	£ 27
Trips and Excursions	£	-	£ 3
Wages	£	16,128	£ 21,191
Sundries	£	1,117	£ 1,626
<u>Total Resources Expended:</u>	£	28,802	£ 28,150
<u>Net Incoming/(Outgoing) Resources</u>	£	17,433	£ 20,798
Other Recognised Gains & Losses	£	-	£ -
<u>Net Movement in Funds</u>	£	17,433	£ 20,798
<u>Total Funds Brought Forward</u>	£	84,364	£ 63,566
<u>Total Funds Carried Forward</u>	£	101,797	£ 84,364

EXERCISING FOR MOBILITY (CHARITY 1135054)
BALANCE SHEET AS AT DECEMBER 31st 2021

		<u>31st Dec.</u> <u>2021</u>	<u>31st Dec.</u> <u>2020</u>
	<u>Note</u>		
<u>Tangible Fixed Assets</u>			
Tangible Assets	6,7	£ -	£ -
Investments	5	£ -	£ -
		<u>£ -</u>	<u>£ -</u>
<u>Current Assets:</u>			
Debtors (Within 1 year)	2	£ -	£ -
Debtors (More than 1 year)		£ -	£ -
Cash at Bank & In Hand	4	£ 101,847	£ 84,414
		<u>£ 101,847</u>	<u>£ 84,414</u>
 <u>Creditors:</u>			
(amounts falling within 1 year)	3	£ 50	£ 50
 <u>Net Current Assets:</u>		£ 101,797	£ 84,364
 <u>Total Assets less Current Liabilities:</u>		<u>£ 101,797</u>	<u>£ 84,364</u>
 <u>Funds:</u>			
Restricted		£ 40,480	£ 31,297
Unrestricted		£ 61,317	£ 53,067
<u>Total Funds:</u>		<u>£ 101,797</u>	<u>£ 84,364</u>

The Financial Statements were approved by the trustees on July 30th 2021
and signed on their behalf by:



Signed - Trustee

Joyce Bickerstaff – Chair

Date: 3/8/2022

EXERCISING FOR MOBILITY (CHARITY 1135054)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2021

Note:

1 Accounting Policies:

Basis Of Preparation Of Financial Statements:

The financial statements are prepared under the historic cost convention, and in accordance with the Financial reporting Standard for Smaller Entities (effective January 2007), and the Charities SORP 2016 (Accounting and Reporting by Charities) and comply with the Charities (Accounts and Reports) Regulations 2016 issued under the Charities' Act 2011.

Incoming Resources:

All income is included in full in the Statement of Financial Activities in the year in which the conditions for their receipt have been complied with. Grants restricted to future accounting periods are deferred and recognised in those future accounting periods. Grants are apportioned to accounting periods on a time apportionment basis.

Voluntary income received by way of donations, and investment income, is included in full in the Statement of Financial Activities in the year in which it is receivable. The value of services by volunteers is not included.

Tangible Fixed Assets And Depreciation:

Tangible fixed assets are stated at cost less depreciation.

The only exceptions are land and buildings which are not depreciated but are revalued periodically as deemed appropriate by the trustees. The Charity has none at present.

Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over the expected useful lives.

Restricted Funds:

Restricted funds are to be used for the designated purposes as laid down by the donor. Expenditure which meets the criteria is charged to the fund.

The restricted funds relate to the Lottery Grant.

Unrestricted Funds:

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Resources Expended:

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relate to the activity.

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2021

2 Debtors:

Falling Due Within One Year:

Other Debtors

VAT

Total Falling Due Within One Year:

Debtors falling due after more than one year

<u>Year End</u>	<u>Year End</u>
<u>31st Dec.</u>	<u>31st Dec.</u>
<u>2021</u>	<u>2020</u>
£ -	£ -
£ -	£ -
£ -	£ -
£ -	£ -
£ -	£ -

3 Creditors:

Falling Due Within One Year:

Accruals - Agency Collections

Total Falling Due Within One Year:

Creditors falling due after more than one year

£ 50	£ 50
£ 50	£ 50
£ -	£ -

4 Cash at Bank and In Hand

Current Account

Total:

£ 101,847	£ 84,414
£ 101,847	£ 84,414

5 Investments

None

-	-
£ -	£ -
£ -	£ -

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2021

6 Tangible Fixed Assets:

	<u>Exercise Equipment</u>	<u>Computer Equipment</u>	<u>Furniture</u>
<u>Cost:</u>			
As at 1 January 2021	£ 90	£ 1,500	£ -
Additions	£ -	£ -	£ -
Disposals	£ -	£ -	£ -
As at 31st December 2021	£ 90	£ 1,500	£ -
<u>Accumulated Depreciation:</u>			
As at 1 January 2021	£ 90	£ 1,500	£ -
Charge for Year	£ -	£ -	£ -
Disposals	£ -	£ -	£ -
As at 31st December 2021	£ 90	£ 1,500	£ -
<u>Net Book Value</u>			
As at 1 January 2021	£ -	£ -	£ -
As at 31st December 2021	£ -	£ -	£ -

Depreciation Method - 18% Reducing Balance for all but Property.

