

# YOGAMOBILITY

England & Wales · Charity number 1137754

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2010-09-03

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

## Contact

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**Address** 18 Fairfield Close  
Cardiff  
CF5 1AD

**Phone** 07791391773

**Email** [info@yogamobility.org](mailto:info@yogamobility.org)

**Website** [yogamobility.org](http://yogamobility.org)

## Activities

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**Objects:** A. TO PROMOTE, IMPROVE AND PROTECT GOOD HEALTH AND WELLBEING THROUGH THE PRACTICE OF YOGA. B. TO ASSIST IN THE TREATMENT OF ADULTS SUFFERING FROM PHYSICAL OR MENTAL DISABILITIES BY PROVIDING YOGA TO THOSE PERSONS AND THEIR CARERS AND FAMILIES. C. TO ADVANCE THE EDUCATION OF THE PUBLIC IN YOGA.

**Activities:** WE PROVIDE A PROGRAMME OF YOGA-BASED PRACTICE AND EDUCATION FOR THOSE WITH ANY FORM OF DISABILITY OR HEALTH PROBLEM. WE RUN CLASSES DESIGNED TO ASSIST IN MAINTAINING HEALTH, MOBILITY AND FLEXIBILITY WITHIN A SPACE WHERE DISABILITY IS NOT SEEN AS A DISADVANTAGE IN EXERCISING. WE PROVIDE THE EQUIPMENT AND EXPERTISE TO FACILITATE THIS. CARERS, FAMILY AND ANY OTHER INTERESTED PARTIES ARE WELCOME.

## Classification

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

## Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Cardiff

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£23,641	£30,070	-	-
2024-02-29	£23,820	£27,908	-	-
2023-02-28	£27,446	£21,186	-	-
2022-02-28	£20,713	£18,755	-	-
2021-02-28	£18,802	£22,665	-	-

## Trustees

Name	Role	Appointed
<b>Timothy Watkins</b>	Chair	2019-09-06
Elizabeth Grimshaw		2021-06-23
Freda June Young		2019-02-15
Janet Mary Wilde		2024-01-16
Nick Howitt		2014-11-14
Peter Robert Marshall		2021-06-23

**YOGAMOBILITY**

England & Wales - Charity number 1137754

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# Accounts

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REGISTERED CHARITY NUMBER: 1137754

**TRUSTEES REPORT AND RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2025 FOR  
YOGAMOBILITY  
(CHARITABLE INCORPORATED ORGANISATION)**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2025**

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**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 28 FEBRUARY 2025**

**TRUSTEES**

T Watkins (Chair)  
E Grimshaw (resigned 15 April 2025)  
R N Howitt  
P Marshall  
J Wilde  
F Young (Treasurer)

**REGISTERED OFFICE**

18 Fairfield Close  
Cardiff  
CF5 1AD

**REGISTERED CHARITY NUMBER** 1137754

**BANKERS**

HSBC  
The Co-operative Bank plc

**INDEPENDENT EXAMINERS REPORT**

**REPORT TO THE TRUSTEES OF YOGAMOBILITY  
ON THE ACCOUNTS FOR THE YEAR ENDED 28 FEBRUARY 2025  
CHARITY NUMBER: 1137754  
SET OUT ON PAGES 4-12**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 28 February 2025

**Responsibilities and basis of the report**

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 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:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

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

Signed 

Name DAVID CHINNICK

Date 21<sup>ST</sup> DECEMBER 2025

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2025**

The trustees present their report and the financial statements for the year ended 28 February 2025. The trustees, who served during the year and up to the date of this report are set out on page 2.

**Structure, governance and management**

***Governing document and charity constitution***

The organisation was a registered charity and company limited by guarantee, incorporated on 23 February 2010.

YogaMobility converted to a charitable incorporated organisation on 29 July 2022 and is governed by its constitution. In the event of the charity being wound up the trustees are each required to contribute an amount not exceeding £10.

***Methods policies and procedures for recruitment, appointment, induction and training of new trustees***

Recruitment and appointment of potential trustees is carried out by existing trustees. Consideration is given to experience, knowledge and skills required and on completion of a satisfactory vetting outcome, the trustees will vote to confirm appointment and the new trustee will be formally invited to join the board. There is no maximum number of trustees set out in the constitution but there should be a minimum of 3 trustees which represent the quorum.

**Objectives and activities**

***Charitable objects***

YogaMobility's objects are specifically restricted to the following:

- To promote, improve and protect good health and well-being through the practice of yoga.
- To assist in the treatment of adults suffering from physical or mental disabilities by providing yoga to those persons and their carers and families.
- To advance the education of the public in yoga.

***Charitable activities and achievements***

Monday and Thursday morning specialist yoga classes held at Sbectrw Community Centre in Fairwater, Cardiff are long established and popular. The majority of participants had mobility problems and some were in wheelchairs, all needed additional support to participate in a yoga class. Many participants find classes so helpful that they have come regularly for many years. These classes continue to be available on zoom.

A new class commenced in April 2023 on Wednesday evenings at Woodland Retreat in Llanishen, Cardiff. This class is for ambulatory people who are less severely disabled, some of whom work during the day. Although attendance is lower its participants enjoy the class and find it beneficial.

A "yoga in a chair" class was started in September 2023 at Llanrumney Hall. During the year the venue was changed to Llanrumney Hyb which has proved popular with a growing number of regular participants.

During the year the number of people attending classes in person has increased because classes are offered in different areas of Cardiff to people with varying abilities, whilst a small number continue to attend online. We have welcomed new participants at all our classes. 93 different people attended at least one of our classes in person or online. Whilst a few people come to just one class most people attend regularly.

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2025**

Each YogaMobility class is run by at least one of our 3 professional tutors who are specialists in working with disabled people. This expertise is essential for providing safe classes. They are supported by volunteers who assist participants throughout the class. YogaMobility has 7 volunteers who help in this way.

***Public benefit***

YogaMobility's activities are for public benefit because we provide specialist yoga classes to adults with a range of disabilities. Some participants have neurological conditions which have included multiple sclerosis, motor neurone disease, muscular dystrophy and Parkinson's disease. Others have medical conditions which have included heart conditions, cancer, strokes, COPD, diabetes, chronic pain, arthritis and amputation.

YogaMobility's beneficiaries range from those with minor health conditions through to those who are wheelchair-bound. YogaMobility provides beneficiaries with specialised and personalised movement plans (adapted from classical yoga) based on their physical abilities.

Beneficiaries are encouraged to optimise (within safe limits) their physical strength, mobility, balance, confidence and communication skills. Participants are also taught mindfulness-based self-help practices in relation to: diet, thoughts and beliefs (particularly overcoming negative attitudes to disability), stress and relaxation, and pain management.

***Support from volunteers and donors***

YogaMobility received support from 5 main groups:

1. Volunteer class assistants support our yoga tutors.
2. A larger group of volunteers help YogaMobility by managing and arranging our fundraising activities whilst others serve on the committee.
3. YogaMobility is grateful to members of the public and businesses who donate monies.
4. YogaMobility receives support from the Funky Love Posse - a musical group of disabled and able-bodied musicians - whose performance fees are donated to the charity.
5. YogaMobility is grateful to organisations which have provided grants.

***Fundraising achievements***

1) Funky Love Posse ("FLP") donate the net proceeds from their gigs to YogaMobility as well as headlining at our music events. FLP secured new gigs and raised £1,393 (2024 - £1,758). FLP had fewer gigs than in the previous year when receipts were unusually high.

2) As well as raising monies our events bring people involved with YogaMobility together.

- The music festival was again very successful raising £1,292 (prior year £1,297).
- The spring fete raised £639 (prior year - £610).
- A new event, a Halloween party raised £418.
- Monies raised of £512 from a sponsored event were donated to YogaMobility.
- Net proceeds from the winter fayre and our Christmas party totalled £493 - (prior year £480)

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2025**

***Fundraising achievements continued***

In total £4,746 (2024 - £5,171) was raised. Fundraising remains difficult whilst the winter fayre had to be cancelled because of poor weather.

3) Class fees - In 2023/24 YogaMobility charged a fee of £6, the same as prior to the previous year, for attending a class in person. Fees received totalled £10,887 (2024 - £8,929). The main reason for the increase is all 4 classes running for the full year.

4) Donations – These remained essential as YogaMobility was funding 4 classes. During the year YogaMobility received £7,073 including gift aid (2024- £9,704) excluding grants. This reduction is attributed in part to the continuing cost of living crisis.

