

MAKE A MOVE

England & Wales · Charity number 1143982

Details

Status Registered

Legal form Other

Registered 2011-09-26

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

Contact

Address 26 Eckweek Road
Peasedown St. John
Bath
BA2 8EJ

Phone 07595702874

Email ORLA@MAKEAMOVE.ORG.UK

Website <http://www.makeamove.org.uk/>

Activities

Objects: TO ADVANCE EDUCATION AND TO PROMOTE AND PROTECT THE GOOD HEALTH OF CHILDREN WHO HAVE SPECIAL EDUCATIONAL, BEHAVIOURAL OR EMOTIONAL NEEDS THROUGH SESSIONS IN MUSIC AND MOVEMENT.

Activities: To advance education and to promote and protect the good health of people who have special educational, behavioural or emotional needs through sessions in music and movement.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** Education/training, Disability, Arts/culture/heritage/science, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout England

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-07-31 | £55,184 | £51,160 | - | - |
| 2024-07-31 | £76,516 | £75,435 | - | - |
| 2023-07-31 | £93,205 | £111,282 | - | - |
| 2022-07-31 | £97,379 | £107,920 | - | - |
| 2021-07-31 | £99,675 | £103,476 | - | - |
| 2020-07-31 | £145,759 | £107,079 | - | - |

Trustees

| Name | Role | Appointed |
|-----------------------|-------|------------|
| REBECCA TAYLOR | Chair | 2011-10-03 |
| Jemma Stewart | | 2017-07-01 |
| Rachel Cox | | 2016-07-01 |
| SARAH LAW | | 2011-08-15 |

MAKE A MOVE

England & Wales - Charity number 1143982

Accounts



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2025

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2025

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

Rebecca Taylor – Chair of Trustees

Sara Law – Treasurer

Rachel Cox

Jemma Stewart

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

3. Objectives and Activities

Make a Move is a creative movement charity working in Bath & North East Somerset (BANES) and surrounding counties that works with children in schools, elderly people suffering from dementia and mothers suffering from post-natal depression. Make a Move aims to improve mental health and wellbeing using a combination of creative movement, music, (therapeutic) dance and talking therapy. We run programmes for disadvantaged and vulnerable groups of children and adults. Our aim is to give people the tools by which they can improve their own lives. We do this by encouraging them to become more active, boosting awareness of the link between body and mind, inspiring laughter and play, and demonstrating how we can overcome social, emotional and mental health difficulties by making choices that guide us towards a happier life.

4. Trustees' Report

The Trustees are pleased to present their report for the financial year 1 August 2024 to 31 July 2025.

This has been a challenging year for Make a Move. Demand for mental health and wellbeing support remained high across the communities we serve, while the wider operating environment continued to be uncertain. Throughout the year, the charity worked hard to maintain delivery, support beneficiaries and respond flexibly to changing circumstances.

Our work with schools through the *Engaging Children in the Curriculum* and *Moving for Resilience* programmes remained an important part of our charitable activity. These projects continued to support children and young people to build confidence, resilience and engagement through creative movement and music, and we were pleased to continue contributing to opportunities such as the Dance Umbrella

showcase.

A significant challenge during the year was the impact on our perinatal work following the collapse of Bluebell Care. As a key part of the perinatal partnership, Bluebell Care's closure led to the partnership falling away and had a substantial effect on Make a Move's work in this area. This disrupted referral pathways, affected collaborative delivery and created uncertainty at a time when support for mothers experiencing post-natal depression remained badly needed. Despite this, we continued to do what we could to sustain support and to advocate for the importance of accessible perinatal mental health provision.

Support for older adults continued through *Moving for the Mind*. This work remains an important part of our offer, providing creative movement sessions for older people and those living with dementia. The Trustees continue to recognise both the value of this provision and the need to secure ongoing support for it in a difficult funding environment.

The charity also continued to explore opportunities to strengthen its longer-term sustainability, including through relationships with schools, community partners and other organisations aligned with our aims. The Trustees remain focused on ensuring that Make a Move can continue to deliver high-quality work while adapting to external challenges.

The Trustees are grateful to all funders, partners, schools and supporters who have enabled Make a Move to continue its work during a difficult period. Their support has been vital in helping the charity respond to challenges while remaining committed to its core purpose.