Net Book Value as at 31 Dec. 2020

£ -

Net Book Value as at 31 Dec. 2021

£ -

Depreciation Charge for the Year

£ -

7 Net Incoming/(Outgoing Resources) For The Year

This is stated after charging:

	Year Ended 31st Dec. 2021	Year Ended 31st Dec. 2020
Depreciation of Tangible Fixed Assets	£ -	£ -
Trustees Expenses	£ -	£ -
Independent Examiner's Fees	£ 200	£ 200
	£ 200	£ 200

8 Related Party Transactions

There are no related party transactions.

Accounts

EXERCISING
FOR MOBILITY

CHARITY NUMBER: 1135054

FINANCIAL STATEMENTS

AND

ANNUAL REPORT

FOR

YEAR ENDING
31st DECEMBER 2020

EXERCISING FOR MOBILITY

Contents for the Accounts for the Year Ending December 31st 2020

	<u>Page</u>
Legal and Administrative Details	- 1
Trustees' Annual Report	2
Independent Examiner's Report	6
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Accounts	10

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EXERCISING FOR MOBILITY

ADMINISTRATIVE DETAILS

Charity Number: 1135054

Registered Office: Marlborough House
Poundstock
Bude
Cornwall
EX23 0EE

Trustees: Joanne Barnes – Chair

Joyce Bickerstaff - Vice-Chair

Julie Pawley – Hon.Treasurer

Zinnia Symonds

Janet McCulley

Administrators Heather Slade

Alison Castillo-Bernaus

Joanne Barnes - Marketing and Fundraising Officer

Independent
Examiner: Major PJ Buzzard FCCA, FCPFA, FMAAT
Cedar Accountancy Services
4, Penkenna Close
Crackington Haven
Near Bude
Cornwall
EX23 0PF

Accountants: Data Developments(UK) Ltd,
Creative Industries Centre,
Science Park,
Glaishier Drive,
Wolverhampton,
WV10 9TG

TRUSTEES REPORT JANUARY 1st - DECEMBER 31st 2020

Exercising for Mobility - Registered Charity No: 1135054

Objectives and Activities

The purposes/aims for which the organisation is set up are:

- i.) Promote well-being for the benefit of the inhabitants of the Bude and surrounding areas without of sex, sexual orientation, race or of political, religious or other opinions by associating together the inhabitants and the local authorities, voluntary and other organisations in a common effort to advance education and to provide a facility for recreation and leisure time occupation with the object of improving conditions of life for the said inhabitants
- ii.) To establish an exercise group to assist people with decreased levels of mobility and health issues maintain and manage the same furtherance of these objects.
- iii.) To develop opportunities to reduce isolation and contribute to the improvement of general health wellbeing
- iv.) To promote positive volunteering opportunities.

The Trustees confirm that they have taken due notice of the guidance published by the Charity Commission regards to the public benefit when reviewing the aims and objectives of the charity and in planning. These activities are provided to all irrespective of age, ability, faith, gender, sexual orientation, race, view or any other belief, condition or trait.

Achievements and Performance

Fitness Sessions:

Until the end of March 2020 Exercising for Mobility continued to provide four Chair-Based Fitness sessions a week, accessible to everyone but mostly aimed at the elderly and people with long term physical or health problems. The Charity has three paid Fitness Instructors. Each Session is set to music and lasts one hour with an opportunity for refreshments and a chat between Sessions. This social aspect of the Sessions is important for the well-being of our members as the actual exercises.

contd.

Covid 19:

Then, due to the global pandemic, we had to suspend our Fitness Sessions and were closed down for several months. During this time, thanks to our E4M private Members' Group on Facebook, we were able to touch directly with nearly 60 of our Members. The Instructors recorded a series of Chair-Based exercises to post on this Group and also tried the concept of a Watch Party. We continued to produce a monthly Newsletter which was sent to everyone via email and also posted on the Facebook Group and our weekly Fitness Sessions recommenced in September but by the beginning of November we were locked down and Sessions did not resume for the rest of the year.