- Regular donors paid by monthly standing order.
- There were one off donations.
- Online donations were made through Give as you Live, Everyclick, and Charitable Trust.
- Birthday and other gifts made through PayPal, which had provided significant funding in 2024, were minimal during the current year.
- Class donations. YogaMobility does not charge for its online zoom classes but instead asks for voluntary donations to help towards costs. Most people attending online classes do donate and £2,379 (2024 - £2,185) was received. Numbers attending online are minimal as the majority of people returned to normal classes.

5) Grants are important to YogaMobility. During the last financial year a grant of £915 was given through First Choice Housing to purchase equipment (2024 - £0). Without these funds in the future the charity might not be able to continue to provide all its classes or to purchase new and replacement equipment.

***Financial Review***

The financial performance of the charity is shown in the attached financial statements. YogaMobility aims to hold sufficient unrestricted funds in reserve to cover 6 months' general running costs. At the end of the 2024/2025 financial year, YogaMobility held £17,284 (2024 - £23,057) in unrestricted reserves along with £140 (2024 - £100) in restricted reserves. It takes time to establish new classes so the trustees are satisfied with the financial performance and the adequacy of reserves to meet the ongoing requirements of the charity.

***Statement of trustees' responsibilities***

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2025

*Statement of trustees' responsibilities continued*

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

This trustees report was approved by the board on 12-8-25 and signed on its behalf by:



**T WATKINS**  
Trustee/Chair

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2025

	2025			2024		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total funds
	£	£	£	£	£	£
<b>RECEIPTS</b>						
<b>Donations and legacies</b>						
Grants	0	915	<b>915</b>	0	0	<b>0</b>
One off donations	41	0	<b>41</b>	1,609	0	<b>1,609</b>
Regular donations	2,654	0	<b>2,654</b>	2,923	0	<b>2,923</b>
Online donations	872	0	<b>872</b>	1,434	0	<b>1,434</b>
Class donations	2,379	0	<b>2,379</b>	2,185	0	<b>2,185</b>
Gift aid reclaimed	1,127	0	<b>1,127</b>	1,552	0	<b>1,552</b>
	7,073	915	<b>7,988</b>	9,704	0	<b>9,704</b>
<b>Receipts from charitable activities</b>						
Class fees	10,887	0	<b>10,887</b>	8,929	0	<b>8,929</b>
<b>Activities for generating funds</b>						
FLP gigs	1,393	0	<b>1,393</b>	2,354	0	<b>2,354</b>
Music festival	1,292	0	<b>1,292</b>	1,297	0	<b>1,297</b>
Spring fete	639	0	<b>639</b>	610	0	<b>610</b>
Clothes sale	0	0	<b>0</b>	241	0	<b>241</b>
Comedy event	0	0	<b>0</b>	190	0	<b>190</b>
Sponsored event	512	0	<b>512</b>	0	0	<b>0</b>
Halloween event	418	0	<b>418</b>	0	0	<b>0</b>
Winter fayre & Christmas party	493	0	<b>493</b>	480	0	<b>480</b>
	4,746	0	<b>4,746</b>	5,171	0	<b>5,171</b>
<b>Investment income</b>						
Bank interest received	20	0	<b>20</b>	18	0	<b>18</b>
<b>Total Receipts</b>	<b>22,726</b>	<b>915</b>	<b>23,641</b>	<b>23,820</b>	<b>0</b>	<b>23,820</b>

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2025

	2025			2024		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total funds
	£	£	£	£	£	£
<b>PAYMENTS</b>						
Cost of raising funds	0	0	0	0	0	0
<b>Charitable activities payments</b>						
Tutors' fees	23,680	0	23,680	20,720	0	20,720
Room hire	3,651	0	3,651	3,324	0	3,324
Volunteer expenses	426	0	426	53	0	53
Volunteer training	530	0	530	240	0	240
Insurance	764	0	764	635	0	635
Equipment and consumables	0	875	875	1,178	0	1,178
First aid courses	0	0	0	862	0	862
Bank charges	60	0	60	111	0	111
Clothing	0	0	0	304	0	304
Marketing & printing	0	0	0	340	0	340
DBS checks	63	0	63	53	0	53
Sundry expenses	21	0	21	89	0	89
<b>TOTAL PAYMENTS</b>	<b>29,195</b>	<b>875</b>	<b>30,070</b>	<b>27,908</b>	<b>0</b>	<b>27,908</b>
<b>NET SURPLUS/DEFICIT</b>	<b>-6,469</b>	<b>40</b>	<b>-6,429</b>	<b>-4,087</b>	<b>0</b>	<b>-4,087</b>

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**YOGAMOBILITY**

**STATEMENT OF ASSETS AND LIABILITIES**

		Unrestricted funds	Restricted funds	<b>2025 Total funds</b>	Unrestricted funds	Restricted funds	<b>2024 Total funds</b>
	Notes	£	£	£	£	£	£
<b>FIXED ASSETS</b>							
Tangible assets	4	0	0	<b>0</b>	0	0	<b>0</b>
<b>CURRENT ASSETS</b>							
Debtors		1,870	0	<b>1,870</b>	2,241	0	<b>2,241</b>
Cash at bank Co-operative Bank		12,448	40	<b>12,488</b>	14,029	0	<b>14,029</b>
Cash at bank HSBC		5,478	100	<b>5,578</b>	10,367	100	<b>10,467</b>
		19,796	140	<b>19,936</b>	26,637	100	<b>26,737</b>
<b>CREDITORS</b>							
Amounts falling due within one year		-2,512	0	<b>-2,512</b>	-3,580	0	<b>-3580</b>
<b>NET CURRENT ASSETS</b>		17,284	140	<b>17,424</b>	23,057	100	<b>23,157</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		17,284	140	<b>17,424</b>	23,057	100	<b>23,157</b>
<b>NET ASSETS</b>		17,284	140	<b>17,424</b>	23,057	100	<b>23,157</b>
<b>FUNDS</b>							
Unrestricted funds	5			<b>17,284</b>			<b>23,057</b>
Restricted funds	5			<b>140</b>			<b>100</b>
<b>TOTAL FUNDS</b>				<b>17,424</b>			<b>23,157</b>

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

In approving these accounts, as trustees of the CIO, we hereby confirm:

The accounts were approved by the Board of Trustees on 12-08-2025 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'T. Watkins', written in a cursive style.

**T WATKINS**  
Trustee /Chair

**NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2025**

**1 ACCOUNTING POLICIES**

**Basis of preparing the receipts and payments account**

The principal accounting policies are summarised below. They have been applied consistently throughout the current and preceding year.

**Fund accounting**

The charity maintains two types of funds as follows:

- The purpose of the general unrestricted funds is to enable the charity to carry out its charitable aims and objectives and represent funds available for future general running costs and related expenditure which are at the discretion of the Trustees.
- Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and equipment – 25 to 33% straight line on cost.

**2 ANALYSIS OF SUPPORT COSTS**

	Unrestricted funds	Restricted funds	2025 Total funds	Unrestricted funds	Restricted Funds	2024 Total Funds
	£	£	£	£	£	£
Tutors' first						
Aid courses	0	0	0	861	0	861

**3 TRUSTEES' TRANSACTIONS, REMUNERATION AND BENEFITS**

Trustees' expenses were nil for the year ended 28 February 2025 and for the year ended 28 February 2024. There were no trustees' remuneration or other benefits for the year ended 28 February 2025 nor for the year ended 28 February 2024.

## YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

### NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 28 FEBRUARY 2025

#### 4 TANGIBLE FIXED ASSETS

	Plant & equipment £
<b>COSTS</b>	
As at 28 February 2025	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 28 February 2025	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2025	<u><u>0</u></u>
<b>COSTS</b>	
As at 28 February 2024	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 28 February 2024	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2024	<u><u>0</u></u>

#### 5 RESTRICTED FUND ANALYSIS

(ii) The purpose of the restricted funds is to enable the charity to continue to run and support specific projects relating to its charitable aims and objectives but the use of the funds is restricted to the specific project cost the income was received towards, as shown below.

	Year ended 28 February 2025	Brought forward	Incoming resources	Resources expended	Carried forward
			£	£	£
1	Donation for hoist	100	0	0	100
2	First Choice Housing	0	915	875	40
	Total	100	915	875	140

#### 6 RELATED PARTY DISCLOSURES

There were no related party transactions.

