

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

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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-exercise 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 committee 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 blue 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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Year End
31st Dec.
2019

£	-
£	-
£	-
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£	-
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£	50
£	50
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£	-
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£	63,616
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Furniture

£	-
£	-
£	-
£	-

£	-
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£	-
£	-