Social Events pre Covid:

E4M is normally a place where our Members can meet for refreshments and a chat. Sadly, due to Covid refreshments were no longer allowed to be served but Members could still meet for a chat outside afterwards when we were in session. We had established a new style monthly Coffee Morning, pre and post extra Fitness Session but due to Covid, we only managed to hold one of these in Mid-March.

Jo Barnes

Chair

Financial Review

After a difficult year for everyone, due to Covid 19, including Exercising for Mobility, our financial situation at the end of 2020 was extremely healthy, the accounts showing an increase in excess of £20,000 on 2019 balance. This was mainly because the charity had fewer outgoings due to both lockdowns and were still receiving some lottery funding.

During 2020 we were able to run our classes for approximately six months, and it was agreed by the trustees that we should carry on paying the sessional workers during the lockdown months.

At the end of 2020, we moved our accounting locally to Cedar Accountancy Services, which will save the charity quite a lot of money in future.

Julie Pawley

Hon. Treasurer

Reserves Policy Statement

The Trustees confirm that no formal reserves policy has been adopted but that they will seek to make sufficient financial reserves to enable the proper settlement of any debts incurred in running the charity and hold, if possible, sufficient cash reserves to enable the running of the charity for a period of 6 months. The likely financial risks to the organisation have been assessed.

Exercising for Mobility has a written Constitution.

The Charity is administered by a Management Committee (Trustees)

- i.) Membership shall be open to any person over 18 or any organisation living or located in Bude and surrounding area who is interested in helping the organisation to achieve its purpose and abide by the rules of the organisation.
- ii.) Membership shall be available to anyone without regard to gender, race, nationality, disability, sexual preference, religion or belief.
- iii.) Every member shall have one vote.
- iv.) The membership may be terminated for good reason by the Management Committee; the member has a right to be heard by the Management Committee before a final decision is made.
- v.) Every member will follow the organisation's policies and procedures.
- vi.) No member of the Management Committee will benefit from the organisation other than as an officer or member of the organisation might benefit - allowance being made however for out of pocket expenses.

The Trustees are legally responsible for the organisation

- i.) The Management Committee (of not more than 10 members) elected at the Annual General Meeting (AGM), will consist of General Trustees and Officers.
- ii.) The Officers of the Management Committee are: The Chairperson, the Vice Chair, the Treasurer and the Secretary. The Management Committee shall meet at least four times a year.
- iv.) The quorum for Management Committee meetings shall be 3 members.
- v.) Voting at Management Committee meetings shall be by show of hands. If there is a tied vote, the Chairperson shall have a second vote.
- vi.) The Management Committee may remove a member by a two-thirds majority vote and, for a good and proper reason, but provided that person has the right to be heard before a final decision is made.

vii.) The Management Committee may appoint another committee member to fill a vacancy provided the maximum number is not exceeded.

viii.) The organisation shall commission/employ a Marketing and Fundraising Officer plus two Administrators* who are delegated the responsibility for the day to day administration of the organisation and will report directly to the Management Committee.

* Until November 2019, Exercising for Mobility had a Project Manager, employed by TTVS (Taw and Torridge Voluntary Service). Unfortunately this Project Manager did not fulfil the terms of her contract and her employment was terminated.

This change of circumstances gave the Trustees the opportunity to restructure the day to day management of the Charity. With the National Lottery's blessing the Trustees invited three of the Sessional Workers to form an Administration Team consisting of a Marketing and Fundraising Officer plus two Administrators. Between them, in addition to their existing roles at Exercising for Mobility, they now cover the duties and responsibilities that the Project Manager was employed to do.

Declaration

The Trustees declare that they have approved the Trustees' Report above. Signed on behalf of the Chair of Trustees:

Joanne Barnes – Chair
21st July 2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the Trustees/ Members of Exercising for Mobility.

On accounts for the year ended 31st December 2020.

Charity no 1135054

Set out on pages 8-12 and the Trustees' Report on pages 1-5.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2020.

Responsibilities and Basis of Report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Charities Act 2011 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.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect, the accounts do not give a true and fair view. I have no concerns and have come across no other matters in connection with the examination which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Addition Notes

There are no additional notes to the report.

Signed:

A handwritten signature in dark ink, appearing to read 'Paul Buzzard', with a large, sweeping flourish extending to the right.