**YOGAMOBILITY**

England & Wales - Charity number 1137754

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# Accounts

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REGISTERED CHARITY NUMBER: 1137754

**TRUSTEES REPORT AND RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2024 FOR  
YOGAMOBILITY  
(CHARITABLE INCORPORATED ORGANISATION)**

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2024**

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**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 28 FEBRUARY 2024**

**TRUSTEES**

T Watkins	(Chair)
J Bryant-Plenty	(resigned 16 January 2024)
E Grimshaw	
J Hill	(resigned 16 January 2024)
R N Howitt	
P Marshall	
J Wilde	(appointed 16 January 2024)
F Young	(Treasurer)

**REGISTERED OFFICE**

18 Fairfield Close  
Cardiff  
CF5 1AD

**REGISTERED CHARITY NUMBER** 1137754

**BANKERS**

HSBC  
The Co-operative Bank plc

**INDEPENDENT EXAMINERS REPORT**

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ON THE ACCOUNTS FOR THE YEAR ENDED 28 FEBRUARY 2024  
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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:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

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

**Signed**



**Name**

DAVID CHINNICK

**Date**

13<sup>th</sup> December 2024

## YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024

The trustees present their report and the financial statements for the year ended 28 February 2024. The trustees, who served during the year and up to the date of this report are set out on page 2.

#### **Structure, governance and management**

##### ***Governing document and charity constitution***

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A new class commenced in April 2023 on Wednesday evenings at Woodland Retreat in Llanishen, Cardiff. This class is for ambulatory people who are less severely disabled, some of whom work during the day. Although attendance is lower participants enjoy the class and find it helpful.

A "yoga in a chair" class was started in September 2023 at Llanrumney Hall.

During the year the number of people attending classes in person has continued to increase, whilst the number attending online correspondingly decreased. We have welcomed new participants at all our classes. Over 80 different people attended at least one of our classes in person or online.

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024**

Each YogaMobility class is run by at least one of our 3 professional tutors who are specialists in working with disabled people. This expertise is essential for providing safe classes. They are supported by volunteers who assist participants throughout the class. YogaMobility has 6 volunteers who help in this way.

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3. YogaMobility is grateful to members of the public and businesses who donate monies.
4. YogaMobility also receives support from the Funky Love Posse - a musical group of disabled and able-bodied musicians - whose performance fees are donated to the charity.
5. YogaMobility is grateful to organisations which have provided grants.

***Fundraising achievements***

1) Funky Love Posse donate proceeds from their gigs to YogaMobility The Funky Love Posse was very popular during the year, securing new gigs, and raised £1,758 (2023- £855) as well as headlining at our music event.

2) As well as raising monies our events bring people involved with YogaMobility together.

- The music festival was again very successful raising £1,297 (2023 - £1,831).
- A spring fete raised £610.
- A clothing sale raised £240.
- Ticket sales for a comedy event were £190.
- Proceeds from the winter fayre and our Christmas party totalled £480

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024**

***Fundraising achievements continued***

In total £5,170 (2023 - £4,950) was raised. Events realised less than the previous year, which had benefitted from a post covid "bounce". The cost of living crisis and poor weather for one event were also significant. This decrease was more than offset by the success of the FLP.

3) Class fees - In 2023/24 YogaMobility charged a fee of £6, the same as prior to the previous year, for attending a class in person. Fees received totalled £8,929 (2023 - £6,013). People became more confident about attending classes in person rather than online. There were also new classes people could attend.

4) Donations – These remained essential as YogaMobility expanded the number of classes. During the year YogaMobility received £9,703 including gift aid (2023- £11,401 excluding grants).

- Regular donors paid by monthly standing order.
- There were one off donations.
- Online donations were made through Give as you Live, Everyclick, and Charitable Trust.
- Birthday and other gifts made through PayPal giving are a significant source of funds.
- Class donations. YogaMobility does not charge for its online zoom classes but instead asks for voluntary donations to help towards costs. Most people attending classes do donate and £2,185 (2023 - £3,238) was received. This continued to reduce as people returned to normal classes.

Donations were lower than in the previous year which is also attributed, in part, to the cost of living crisis.

5) Grants are important to YogaMobility. However, during the last financial year grant applications were unsuccessful. (2023 - £5,078). Without these funds in the future the charity might not be able to continue to provide all its classes or to purchase new and replacement equipment.

***Financial Review***

The financial performance of the charity is shown in the attached financial statements. YogaMobility aims to hold sufficient unrestricted funds in reserve to cover 6 months' general running costs. At the end of the 2023/2024 financial year, YogaMobility held £23,057 (2023 - £30,053) in unrestricted reserves along with £100 (2023 - £100) in restricted reserves. It takes time to establish new classes so the trustees are satisfied with the financial performance and the adequacy of reserves to meet the ongoing requirements of the charity.

***Statement of trustees' responsibilities***

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2024

*Statement of trustees' responsibilities continued*

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

This trustees report was approved by the board on 19/9/2024 and signed on its behalf by:

T WATKINS  
Trustee/Chair



YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2024

	Unrestricted funds	Restricted funds	2024 Total funds	Unrestricted funds	Restricted funds	2023 Total funds
	£	£	£	£	£	£
<b>RECEIPTS</b>						
<b>Donations and legacies</b>						
Grants	0	0	0	0	5,078	5,078
One off donations	1,609	0	1,609	185	0	185
Regular donations	2,923	0	2,923	3,675	0	3,675
Online donations	1,434	0	1,434	3,061	0	3,061
Class donations	2,185	0	2,185	3,238	0	3,238
Gift aid	1,552	0	1,552	1,242	0	1,242
	9,704	0	9,704	11,401	5,078	16,479
<b>Receipts from charitable activities</b>						
Class fees	8,929	0	8,929	6,013	0	6,013
<b>Activities for generating funds</b>						
FLP gigs	2,354	0	2,354	855	0	855
Music festival	1,297	0	1,297	1,831	0	1,831
Spring fete	610	0	610	0	0	0
Clothes sale	241	0	241	0	0	0
Comedy event	190	0	190	1,096	0	1,096
Winter fayre & Christmas party	480	0	480	1,168	0	1,168
	5,171	0	5,171	4,950	0	4,950
<b>Investment income</b>						
Bank interest receivable	18	0	18	4	0	4
<b>Total Receipts</b>	<u>23,820</u>	<u>0</u>	<u>23,820</u>	<u>22,368</u>	<u>5,078</u>	<u>27,446</u>

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2024

	2024			2023		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total funds
	£	£	£	£	£	£
<b>PAYMENTS</b>						
Cost of raising funds	0	0	0	0	0	0
<b>Charitable activities payments</b>						
Tutors fees	20,720	0	20,720	12,290	2,700	14,990
Tutor bonus	0	0	0	1,000	0	1,000
Room hire	3,324	0	3,324	2,065	375	2,440
Volunteer expenses	53	0	53	0	0	0
Volunteer training	240	0	240	0	0	0
Insurance	635	0	635	584	0	584
Web design	0	0	0	0	1,200	1,200
Web advertising	0	0	0	0	400	400
Equipment and consumables	1,178	0	1,178	1	250	251
First aid courses	862	0	862	0	0	0
PPE & disinfectant	0	0	0	20	153	173
Bank charges	111	0	111	118	0	118
Clothing	304	0	304	0	0	0
Marketing & printing	340	0	340	30	0	30
DBS checks	53	0	53	0	0	0
Sundry expenses	89	0	89	0	0	0
<b>TOTAL PAYMENTS</b>	<u>27,908</u>	<u>0</u>	<u>27,908</u>	<u>16,108</u>	<u>5,078</u>	<u>21,186</u>
<b>NET SURPLUS/DEFICIT</b>	<u>-4,087</u>	<u>0</u>	<u>-4,087</u>	<u>5,686</u>	<u>0</u>	<u>6,260</u>

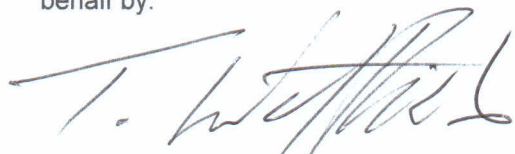
**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**STATEMENT OF ASSETS AND LIABILITIES**

	2024			2023		
Notes	Unrestricted funds £	Restricted funds £	Total funds £	Unrestricted funds £	Restricted funds £	Total funds £
<b>FIXED ASSETS</b>						
Tangible assets	0	0	0	0	0	0
<b>CURRENT ASSETS</b>						
Debtors	2,241	0	2,241	2,959	0	2,959
Cash at bank Coop	14,029	0	14,029	0	0	0
Cash at bank HSBC	<u>10,367</u>	<u>100</u>	<u>10,467</u>	<u>28,483</u>	<u>100</u>	<u>28,583</u>
	26,637	100	26,737	31,442	100	31,542
<b>CREDITORS</b>						
Amounts falling due within one year	<u>-3,580</u>	<u>0</u>	<u>-3,580</u>	<u>-1,389</u>	<u>0</u>	<u>-1,389</u>
<b>NET CURRENT ASSETS</b>	<u>23,057</u>	<u>100</u>	<u>23,157</u>	<u>30,053</u>	<u>100</u>	<u>30,153</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>23,057</u>	<u>100</u>	<u>23,157</u>	<u>30,053</u>	<u>100</u>	<u>30,153</u>
<b>NET ASSETS</b>	<u>23,057</u>	<u>100</u>	<u>23,157</u>	<u>30,053</u>	<u>100</u>	<u>30,153</u>
<b>FUNDS</b>						
Unrestricted funds			23,057			30,053
Restricted funds			<u>100</u>			<u>100</u>
<b>TOTAL FUNDS</b>			<u>23,157</u>			<u>30,153</u>

In approving these accounts, as trustees of the CIO, we hereby confirm:

The accounts were approved by the Board of Trustees on 19 September 2024 and were signed on its behalf by:



**T WATKINS**  
Trustee /Chair

**NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2024**

**1 ACCOUNTING POLICIES**

**Basis of preparing the receipts and payments account**

The principal accounting policies are summarised below. They have been applied consistently throughout the current and preceding year.