Looking Ahead

Looking ahead, the Trustees will focus on stability, rebuilding and ensuring that the charity is well placed to continue serving those who benefit most from its work. The need for accessible, non-stigmatising mental health and wellbeing support remains clear, particularly for women, children and older adults.

Our priorities for the coming year include:

- **Rebuilding and strengthening partnerships** so that our services are supported by effective local collaboration.
- **Maintaining delivery in our core programme areas**, particularly where there is clear evidence of ongoing need.
- **Improving financial resilience** through a balanced approach to grant funding, commissioned work and other appropriate income opportunities.
- **Protecting support for perinatal mental health** and seeking ways to rebuild provision following the loss of the former partnership structure.

The Trustees remain committed to Make a Move's mission of using creative movement to improve wellbeing and mental health. Although the year brought considerable challenges, including the loss of an important partnership, we believe the charity continues to offer valuable and distinctive support, and we are determined to carry that work forward.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2025 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees

Rebecca Taylor
Chair of Trustees



16 May 2026

**MAKE A MOVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2025**

| | Note | 2025 | | | 2024 |
|--|------|--------------------|-----------------------|----------------|----------------|
| | | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 4,135 | 17,628 | 21,763 | 28,200 |
| Investment income | | - | - | - | - |
| Incoming resources from: | | | | | |
| Charitable activities | 2 | 33,421 | - | 33,421 | 45,816 |
| Other incoming resources | | | | | 2,500 |
| Total incoming resources | | 37,556 | 17,628 | 55,184 | 76,516 |
| Resources expended | | | | | |
| Charitable activities | | 50,383 | - | 50,383 | 74,720 |
| Governance costs | | 777 | - | 777 | 715 |
| Total resources expended | 3 | 51,160 | - | 51,160 | 75,435 |
| Net income for the year | | (13,604) | 17,628 | 4,024 | 1,081 |
| Funds brought forward | | 2,096 | (5,166) | (3,071) | (4,152) |
| Funds carried forward | | (11,508) | 12,462 | 953 | (3,071) |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2025

| | Note | £ 2025 | £ 2024 |
|---|------|---------------|----------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | (5,883) | (7,440) |
| Trade debtors | | 8,493 | 5,770 |
| Sundry debtors | | 2,747 | 2,747 |
| Creditors: amounts falling due within one year | | | |
| - Other taxes | | (3,027) | (2,831) |
| - Accruals | | (1,377) | (1,316) |
| - Sundry creditors | | - | - |
| Total assets less current liabilities | 4 | <u>953</u> | <u>(3,070)</u> |
| REPRESENTED BY | | | |
| General fund | 5 | (11,508) | 2,096 |
| Restricted fund | | <u>12,462</u> | <u>(5,166)</u> |
| | | <u>953</u> | <u>(3,071)</u> |

These accounts were approved by the trustees on 16 May 2026 and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2025

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2025 | £ 2024 |
|---|---------------|---------------|
| Quartet Community Foundation (restricted) | 3,000 | 5,000 |
| Schools | 6,000 | 20,000 |
| NHS | - | 3,200 |
| Other | 8,628 | - |
| | <u>17,628</u> | <u>28,200</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee for 2025 is to be £777 (2024: £740).

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2025 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|--------------|
| | £ | £ | £ |
| Current assets | 16,866 | (11,508) | 5,358 |
| Current liabilities | (4,404) | - | (4,404) |
| As at 31 July 2025 | <u>12,462</u> | <u>(11,508)</u> | <u>953</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|----------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | 12,462 | 17,628 | - | 12,462 |
| General Fund | <u>(11,508)</u> | <u>37,556</u> | <u>(51,160)</u> | <u>(11,508)</u> |
| Total funds | <u>(3071)</u> | <u>55,184</u> | <u>(51,160)</u> | <u>953</u> |



**Independent examiner's report on
the accounts**

Independent Examiner's Report

Report to the trustees of

On accounts for the year ended

Charity no.: **Company no.:**

Set out on pages

Respective responsibilities of trustees and examiner
The trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

- It is my responsibility to:
- examine the accounts under section 145 of the Charities Act,
 - to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
 - to state whether particular matters have come to my attention.