Date: 21st June 2021

Paul Buzzard, FCPFA, CITP, FFA, FMAAT, MBCS, MA, FCCA. MSc (Charity Acc.)
Chartered Public Finance Accountant and Chartered Certified Accountant
Cedar Accountancy Services,
4, Penkenna Close,
Crackington Haven,
Near Bude,
Cornwall
EX23 0PF

EXERCISING FOR MOBILITY (CHARITY 1135054)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 20

<u>INCOME AND EXPENDITURE</u>	<u>Note</u>	<u>Total</u>	<u>Total</u>
		<u>2020</u>	<u>2019</u>
<u>Incoming Resources:</u>			
<u>Voluntary Income</u>			
<u>Donations:</u>			
Donations	£	1,272	£ 6,990
<u>Activities to Further the</u>			
<u>Charity's Objectives:</u>			
Copper Box	£	183	£ 556
Trips and Parties	£	-	£ 1,085
Raffles	£	20	£ 624
<u>Activities to Generate Funds:</u>			
Fund Raising	£	799	£ 1,602
Sales of Goods or Equipment	£	247	£ 57
<u>Investment Income:</u>			
Interest and Investments	£	-	£ 111
<u>Gift Aid:</u>	£	2,751	£ -
<u>Other Income</u>	£	4,780	
Lottery Payment	£	38,896	£ 37,675
<u>Total Incoming Resources:</u>	£	48,948	£ 48,702
<u>Resources Expended:</u>			
Audit	£	200	£ 120
Bridging the Gap	£	-	£ 857
Building for Capability	£	-	£ 461
Christmas Party	£	-	£ 67
Cost of Committee/Trustee Meetings	£	18	£ 16
Flowers/Cards for Clients	£	20	£ 63
Hall Hire	£	2,380	£ 5,076
Insurances	£	386	£ 380
Mileage Costs	£	261	£ 893
Office and Postage	£	1,611	£ 379
Publicity	£	214	£ 20
Purchases or Equipment and Resources	£	214	£ 129
Refreshments and Catering	£	27	£ 239
Trips and Excursions	£	3	£ 1,404
TTVS Payments	£	-	£ 14,902
Wages	£	21,191	£ 19,060
Sundries	£	1,626	£ 750
<u>Total Resources Expended:</u>	£	28,150	£ 44,825
<u>Net Incoming/(Outgoing) Resources</u>	£	20,798	£ 3,877
Other Recognised Gains & Losses	£	-	£ -
<u>Net Movement in Funds</u>	£	20,798	£ 3,877
<u>Total Funds Brought Forward</u>	£	63,566	£ 59,689
<u>Total Funds Carried Forward</u>	£	84,364	£ 63,566

EXERCISING FOR MOBILITY (CHARITY 1135054)
BALANCE SHEET AS AT DECEMBER 31st 2019

		<u>31st Dec.</u>	<u>31st Dec.</u>
		<u>2020</u>	<u>2019</u>
	<u>Note</u>		
<u>Tangible Fixed Assets</u>			
Tangible Assets	6,7	£ -	£ -
Investments	5	£ -	£ -
		<u>£ -</u>	<u>£ -</u>
<u>Current Assets:</u>			
Debtors (Within 1 year)	2	£ -	£ -
Debtors (More than 1 year)		£ -	£ -
Cash at Bank & In Hand	4	£ 84,414	£ 63,616
		<u>£ 84,414</u>	<u>£ 63,616</u>
<u>Creditors:</u>			
(amounts falling within 1 year)	3	£ 50	£ 50
<u>Net Current Assets:</u>		£ 84,364	£ 63,566
<u>Total Assets less Current Liabilities:</u>		<u><u>£ 84,364</u></u>	<u><u>£ 63,566</u></u>
<u>Funds:</u>			
Restricted		£ 31,600	£ 31,297
Unrestricted		£ 52,764	£ 32,269
<u>Total Funds:</u>		<u><u>£ 84,364</u></u>	<u><u>£ 63,566</u></u>

The Financial Statements were approved by the Trustees on 21st July 2021
and signed on their behalf by:

Signed - Trustee

Jo Barnes – Chair

Date: 21st July 2021

EXERCISING FOR MOBILITY (CHARITY 1135054)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2020

Note:

1 Accounting Policies:

Basis Of Preparation Of Financial Statements:

The financial statements are prepared under the historic cost convention, and in accordance with the Financial reporting Standard for Smaller Entities (effective January 2007), and the Charities SORP 2016 (Accounting and Reporting by Charities) and comply with the Charities (Accounts and Reports) Regulations 2016 issued under the Charities' Act 2011.