**Fund accounting**

The charity maintains two types of funds as follows:

- The purpose of the general unrestricted funds is to enable the charity to carry out its charitable aims and objectives and represent funds available for future general running costs and related expenditure which are at the discretion of the Trustees.
- Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Taxation**

The charity is exempt from tax on its charitable activities.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and equipment – 25 to 33% straight line on cost.

**2 ANALYSIS OF SUPPORT COSTS**

	<b>2024</b>			<b>2023</b>		
	Unrestricted funds	Restricted funds	<b>Total funds</b>	Unrestricted funds	Restricted Funds	<b>Total Funds</b>
	£	£	£	£	£	£
Tutors' first Aid courses	861	0	<b>861</b>	0	0	<b>0</b>

**3 TRUSTEES' TRANSACTIONS, REMUNERATION AND BENEFITS**

Trustees' expenses were nil for the year ended 28 February 2024 and for the year ended 28 February 2023. There were no trustees' remuneration or other benefits for the year ended 28 February 2024 nor for the year ended 28 February 2023.

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2024**

**4 TANGIBLE FIXED ASSETS**

	Plant & equipment £
<b>COSTS</b>	
As at 28 February 2024	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 28 February 2024	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2024	<u><u>0</u></u>
<b>COSTS</b>	
As at 1 March 2023	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 28 February 2023	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2023	<u><u>0</u></u>

**5 RESTRICTED FUND ANALYSIS**

(ii) The purpose of the restricted funds is to enable the charity to continue to run and support specific projects relating to its charitable aims and objectives but the use of the funds is restricted to the specific project cost the income was received towards, as shown below.

	Year ended 28 February 2024	Brought forward	Incoming resources	Resources expended	Carried forward
			£	£	£
1	Donation for hoist	100	0	0	100

**6 RELATED PARTY DISCLOSURES**

There were no related party transactions.

**YOGAMOBILITY**

England & Wales - Charity number 1137754

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# Accounts

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**REGISTERED CHARITY NUMBER: 1137754**

**TRUSTEES REPORT AND RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2023 FOR  
YOGAMOBILITY  
(CHARITABLE INCORPORATED ORGANISATION)**

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**CONTENTS OF THE ACCOUNTS  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

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Receipts and Payments Account	8-9
Statement of Assets and Liabilities	10
Notes to the Receipts and Payments Account	11-12

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 28 FEBRUARY 2023**

**TRUSTEES**

T Watkins	(Chair)
J Bryant-Plenty	
E F R Edwards	(not re-elected 10 August 2022)
E Grimshaw	
J Hill	
R N Howitt	
J E Leigh	(resigned 10 August 2022)
P Marshall	
Oliver Townsend	(resigned 10 August 2022)
F Young	(Treasurer)

**REGISTERED OFFICE**

18 Fairfield Close  
Cardiff  
CF5 1AD

**REGISTERED CHARITY NUMBER**

1137754

**BANKERS**

HSBC

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

**INDEPENDENT EXAMINERS REPORT**

**REPORT TO THE TRUSTEES OF YOGAMOBILITY  
ON THE ACCOUNTS FOR THE YEAR ENDED 28 FEBRUARY 2023  
CHARITY NUMBER: 1137754  
SET OUT ON PAGES 4-12**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 28 February 2023

**Responsibilities and basis of the report**

As the charity trustees of the company 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

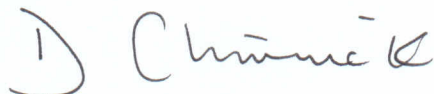
**Independent examiner's statement**

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:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

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

**Signed**



**Name**

DAVID CHINNICK

**Date**

20<sup>th</sup> December 2023

## **YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023**

The trustees present their report and the receipts and payments account for the year ended 28 February 2023.

The trustees, who served during the year and up to the date of this report are set out on page 2.

#### **Structure, governance and management**

##### ***Governing document and charity constitution***

The organisation was a registered charity and company limited by guarantee, incorporated on 23 February 2010.

YogaMobility converted to a charitable incorporated organisation on 29 July 2022 and is governed by its constitution. In the event of the charity being wound up the trustees are each required to contribute an amount not exceeding £10.

##### ***Methods policies and procedures for recruitment, appointment, induction and training of new trustees***

Recruitment and appointment of potential trustees is carried out by existing trustees. Consideration is given to experience, knowledge and skills required and on completion of a satisfactory vetting outcome, the trustees will vote to confirm the appointment and the new trustee will be formally invited to join the board. There is no maximum number of trustees set out in the constitution but there should be a minimum of 3 trustees which represent the quorum.

#### **Objectives and activities**

##### ***Charitable objects***

YogaMobility's objects are specifically restricted to the following:

- To promote, improve and protect good health and well-being through the practice of yoga.
- To assist in the treatment of adults suffering from physical or mental disabilities by providing yoga to those persons and their carers and families.
- To advance the education of the public in yoga.

##### ***Charitable activities and achievements***

YogaMobility was operating four classes per week until classes were suspended in March 2020.

The majority of participants had mobility problems and some were in wheelchairs, all needed additional support to participate in a yoga class.

Many participants find classes so helpful that they have attended regularly for many years.

Our tutors provided 2 online classes a week on Zoom during lockdown. The Zoom sessions were popular as they enabled participants, many of whom were shielding and isolated, to exercise and to connect with other people in a similar position. Class fees were not charged but people attending were asked to make donations if they wished to do so.

Monday and Thursday morning classes held at Sbectrwm Community Centre in Fairwater, Cardiff, which are long established and popular, resumed in June 2021. These classes have continued to be available on Zoom.

During the year the number of people attending classes in person gradually increased, whilst the number attending online correspondingly decreased. We have also welcomed new participants. Nearly 60 different people attended at least one of our classes in person or online.

## YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

#### ***Charitable activities and achievements continued***

YogaMobility received grant funding to run a class specifically catering for adults with learning disabilities. Classes were run between May and September 2022 but ceased because attendance numbers were too small to justify the ongoing running costs. A small number of people transferred to one of the other classes.

Each YogaMobility class is run by at least one of our 2 professional tutors, both of whom are specialists in working with disabled people. This expertise is essential for providing safe classes. They are supported by volunteers who assist students throughout the class. YogaMobility has 4 volunteers who help in this way.

#### ***Public benefit***

YogaMobility's activities are for public benefit because we provide specialist yoga classes to adults with a range of disabilities. Some participants have neurological conditions which have included multiple sclerosis, motor neurone disease, muscular dystrophy and Parkinson's disease. Others have medical conditions which have included heart conditions, cancer, COPD, diabetes, chronic pain, arthritis and amputation.

YogaMobility's beneficiaries range from those with moderately severe health conditions through to those who are wheelchair-bound. YogaMobility provides beneficiaries with specialised and personalised movement plans (adapted from classical yoga) based on their physical abilities.

Beneficiaries are encouraged to optimise (within safe limits) their physical strength, mobility, balance, confidence and communication skills. Participants are also taught mindfulness-based self-help practices in relation to: diet, thoughts and beliefs (particularly overcoming negative attitudes to disability), stress and relaxation, and pain management.

#### ***Support from volunteers and donors***

YogaMobility received support from 5 main groups:

1. YogaMobility is grateful to organisations which provided grants.
2. Volunteer class assistants support our yoga tutors at the Sbectrwm classes.
3. A larger group of volunteers help YogaMobility by managing and arranging our fundraising activities. YogaMobility
4. YogaMobility is grateful to members of the public and businesses who donate monies.
5. YogaMobility also receives support from the Funky Love Posse - a musical group of disabled and able-bodied musicians - whose performance fees are donated to the charity.