Basis of independent examiner's statement
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Signed:

Date:

Name:

Relevant professional qualification(s) or body (if any):

Chartered Institute of Management Accountants

Address:

The Barn, Bangle Farm, Stoney Lane, Chantry, Frome

Somerset

BA11 3LH

MAKE A MOVE

England & Wales - Charity number 1143982

Accounts



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2024

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2024

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

| | |
|----------------|-------------------|
| Rebecca Taylor | Chair of Trustees |
| Sara Steele | Treasurer |
| Rachel Cox | |
| Jemma Stewart | |

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

The charity pursues this objective as follows:

1. The *Engaging Children in the Curriculum* project trains pupils to perform at the Dance Umbrella, an annual showcase event which takes place at the Bath Forum and is coordinated with the local School Sport Partnership.

2. *Moving for Resilience* works in primary and secondary schools, special schools and specialist units for pupils with challenging behaviors. It provides music and movement sessions which are aimed at improving health whilst raising aspirations and self-esteem.

3. The *Moving on Up* project works with mothers suffering from Post-Natal Depression.

The *Moving for the Mind* project works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.

4. Via the *Wellbeing in the Workplace* project, the charity also works with businesses in the workplace to help promote mindfulness and help reduce stress, depression or anxiety.
5. Make a Move also provides CPD session for teachers, runs Weekend Wellness courses and collaborates with a number of other local groups to maintain good mental health.

Make a Move is a member of the Perinatal Emotional Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with Virgin Care and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES. The partnership may expand to

Make a Move also works closely with the following:

- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting and stage management each year for Dance Umbrella.
- HCRG Care Group Health Visitors via its work with women who suffer from Post-Natal Depression.
- Dance Notes, a vital resource for teachers who have no experience of teaching dance. Dance Note provides customisable dance lesson plans for schools. Some of the practitioners for Make a Move write the lessons plans for Dance Notes.

Make a Move also works with the following organisations in respect of our beneficiaries and values our ongoing working relationship with them:

- BANES Council Children's Centres
- BANES Early Years Children's Group
- NCT: The UK's largest charity for parents
- Voices (domestic violence charity)
- Twins (for parents with multiple births)
- Swallow (for people with learning disabilities)
- Mind (the mental health charity)

Objectives and Activities

Make a Move is a creative movement charity working in Bath & North East Somerset (BANES) and surrounding counties that works with children in schools, elderly people suffering from dementia and mothers suffering from post-natal depression. Make a Move aims to improve mental health and wellbeing using a combination of creative movement, music, (therapeutic) dance and talking therapy. We run programmes for disadvantaged and vulnerable groups of children and adults. Our aim is to give people the tools by which they can improve their own lives. We do this by encouraging them to become more active, boosting awareness of the link between body and mind, inspiring laughter and play, and demonstrating how we can overcome social, emotional and mental health difficulties by making choices that guide us towards a happier life.

The Trustees are pleased to present their report for the financial year 1 August 2023 to 31 July 2024.

This year has been one of rebalancing and renewal for Make a Move, as we responded to both funding challenges and the growing need for mental health and wellbeing support across our communities. Despite financial constraints, we continued to deliver meaningful, therapeutic interventions that place music and movement at the heart of transformation for children, women, and older adults.

Our work with schools through the *Engaging Children in the Curriculum* and *Moving for Resilience* programmes has remained a cornerstone of our impact. These projects help children re-engage with learning, improve their confidence and resilience, and find joy through creative movement. We were once again proud to support pupil participation in the Dance Umbrella showcase, a highlight of the academic year for many of the young people we support.

Our *Moving on Up* project for women experiencing postnatal depression continued to be a vital service, helping mothers to reconnect with their identity and wellbeing. The programme has proven to be highly effective, with participants reporting increased confidence, improved mood, and a sense of connection with others. We are now actively seeking to replicate its success in neighbouring counties.

Support for older adults continued through *Moving for the Mind*, which provides gentle, engaging movement for those living with dementia. While funding for this work remains a challenge, the results speak for themselves – with participants showing increased alertness, mood, and a reduction in agitated episodes.

We also made strategic efforts to diversify income through the expansion of our *Wellbeing in the Workplace* programme. These sessions, which support businesses and employees in managing stress, have generated new relationships and the potential for earned income that can be reinvested into our core charitable work.

Despite ongoing pressure on voluntary income, we are proud to have delivered high-quality programmes with minimal core costs. We remain grateful to our funders – including Quartet Community Foundation and local schools – whose support makes this possible.

