

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

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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

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.
- 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.

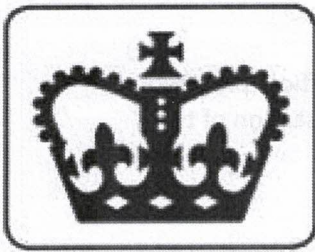
Declaration

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



Joyce Bickerstaff- Chair

Date: 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 additioanl 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>Note</u>	<u>Total</u>	<u>Total</u>
<u>INCOME AND EXPENDITURE</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 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.