#### ***Fundraising achievements***

1) Grant funding is important to YogaMobility as without these monies the charity might not be able to continue to provide all its classes or to purchase the equipment it needs.

- YogaMobility received a grant during the financial year of £4,828 from C3SC Learning Disabilities Third Sector Fund 2022. This was to fund the learning disabilities class already mentioned in this report. In addition, part of the grant was to pay for the redevelopment of the YogaMobility website and for a Google-ad which directs people to our website.
- Millennium Stadium Charitable Trust granted YogaMobility £250 for the purchase of a new computer monitor and microphone to improve the class experience for students attending online.

2) The Funky Love Posse donate all of the proceeds of their professional gigs to YogaMobility. The Funky Love Posse performed several gigs and raised £855 as well as headlining at our music event. (2022- £172).

## YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

#### *Fundraising achievements continued*

3) As well as raising monies our events bring people involved with YogaMobility together.

- The garden party was expanded into a music festival. This was very successful and raised £1,831.
- A comedy night also proved very popular raising £1,096.
- Proceeds from the winter fayre and our Christmas party totalled £1,168.

In total £4,950 was raised, an increase on the previous year as people recovered from the pandemic and were happier to meet up. (2022 - £2,627).

4) Class fees - In 2022/23 YogaMobility charged a fee of £6, the same as prior to the pandemic, for attending a class. 2 Sbjectwm classes a week were held and fees received totalled £6,013 (2022 - £4,660).

5) Donations – These remained essential as YogaMobility moved towards more normal “in-person” classes. During the year YogaMobility received £11,401 (2022- £14,938) including gift aid.

- Regular donors paid by monthly standing order.
- There were one off donations from individuals and businesses
- Online donations were made through Give as you Live, Everyclick, and Charitable Trust.
- Birthday and other gifts made through PayPal Giving are a significant source of funds.
- Class donations. YogaMobility does not charge for its online zoom classes but instead asks for voluntary donations to help towards costs. Most people attending classes do donate and £3,238 (2022 - £3,295) was received. This is reducing as people return to normal classes.

#### *Financial Review*

The financial performance of the charity is shown in the attached receipts and payments account and statement of assets and liabilities. YogaMobility aims to hold sufficient unrestricted funds in reserve to cover 6 months' general running costs. At the end of the 2022/2023 financial year, YogaMobility held £30,053 (2022 - £24,433) in unrestricted reserves along with £100 (2022 - £100) in restricted reserves. The trustees are satisfied with the financial performance and the adequacy of reserves to meet the ongoing requirements of the charity.

#### *Statement of trustees' responsibilities*

##### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees are responsible for preparing the trustees' annual report and the receipts and payments account in accordance with applicable law.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)**

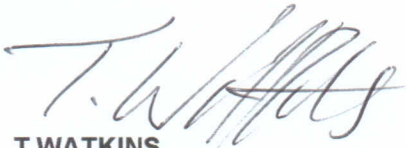
**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023**

***Statement of trustees' responsibilities continued***

In preparing the receipts and payments account, the trustees are required to:

- select suitable accounting policies;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

This trustees report was approved by the board on 21-11-2023 and signed on its behalf by:



**T WATKINS**  
Trustee/Chair

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2023

	2023			2022		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total funds
	£	£	£	£	£	£
<b>RECEIPTS</b>						
<b>Donations and legacies</b>						
Grants	0	5,078	5,078	0	0	0
One off donations	185	0	185	605	0	605
Regular donations	3,675	0	3,675	4,300	0	4,300
Online donations	3,061	0	3,061	4,292	0	4,292
Class donations	3,238	0	3,238	3,295	0	3,295
Gift aid	1,242	0	1,242	2,446	0	2,446
	11,401	5,078	16,479	14,938	0	14,938
<b>Income from charitable activities</b>						
Class fees	6,013	0	6,013	4,660	0	4,660
<b>Activities for generating funds</b>						
FLP gigs	855	0	855	172	0	172
Garden party & music event	1,831	0	1,831	1,467	0	1,467
Comedy event	1,096	0	1,096	0	0	0
Winter fayre & Christmas party	1,168	0	1,168	850	0	850
Jo's bake off	0	0	0	104	0	104
Other fundraising activities	0	0	0	35	0	35
	4,950	0	4,950	2,627	0	2,627
<b>Investment income</b>						
Bank interest receivable	4	0	4	0	0	0
<b>TOTAL RECEIPTS</b>	<b>22,368</b>	<b>5,078</b>	<b>27,446</b>	<b>22,225</b>	<b>0</b>	<b>22,225</b>

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 28 FEBRUARY 2023

	2023			2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	funds	funds	funds	funds	funds	funds
	£	£	£	£	£	£
<b>PAYMENTS</b>						
<b>Cost of raising funds</b>	0	0	0	0	0	0
<b>Charitable activities expenditure</b>						
Tutor class fees	12,290	2,700	14,990	8,050	0	8,050
Tutor zoom class fees	0	0	0	4,520	0	4,520
Tutor retainers	0	0	0	2,850	0	2,850
Tutor bonus	1,000	0	1,000	1,000	0	1,000
Room hire	2,065	375	2,440	1,404	0	1,404
Insurance	584	0	584	534	0	534
Web design	0	1,200	1,200	0	0	0
Web advertising	0	400	400	0	0	0
Equipment and consumables	1	250	251	230	0	230
Equipment repairs and maintenance	0	0	0	240	0	240
PPE/disinfectant	20	153	173	0	0	0
Bank charges	118	0	118	29	0	29
Card reader	0	0	0	35	0	35
Marketing & printing	30	0	30	0	0	0
Tutor's DBS check	0	0	0	13	0	13
<b>TOTAL PAYMENTS</b>	<b>16,108</b>	<b>5,078</b>	<b>21,186</b>	<b>18,905</b>	<b>0</b>	<b>18,905</b>
<b>SURPLUS</b>	<b>6,260</b>	<b>0</b>	<b>6,260</b>	<b>3,320</b>	<b>0</b>	<b>3,320</b>

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

STATEMENT OF ASSETS AND LIABILITIES AT 28 FEBRUARY 2023

	Notes	Unrestricted funds	Restricted funds	2023 Total Funds	Unrestricted funds	Restricted funds	2022 Total funds
		£	£	£	£	£	£
<b>FIXED ASSETS</b>							
Tangible assets	4	0	0	0	0	0	0
<b>CURRENT ASSETS</b>							
Debtor – Gift aid tax	5	2,959	0	2,959	3,192	0	3,192
Cash at bank		28,483	100	28,583	22,229	100	22,329
		31,442	100	31,542	25,421	100	25,521
<b>CREDITORS</b>							
Amounts falling due within one year	6	-1,389	0	-1,389	-988	0	-988
<b>NET CURRENT ASSETS</b>							
		30,053	100	30,153	24,433	100	24,533
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>							
		30,053	100	30,153	24,433	100	24,533
<b>NET ASSETS</b>							
		30,053	100	30,153	24,433		24,533
<b>FUNDS</b>							
	7						
Unrestricted funds				30,053			24,433
Restricted funds				100			100
<b>TOTAL FUNDS</b>							
				30,153			24,533

In approving these accounts, as trustees of the CIO, we hereby confirm:

The accounts were approved by the Board of Trustees on \_\_\_\_\_ and were signed on its behalf by:



T WATKINS  
Trustee /Chair

# YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

## NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 28 FEBRUARY 2023

### 1 ACCOUNTING POLICIES

#### Basis of preparing the receipts and payments account

The principal accounting policies are summarised below. They have been applied consistently throughout the current and preceding year.

#### Fund accounting

The charity maintains two types of funds as follows:

- Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees in furtherance of the general objectives of the charity,
- Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the receipts and payments account.

#### Taxation

The charity is exempt from tax on its charitable activities.

#### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and equipment – 25 to 33% straight line on cost.

### 2 ANALYSIS OF SUPPORT COSTS

			2,023			2,022
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	funds	funds	funds	funds	Funds	Funds
	£	£	£	£	£	£
Tutor's DBS check	<u>0</u>	<u>0</u>	<u>0</u>	<u>13</u>	<u>0</u>	<u>13</u>

### 3 TRUSTEES' TRANSACTIONS, REMUNERATION AND BENEFITS

Trustees' expenses were nil for the year ended 28 February 2023 and for the year ended 28 February 2022. There were no trustees' remuneration or other benefits for the year ended 28 February 2023 nor for the year ended 28 February 2022.

## YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

### NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 28 FEBRUARY 2023

#### 4 TANGIBLE FIXED ASSETS

	Plant & equipment £
<b>COSTS</b>	
As at 28 February 2023	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 28 February 2023	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2023	<u>0</u>
<b>COSTS</b>	
As at 1 March 2022	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 1 March 2021	9,448
Charge for year	<u>1,502</u>
As at 28 February 2022	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2022	<u>0</u>

#### 5 RESTRICTED FUND ANALYSIS

(i) The purpose of the general unrestricted funds is to enable the charity to carry out its charitable aims and objectives and represent funds available for future general running costs and related expenditure which are at the discretion of the trustees.

(ii) The purpose of the restricted funds is to enable the charity to continue to run and support specific projects relating to its charitable aims and objectives but the use of the funds is restricted to the specific project cost the income was received towards.

	Year ended 28 February 2023	Brought forward	Incoming resources £	Resources expended £	Carried forward £
1	Donation for hoist	100	0	0	100
2	C3SC Learning Disabilities Third Sector Fund 2022	0	4,878	(4,878)	0
3	Millennium Stadium Charitable Trust	0	250	(250)	0
		100	5,078	(5,078)	100

#### Notes

- 1 The C3SC Learning Disabilities Third Sector Fund 2022 grant was to fund a new learning disabilities class, pay for the redesign of the YogaMobility website and a Google-ad.
- 2 The Millennium Stadium Charitable Trust grant was for the purchase of a computer monitor and microphone.

#### 6 RELATED PARTY DISCLOSURES

There were no related party transactions.

**YOGAMOBILITY**

England & Wales - Charity number 1137754

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# Accounts

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**REGISTERED COMPANY NUMBER: 07166088 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1137754**

**TRUSTEES REPORT AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022 FOR  
YOGAMOBILITY  
(COMPANY LIMITED BY GUARANTEE)**

**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

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Statement of Financial Activities	7
Balance Sheet	8-9
Notes to the Financial Statements	10-16
Detailed Statement of Financial Activities	17-18

**MOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**REFERENCE AND ADMINISTRATIVE DETAILS  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

<b>TRUSTEES</b>	T Watkins J Bryant-Plenty E Grimshaw E F R Edwards J Hill R N Howitt P Marshall O Townsend F Young J E Leigh	(Chair)  (appointed 23 June 2021)    (appointed 23 June 2021)
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<b>COMPANY SECRETARY</b>	J E Leigh
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<b>TREASURER</b>	F J Young
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<b>REGISTERED OFFICE</b>	18 Fairfield Close Cardiff CF5 1AD
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<b>REGISTERED COMPANY NUMBER</b>	07166088 (England and Wales)
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<b>REGISTERED CHARITY NUMBER</b>	1137754
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<b>BANKERS</b>	HSBC
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## YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)

### REPORT OF THE TRUSTEES (INCORPORATING THE DIRECTORS' REPORT) FOR THE YEAR ENDED 28 FEBRUARY 2022

The trustees present their report and the financial statements for the year ended 28 February 2022. The trustees, who are also directors of YogaMobility for the purposes of company law, who served during the year and up to the date of this report are set out on page 1.

#### Structure, governance and management

##### *Governing document and charity constitution*

The organisation was a registered charity and company limited by guarantee, incorporated on 23 February 2010. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up, members are each required to contribute an amount not exceeding £10.

YogaMobility converted to a charitable incorporated organisation on 29 July 2022.

##### *Methods policies and procedures for recruitment, appointment, induction and training of new trustees*

YogaMobility recognises the importance of effective governance by trustees. Recruitment and appointment of potential trustees is carried out by existing trustees in accordance with organisational policies and best practice. Consideration is given to experience, knowledge and skills required and on completion of a satisfactory vetting outcome, the trustees will vote to confirm appointment and the new trustee will be formally invited to join the board. There is no maximum trustees set in the governing documents (articles of association), but there should be a minimum of 3 trustees which represent the quorum.

#### Objectives and activities

##### *Charitable objects*

YogaMobility's objects are specifically restricted to the following:

- To promote, improve and protect good health and well-being through the practice of yoga.
- To assist in the treatment of adults suffering from physical or mental disabilities by providing yoga to those persons and their carers and families.
- To advance the education of the public in yoga.

##### *Charitable activities and achievements*

YogaMobility was operating four classes per week until classes were suspended in March 2020. The majority of participants had mobility problems and some were in wheelchairs, needing additional support to participate in a yoga class,

After normal classes were suspended because of the pandemic, our tutors provided 2 online classes a week during lockdown. Class fees were not charged but people attending were asked to make donations if they wished to do so.

The zoom sessions were popular with up to 24 people attending classes. They enabled participants, many of whom were shielding and isolated, to exercise and to connect with other people in a similar position.

Monday and Thursday morning classes held at Sbectrwm Community Centre in Fairwater, Cardiff, which were long established and popular, were able to resume in June 2021, initially with restricted numbers. These classes were also available on zoom so that people still shielding could take part.

Over 40 different people attended at least one class either in person or online.

Many participants find classes so helpful that they have attended regularly for many years.

## YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)

### REPORT OF THE TRUSTEES (INCORPORATING THE DIRECTORS' REPORT) FOR THE YEAR ENDED 28 FEBRUARY 2022

#### ***Charitable activities and achievements continued***

Each YogaMobility class is run by at least one of our 2 (2021 – 3) professional tutors who are specialists in working with disabled people. This expertise is essential for providing safe classes. They are supported by volunteers who assist students throughout the class. YogaMobility has 2 (2021 – 3) volunteers who help in this way.

#### ***Public benefit***

YogaMobility's activities are for public benefit because we provide specialist yoga classes to adults with a range of disabilities. Some participants have neurological conditions which have included multiple sclerosis, motor neurone disease, muscular dystrophy and parkinsons disease. Others have medical conditions which have included heart conditions, cancer, COPD, diabetes, chronic pain, arthritis and amputation.

YogaMobility's beneficiaries range from those with moderate mobility problems through to those who are wheelchair-bound. YogaMobility provides beneficiaries with specialised and personalised movement plans (adapted from classical yoga) based on their physical abilities.

Beneficiaries are encouraged to optimise (within safe limits) their physical strength, mobility, balance, confidence and communication skills. Participants are also taught mindfulness-based self-help practices in relation to: diet, thoughts and beliefs (particularly overcoming negative attitudes to disability), stress and relaxation, and pain management.

#### ***Support from volunteers and donors***

YogaMobility received support from 4 main groups:

1. Two volunteer class assistants supported our yoga tutors at the Sbectrwm classes.
2. A larger group of volunteers has helped Yogamobility by managing and arranging our fundraising activities once these could recommence.
3. YogaMobility is grateful to members of the public and businesses who donate monies.
4. YogaMobility also receives support from the Funky Love Posse - a musical group of disabled and able-bodied musicians whose performance fees are donated to the charity.

#### ***Fundraising achievements***

1) Grant funding is important to YogaMobility as without these monies the charity might not be able to continue to provide all its classes or to purchase the equipment it needs. YogaMobility did not receive any grants during the financial year ((2021 - £866).

2) Funky Love Posse donate all of the proceeds of their professional gigs to YogaMobility. The Funky Love Posse were unable to perform until the latter part of the financial year and raised £172 (2021- nil).

3) Fundraising events recommenced in July 2021 with the garden party which was very popular as people could finally come together outdoors. Takings were £1,467. Proceeds from the winter fayre were £528 and the Christmas party £321. Jo's bake off raised £104 and other fundraising activities £35 so the total was £2,627 (2021- £16)

4) Class fees - In 2021/22 YogaMobility charged a fee of £6, the same as prior to the pandemic, for attending a class. 2 Sbectrwm classes a week recommenced in June 2021 fees received totalled £4,659 (2021 - £815).

**REPORT OF THE TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

***Fundraising achievements continued***

5) Donations – These have been essential during the pandemic in allowing YogaMobility to retain the services of its tutors, offer online classes and recommence normal classes as restrictions were eased. In 2021/22 YogaMobility received £13,437 (2021- £16,004) including gift aid.

- Regular donors paid by monthly standing order.
- There were one off donations from individuals and businesses
- Online donations were made through Give as you Live, Everyclick, and Charitable Trust.
- Birthday and other gifts made through PayPal giving are a significant source of funds.
- YogaMobility did not charge for its online zoom classes but instead asked for voluntary donations to help towards costs. **Many people attending classes did donate and £3,295 (2021 - £5,785) was received, which was a major source of income during the year. This has reduced as people returned to normal classes and paid standard class fees.**

***Financial Review***

The financial performance of the charity is comprehensively disclosed in the attached financial statements. YogaMobility aims to hold sufficient unrestricted funds in reserve to cover 6 months' general running costs. At the end of 2021/2022 financial year, YogaMobility held £24,433 in unrestricted reserves along with £100 in restricted reserves. The trustees are satisfied with the financial performance and the adequacy of reserves to meet the ongoing requirements of the charity.

