

EXERCISING
FOR MOBILITY

CHARITY NUMBER: 1135054

FINANCIAL STATEMENTS

AND

ANNUAL REPORT

FOR

YEAR ENDING
31st DECEMBER 2022

EXERCISING FOR MOBILITY

Contents for the Accounts for the Year Ending December 31st 2022

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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 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 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)

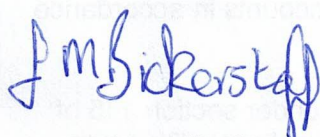
- i.) Membership shall be open to any person over 18 or any organisation living or located in Bude and the surrounding area who is interested in helping the organisation to achieve its purpose and abide by the rules of the organisation.
- ii.) Membership shall be available to anyone without regard to 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:

L Barling

Signed - Trustee

JMBickerstaff

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

	<u>Year End</u>	<u>Year End</u>
	<u>31st Dec.</u>	<u>31st Dec.</u>
	<u>2022</u>	<u>2021</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:

£	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.