Looking Ahead

The need for accessible, non-stigmatising mental health support continues to grow. As we look to the year ahead, the Trustees are focused on building a resilient, adaptable organisation that can meet this need.

Our goals for 2024–2025 include:

- **Expanding the *Moving on Up* project** into new counties, increasing access for women experiencing postnatal depression beyond BANES.
- **Developing the *Wellbeing in the Workplace* programme** to become a reliable income stream that sustains our charitable work long term.
- **Forging new partnerships** with schools, councils, and community organisations to widen our delivery footprint.

- **Improving our financial sustainability** through a mix of grant funding, commissioned services, and targeted earned income.

We remain committed to our mission: using creative movement to spark personal revolutions, restore wellbeing, and inspire resilience. In a world where anxiety, isolation, and stress are on the rise, Make a Move offers a powerful, joyful intervention – and we are determined to extend its reach.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2024 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

27 May 2025

**MAKE A MOVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2024**

| | Note | 2024 | | | 2023 |
|--|------|--------------------|-----------------------|----------------|-----------------|
| | | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 3,200 | 25,000 | 28,200 | 29,448 |
| Investment income | | - | - | - | - |
| Incoming resources from: | | | | | |
| Charitable activities | 2 | 45,816 | - | 45,816 | 41,037 |
| Other incoming resources | | 2,500 | - | 2,500 | 22,720 |
| Total incoming resources | | 51,516 | 25,000 | 76,516 | 93,205 |
| Resources expended | | | | | |
| Charitable activities | | 66,387 | 8,333 | 74,720 | 110,416 |
| Governance costs | | 715 | - | 715 | 866 |
| Total resources expended | 3 | 67,102 | 8,333 | 75,435 | 111,282 |
| Net income for the year | | (15,586) | 16,667 | 1,081 | (18,077) |
| Funds brought forward | | 17,682 | (21,833) | (4,152) | 13,925 |
| Funds carried forward | | 2,096 | (5,166) | (3,071) | 4,152 |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2024

| | Note | £ 2024 | £ 2023 |
|---|------|----------------|----------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | (7,440) | 413 |
| Trade debtors | | 5,770 | 4,420 |
| Sundry debtors | | 2,747 | 2,747 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| | | | |
| - Other taxes | | (2,831) | (2,626) |
| - Accruals | | (1,316) | (6,081) |
| - Sundry creditors | | - | (3,023) |
| Total assets less current liabilities | 4 | <u>(3,070)</u> | <u>(4,151)</u> |
| | | | |
| REPRESENTED BY | | | |
| | | | |
| General fund | 5 | 2,096 | 17,682 |
| Restricted fund | | <u>(5,166)</u> | <u>21,833</u> |
| | | <u>(3,071)</u> | <u>(4,151)</u> |

These accounts were approved by the trustees on 27 May 2025 and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2024

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2024 | £ 2023 |
|---|--------------|--------------|
| St John's Hospital | - | 5000 |
| Quartet Community Foundation (restricted) | 5,000 | 3,000 |
| Schools | 20,000 | 18,300 |
| NHs | 3200 | 3,148 |
| Other | - | - |
| | <hr/> 28,200 | <hr/> 29,448 |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £715 (2023: £681)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2024 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|----------------|
| | £ | £ | £ |
| Current assets | (1,019) | 2,096 | 1,077 |
| Current liabilities | (4,148) | - | (4,148) |
| As at 31 July 2024 | <u>(5,166)</u> | <u>2,096</u> | <u>(3,071)</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|----------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | (21,833) | 25,000 | (8,333) | (5,166) |
| General Fund | <u>17,682</u> | <u>51,516</u> | <u>(67,102)</u> | <u>2,096</u> |
| Total funds | <u>(4,151)</u> | <u>76,516</u> | <u>(75,435)</u> | <u>(3,071)</u> |

The restricted fund is to assist with the Dementia programme.