***Statement of trustees' responsibilities***

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees (who are also directors of YogaMobility for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and which enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE TRUSTEES (INCORPORATING THE DIRECTORS' REPORT)  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

***Statement of trustees' responsibilities continued***

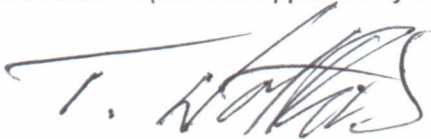
In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

**Small company provisions**

This report has been prepared in accordance with the special provisions of the Companies Act 2006 applicable to companies subject to the small companies regime.

This trustees report was approved by the board on 10 August 2022 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'T. Watkins', written over a horizontal line.

**T WATKINS**  
Trustee/Director/Chair

YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 28 FEBRUARY 2022

	Notes	Unrestricted funds	Restricted funds	2022 Total funds	Unrestricted funds	Restricted funds	2021 Total funds
		£	£	£	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>							
Donations and legacies	2	13,427	0	<b>13,427</b>	16,004	866	<b>16,870</b>
Charitable activities – yoga classes		4,659	0	<b>4,659</b>	815	0	<b>815</b>
Activities for generating funds	3	2,627	0	<b>2,627</b>	16	0	<b>16</b>
Accountancy refund		0	0	<b>0</b>	1,100	0	<b>1,100</b>
Investments	4	0	0	<b>0</b>	1	0	<b>1</b>
<b>Total incoming resources</b>		<b>20,713</b>	<b>0</b>	<b>20,713</b>	<b>17,936</b>	<b>866</b>	<b>18,802</b>
<b>EXPENDITURE ON</b>							
Raising funds	5	0	0	<b>0</b>	0	0	<b>0</b>
Charitable activities - yoga classes	6	17,253	1,502	<b>18,755</b>	20,297	2,368	<b>22,665</b>
<b>Total expenditure</b>		<b>17,253</b>	<b>1,502</b>	<b>18,755</b>	<b>20,297</b>	<b>2,368</b>	<b>22,665</b>
<b>NET INCOME/MOVEMENT OF FUNDS</b>		<b>3,460</b>	<b>-1,502</b>	<b>1,958</b>	<b>-2,361</b>	<b>-1,502</b>	<b>-3,863</b>
<b>RECONCILIATION OF FUNDS</b>							
<b>TOTAL FUNDS BROUGHT FORWARD</b>		<b>20,973</b>	<b>1,602</b>	<b>22,575</b>	<b>23,334</b>	<b>3,104</b>	<b>26,438</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>24,433</b>	<b>100</b>	<b>24,533</b>	<b>20,973</b>	<b>1,602</b>	<b>22,575</b>

**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET AT 28 FEBRUARY 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	Unrestricted funds £	Restricted funds £	2021 Total funds £
<b>FIXED ASSETS</b>							
Tangible assets	12	0	0	0	0	1,502	1,502
<b>CURRENT ASSETS</b>							
Debtors	13	3,192	0	3,192	4,604	0	4,604
Cash at Bank		22,229	100	22,329	19,009	100	19,109
		25,421	100	25,521	23,613	100	23,713
<b>CREDITORS</b>							
Amounts falling due within one year	14	-988	0	-988	-2,640	0	-2,640
<b>NET CURRENT ASSETS</b>		24,433	100	24,533	20,973	100	21,073
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		24,433	100	24,533	20,973	1,602	22,575
<b>NET ASSETS</b>		24,443	100	24,533	20,973	1,602	22,575
<b>FUNDS</b>							
Unrestricted funds				24,433			20,973
Restricted funds				100			1,602
<b>TOTAL FUNDS</b>				24,533			22,575

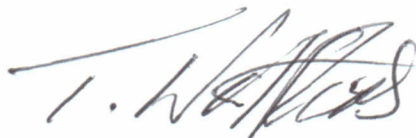
**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET AS AT 28 FEBRUARY 2022 – CONTINUED**

In approving these financial statements, as trustees of the company, we hereby confirm.

- the company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2021;
- that no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 28 February 2021;
- that we acknowledge our responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts;
- these financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 10 August 2022 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'T. Watkins', written in a cursive style.

**T WATKINS**  
Trustee/Director/Chair

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

**1 ACCOUNTING POLICIES**

**Basis of preparing the financial statement and accounting policies**

The financial statements of the charitable company, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015)', and the Companies ACT 2006. The financial statements have been prepared under the historical cost convention.

The presentation is £ sterling with figures rounded to the nearest pound.

The principal accounting policies are summarised below. They have been applied consistently throughout the current and preceding year.

**Financial Reporting Standard 102 - reduced disclosure conventions**

The charity has taken advantage of the following disclosure exceptions in preparing these financial statements as permitted by FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland

- the requirements of section 7 Statement of Cash Flows.

**Fund accounting**

The charity maintains two types of funds as follows:

- Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees in furtherance of the general objectives of the charity,
- Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The following specific policies are applied to particular categories of income:

- donations and legacies includes all income received by the charity that is, in substance, a gift made to it on a voluntary basis and includes income received by way of grants, donations and gifts and are included in full in the statement of financial activities (SOFA) when receivable. Grants, including those for the purchase of fixed assets, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised in full in the SOFA when the charity becomes unconditionally entitled to the grant.
- income from tax reclaims on donations are included in the SOFA at the same time as the donation to which they relate.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022

1 ACCOUNTING POLICIES - continued

Expenditure

Expenditure is accounted for on an accruals basis and includes any VAT which is not recoverable as the organisation is not VAT registered. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and that the amount can be measured reliably.

Expenditure has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

The following specific policies are applied to particular categories of expenditure:

- charitable expenditure comprises those costs incurred by the charity in delivery of its charitable aims, objectives and activities and those related to the provision of services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those of an indirect nature necessary to support them (support costs). Support costs are incurred directly in support of expenditure on the objects of the charity and include governance costs (which are those associated with meeting the constitutional and statutory requirements of the charity and include those related to the preparation and examination of statutory accounts).

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and equipment – 25 to 33% straight line on cost.

2 DONATIONS AND LEGACIES

	2022			2021		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total funds
	£	£	£	£	£	£
Grants	0	0	0	0	866	866
One off donations	505	0	505	337	0	337
Regular donations	4,300	0	4,300	4,574	0	4,574
Online donations	4,292	0	4,292	4,125	0	4,125
Class donations	3,295	0	3,295	5,785	0	5,785
Gift aid	1,035	0	1,035	1,183	0	1,183
	13,427	0	13,427	16,004	866	16,870

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

**3 ACTIVITIES FOR GENERATING FUNDS**

	2022			2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	funds	funds	funds	funds	funds	funds
	£	£	£	£	£	£
FLP gigs	172	0	172	0	0	0
Garden party/summer fete	1,467	0	1,467	0	0	0
Winter fayre	528	0	528	0	0	0
Christmas party	321	0	321	0	0	0
Jo's bake off	104	0	104	0	0	0
Other fundraising activities	35	0	35	16	0	16
	2,627	0	2,627	16	0	16

**4 INVESTMENT INCOME**

	2022			2021		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	funds	funds	funds	funds	funds	Funds
	£	£	£	£	£	£
Bank interest receivable	<u>0</u>	<u>0</u>	<u>0</u>	<u>1</u>	<u>0</u>	<u>1</u>

**5 EXPENDITURE ON RAISING FUNDS**

No Costs were incurred raising funds during the years ended 28 February 2022 and 28 February 2021.

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022

6 CHARITABLE ACTIVITIES EXPENDITURE

	2,022			2,021		
	Unrestricted funds	Restricted funds	Total Funds	Unrestricted funds	Restricted funds	Total Funds
	£	£	£	£	£	£
Tutor class fees	8,890	0	8,890	1,200	0	1,200
Tutor zoom class fees	3,080	0	3,080	11,690	0	11,690
Tutor retainers	1,650	0	1,650	5,600	0	5,600
Tutor Christmas bonus	1,000	0	1,000	1,000	0	1,000
Room hire	1,544	0	1,544	247	0	247
Insurance	534	0	534	508	0	508
Equipment and consumables	230	0	230	0	866	866
Equipment repairs and maintenance	240	0	240	0	0	0
Sundry expenses (DBS check)	13	0	13	52	0	52
Bank charges	37	0	37	0	0	0
Zettle reader	35	0	35	0	0	0
Plant & equipment depreciation	0	1,502	1,502	0	1,502	1,502
	17,253	1,502	18,755	20,297	2,368	22,665

7 ANALYSIS OF SUPPORT COSTS

	2,022			2,021		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted Funds	Total Funds
	£	£	£	£	£	£
DBS check	13	0	13	52	0	52

8 NET INCOME

Net income is stated after charging:

	2022	2021
	£	£
Depreciation	1,502	1,502

9 TRUSTEES' TRANSACTIONS, REMUNERATION AND BENEFITS

Trustees' expenses were nil for the year ended 28 February 2021 and for the year ended 28 February 2020. There were no trustees' remuneration or other benefits for the year ended 28 February 2021 nor for the year ended 28 February 2020.