Incoming Resources:

All income is included in full in the Statement of Financial Activities in the year in which the conditions for their receipt have been complied with. Grants restricted to future accounting periods are deferred and recognised in those future accounting periods. Grants are apportioned to accounting periods on a time apportionment basis.

Voluntary income received by way of donations, and investment income, is included in full in the Statement of Financial Activities in the year in which it is receivable. The value of services by volunteers is not included.

Tangible Fixed Assets And Depreciation:

Tangible fixed assets are stated at cost less depreciation.

The only exceptions are land and buildings which are not depreciated but are revalued periodically as deemed appropriate by the trustees. The Charity has none at present.

Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over the expected useful lives.

Restricted Funds:

Restricted funds are to be used for the designated purposes as laid down by the donor. Expenditure which meets the criteria is charged to the fund.

The restricted funds relate to the Lottery Grant.

Unrestricted Funds:

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Resources Expended:

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered. Resources expended are allocated to the particular activity where the cost relate to the activity.

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2020

<u>2 Debtors:</u>	<u>Year End</u>
	<u>31st Dec.</u>
	<u>2020</u>
<u>Falling Due Within One Year:</u>	
Other Debtors	£ -
VAT	£ -
<u>Total Falling Due Within One Year:</u>	<u>£ -</u>
 <u>Debtors falling due after more than one year</u>	 <u>£ -</u>
 <u>3 Creditors:</u>	
<u>Falling Due Within One Year:</u>	
Accruals - Agency Collections	£ 50
<u>Total Falling Due Within One Year:</u>	<u>£ 50</u>
 <u>Creditors falling due after more than one year</u>	 <u>£ -</u>
 <u>4 Cash at Bank and In Hand</u>	
Current Account	£ 84,414
<u>Total:</u>	<u>£ 84,414</u>
 <u>5 Investments</u>	 -
None	-
	£ -
	<u>£ -</u>

EXERCISING FOR MOBILITY (CHARITY 1135054)

Note: NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31st DECEMBER 2020

6 Tangible Fixed Assets:

	<u>Exercise Equipment</u>	<u>Computer Equipment</u>
<u>Cost:</u>		
As at 1 January 2020	£ 90	£ 1,500
Additions	£ -	£ -
Disposals	£ -	£ -
As at 31st December 2020	<u>£ 90</u>	<u>£ 1,500</u>
 Accumulated Depreciation:		
As at 1 January 2020	£ 90	£ 1,500
Charge for Year	£ -	£ -
Disposals	£ -	£ -
As at 31st December 2020	<u>£ 90</u>	<u>£ 1,500</u>
 Net Book Value		
As at 1 January 2020	<u>£ -</u>	<u>£ -</u>
As at 31st December 2020	<u>£ -</u>	<u>£ -</u>

Depreciation Method - 18% Reducing Balance for all but Property.

Net Book Value as at 31 Dec. 2019	£ -
Net Book Value as at 31 Dec. 2020	£ -
 Depreciation Charge for the Year	 £ -

7 Net Incoming/(Outgoing Resources) For The Year

This is stated after charging:	Year Ended 31st Dec. 2020	Year Ended 31st Dec. 2019
Depreciation of Tangible Fixed Assets	£ -	£ -
Trustees Expenses	£ -	£ -
Independent Examiner's Fees	£ 200	£ 200
	<u>£ 200</u>	<u>£ 200</u>

8 Related Party Transactions

There are no related party transactions.

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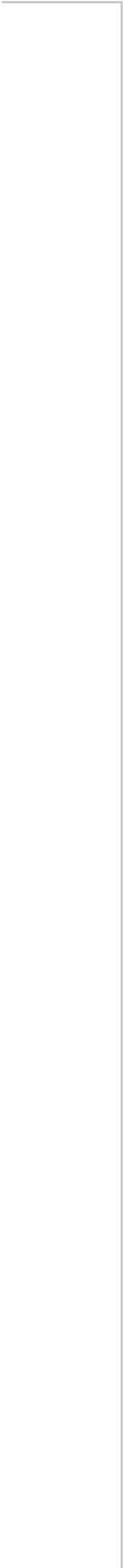
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Year End
31st Dec.
2019

£	-
£	-
£	-
£	-

£	50
£	50
£	-

£	63,616
£	63,616

-	
-	
£	-
£	-

Furniture

£	-
£	-
£	-
£	-

£	-
£	-
£	-
£	-

£	-
£	-

