

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**

	Page
Reference and Administrative Details	2
Independent Examiner's report	3
Trustees' Report	4-7
Receipts and payments account	8-9
Statement of assets and liabilities	10
Notes to the Financial Statements	11-12

**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**

David Chinnick

**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 Sbectrwm 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.

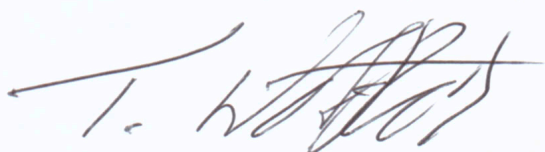
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2025

*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:

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

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

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

**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 dark ink, appearing to be '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.

**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>0</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>0</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
	<b>Total</b>	<b>100</b>	<b>915</b>	<b>875</b>	<b>140</b>

**6 RELATED PARTY DISCLOSURES**

There were no related party transactions.