	2022	2021
	£	£
Trustees' donations	1,255	2,284

**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

**10 STAFF COSTS**

There were no staff costs for the year ended 28 February 2022 nor for the year ended 28 February 2021.

The charity has no employees so no salaries or wages have been paid to any individuals, including the trustees, during the year (all yoga tutors are self-employed freelance individuals).

**11 TAXATION**

The charity's activities fall within the exemptions afforded by the Income and Corporation Taxes Act 1988. Accordingly, there is no taxation charge in these accounts.

**12 TANGIBLE FIXED ASSETS**

	Plant & equipment £
<b>COSTS</b>	
As at 1 March 2021	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 1 March 2021	9,448
Charge for year	<u>1,502</u>
As at 28 February 2022	<u>10,950</u>
<b>NET BOOK VALUE</b>	
28 February 2021	<u>1,502</u>
28 February 2022	<u>0</u>
<b>COSTS</b>	
As at 1 March 2020	<u>10,950</u>
<b>DEPRECIATION</b>	
As at 1 March 2020	7,946
Charge for year	<u>1,502</u>
As at 28 February 2021	<u>9,448</u>
<b>NET BOOK VALUE</b>	
28 February 2020	<u>3,104</u>
28 February 2021	<u>1,502</u>

**13 DEBTORS**

	2022 £	2021 £
Gift aid recoverable	<u>3,192</u>	<u>4,604</u>

## YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2022

#### 14 CREDITORS

	2022	2021
	£	£
Creditors	<u>988</u>	<u>2,640</u>

#### 15 COMPANY LIMITED BY GUARANTEE

YogaMobility is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as maybe required (not exceeding £10) to the assets of the company in the event of it being wound up while he or she is a member, or within one year after he or she ceases to be a member.

#### 16 MOVEMENT IN FUNDS

	At 01.03.2021 £	Net movement in funds £	At 28.02.2022 £
<b>Unrestricted funds (i)</b>			
General fund	20,973	3,460	24,433
<b>Restricted funds (ii)</b>			
Restricted fund	<u>1,602</u>	<u>-1,502</u>	<u>100</u>
<b>TOTAL FUNDS</b>	<u>22,575</u>	<u>1,958</u>	<u>24,533</u>

	At 01.03.2020 £	Net movement in funds £	At 28.02.2021 £
<b>Unrestricted funds (i)</b>			
General fund	23,224	-2,361	20,973
<b>Restricted funds (ii)</b>			
Restricted fund	<u>3,104</u>	<u>-1,502</u>	<u>1,602</u>
<b>TOTAL FUNDS</b>	<u>26,438</u>	<u>-3,863</u>	<u>22,575</u>

(i) The purpose of the general unrestricted funds is to enable the charity to carry out its charitable aims and objectives and represent funds available for future general running costs and related expenditure which are at the discretion of the trustees.

(ii) The purpose of the restricted funds is to enable the charity to continue to run and support specific projects relating to its charitable aims and objectives but the use of the funds is restricted to the specific project cost the income was received towards.

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

Net movement in funds, included in the above are as follows:

Year ended 28 February 2022	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted fund</b>			
General fund	20,713	-17,253	3,460
<b>Restricted fund</b>			
Restricted fund	<u>0</u>	<u>-1,502</u>	<u>-1,502</u>
<b>TOTAL FUNDS</b>	<u>20,713</u>	<u>-18,755</u>	<u>1,958</u>

Year ended 28 February 2021	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted fund</b>			
General fund	17,936	-20,297	-2,361
<b>Restricted fund</b>			
Restricted fund	<u>866</u>	<u>-2,368</u>	<u>-1,502</u>
<b>TOTAL FUNDS</b>	<u>18,802</u>	<u>-22,665</u>	<u>-3,863</u>

**17 RESTRICTED FUND ANALYSIS**

	Year ended 28 February 2022	Brought forward	Incoming resources £	Resources expended £	Carried forward £
1	Donation for hoist	100	0	0	100
2	Wesleyan Community Fund	1,502	0	(1,502)	0
		1,602	0	(1,502)	100

	Year ended 28 February 2021	Brought forward	Incoming resources £	Resources expended £	Carried forward £
1	Donation for hoist	100	0	0	100
2	Wesleyan Community Fund	3,004	0	(1,502)	1,502
		3,104	0	(1,502)	1,602

The Wesleyan Community Fund grant was received for the purchase of equipment.

**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

	2022			2021		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total Funds
	£	£	£	£	£	£
<b>INCOME</b>						
<b>Donations and legacies</b>						
Grants	0	0	0	0	866	866
One off donations	505	0	505	337	0	337
Regular donations	4,300	0	4,300	4,574	0	4,574
Online donations	4,292	0	4,292	4,125	0	4,125
Class donations	3,295	0	3,295	5,785	0	5,785
Gift aid	1,035	0	1,035	1,183	0	1,183
	13,427	0	13,427	16,004	866	16,870
<b>Income from charitable activities</b>						
Class fees	4,659	0	4,659	815	0	815
<b>Activities for generating funds</b>						
FLP gigs	172	0	172	0	0	0
Garden party/summer fete	1,467	0	1,467	0	0	0
Winter fayre	528	0	528	0	0	0
Christmas party	321	0	321	0	0	0
Jo's bake off	104	0	104	0	0	0
Other fundraising activities	35	0	35	16	0	16
	2,627	0	2,627	16	0	16
<b>Other income</b>						
Accountancy refund	0	0	0	1,100	0	1,100
<b>Investment income</b>						
Bank interest receivable	0	0	0	1	0	1
<b>Total incoming resources</b>	<b>20,713</b>	<b>0</b>	<b>20,713</b>	<b>17,936</b>	<b>866</b>	<b>18802</b>

**YOGAMOBILITY (A COMPANY LIMITED BY GUARANTEE)**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 28 FEBRUARY 2022**

			<b>2,022</b>			<b>2,021</b>
	Unrestricted	Restricted	<b>Total</b>	Unrestricted	Restricted	<b>Total</b>
	funds	funds	<b>Funds</b>	funds	funds	<b>funds</b>
	£	£	£	£	£	£
<b>EXPENDITURE</b>						
Cost of raising funds	0	0	0	0	0	0
<b>Charitable activities expenditure</b>						
Tutor class fees	8,890	0	<b>8,890</b>	1,200	0	<b>1,200</b>
Tutor zoom class fees	3,080	0	<b>3,080</b>	11,690	0	<b>11,690</b>
Tutor retainers	1,650	0	<b>1,650</b>	5,600	0	<b>5,600</b>
Tutor Christmas bonus	1,000	0	<b>1,000</b>	1,000	0	<b>1,000</b>
Room hire	1,544	0	<b>1,544</b>	247	0	<b>247</b>
Insurance	534	0	<b>534</b>	508	0	<b>508</b>
Equipment and consumables	230	0	<b>230</b>	0	866	<b>866</b>
Equipment repairs and maintenance	240	0	<b>240</b>	0	0	<b>0</b>
Sundry expenses (DBS check)	13	0	<b>13</b>	52	0	<b>52</b>
Bank charges	37	0	<b>37</b>	0	0	<b>0</b>
Zettle reader	35	0	<b>35</b>	0	0	<b>0</b>
Plant & equipment depreciation	0	1,502	<b>1,502</b>	0	1502	<b>1,502</b>
	17,253	1,502	<b>18,755</b>	20,297	2,368	<b>22,665</b>
<b>TOTAL EXPENDITURE</b>	<b>17,253</b>	<b>1,502</b>	<b>18,755</b>	<b>20,297</b>	<b>2,368</b>	<b>22,665</b>
<b>NET INCOME/FUNDS MOVEMENT</b>	<b>3,460</b>	<b>-1502</b>	<b>1,958</b>	<b>-2,361</b>	<b>-1,502</b>	<b>-3,863</b>