Independent Examiner's Report

| | | |
|---------------------------------------|-------------|--|
| Report to the trustees of | Make a Move | |
| On accounts for the year ended | 31/07/2024 | |

| | | | |
|---------------------|---------|---------------------|--|
| Charity no.: | 1143982 | Company no.: | |
|---------------------|---------|---------------------|--|

| | |
|-------------------------|-----|
| Set out on pages | 1-8 |
|-------------------------|-----|

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

| | | | |
|----------------|--------------------|--------------|------------|
| Signed: | <i>J. Mulligan</i> | Date: | 27/05/2024 |
|----------------|--------------------|--------------|------------|

| | |
|--------------|---------------------|
| Name: | Jayne Anne Mulligan |
|--------------|---------------------|

| | |
|---|---|
| Relevant professional qualification(s) or body (if any): | Chartered Institute of Management Accountants |
|---|---|

| | |
|-----------------|--|
| Address: | The Barn, Bangle Farm, Stoney Lane, Chantry, Frome |
| | Somerset |
| | BA11 3LH |

MAKE A MOVE

England & Wales - Charity number 1143982

Accounts



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2023

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2023

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

| | |
|----------------|-------------------|
| Rebecca Taylor | Chair of Trustees |
| Sara Steele | Treasurer |
| Rachel Cox | |
| Jemma Stewart | |

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

The charity pursues this objective as follows:

1. The *Engaging Children in the Curriculum* project trains pupils to perform at the Dance Umbrella, an annual showcase event which takes place at the Bath Forum and is coordinated with the local School Sport Partnership.
2. *Moving for Resilience* works in primary and secondary schools, special schools and specialist units for pupils with challenging behaviours. It provides music and movement sessions which are aimed at improving health whilst raising aspirations and self-esteem.
3. The *Moving on Up* project works with mothers suffering from Post-Natal Depression.

The *Moving for the Mind* project works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.

4. Via the *Wellbeing in the Workplace* project, the charity also works with businesses in the workplace to help promote mindfulness and help reduce stress, depression or anxiety.
5. Make a Move also provides CPD session for teachers, runs Weekend Wellness courses and collaborates with a number of other local groups to maintain good mental health.

Make a Move is a member of the Perinatal Emotional Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with Virgin Care and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES. The partnership may expand to

Make a Move also works closely with the following:

- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting and stage management each year for Dance Umbrella.
- Virgin Care Health Visitors via its work with women who suffer from Post-Natal Depression.
- Dance Notes, a vital resource for teachers who have no experience of teaching dance. Dance Note provides customisable dance lesson plans for schools. Some of the practitioners for Make a Move write the lessons plans for Dance Notes.

Make a Move also works with the following organisations in respect of our beneficiaries and values our ongoing working relationship with them:

- BANES Council Children's Centres
- BANES Early Years Children's Group
- NCT: The UK's largest charity for parents
- Voices (domestic violence charity)
- Twins (for parents with multiple births)
- Swallow (for people with learning disabilities)
- Mind (the mental health charity)

Objectives and Activities

Make a Move is a creative movement charity working in Bath & North East Somerset (BANES) and surrounding counties that works with children in schools, elderly people suffering from dementia and mothers suffering from post-natal depression. Make a Move aims to improve mental health and wellbeing using a combination of creative movement, music, (therapeutic) dance and talking therapy. We run programmes for disadvantaged and vulnerable groups of children and adults. Our aim is to give people the tools by which they can improve their own lives. We do this by encouraging them to become more active, boosting awareness of the link between body and mind, inspiring laughter and play, and demonstrating how we can overcome social, emotional and mental health difficulties by making choices that guide us towards a happier life.

Main objectives for 2023/24

- To continue with our recovery following the impact of COVID-19 including re-establishing ourselves as a main provider of support for mothers with postnatal depression following the collapse of the former partnership due to one of the lead charities succumbing to the effects of funding reductions following COVID-19.
- To expand our work in schools.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2023 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates which are reasonable and prudent.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

25/05/2024
[Date of signing]

**MAKE A MOVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2023**

| | Note | 2023 | | | 2022 |
|--|------|--------------------|-----------------------|-----------------|-----------------|
| | | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 3,148 | 26,300 | 29,448 | 19,480 |
| Investment income | | - | - | - | - |
| Incoming resources from: | | | | | |
| Charitable activities | 2 | 41,037 | - | 41,037 | 23,013 |
| Other incoming resources | | 22,720 | - | 22,720 | 54,886 |
| Total incoming resources | | 66,905 | 26,300 | 93,205 | 97,379 |
| Resources expended | | | | | |
| Charitable activities | | 60,416 | 50,000 | 110,416 | 107,088 |
| Governance costs | | 866 | - | 866 | 832 |
| Total resources expended | 3 | 61,282 | 50,000 | 111,282 | 107,920 |
| Net income for the year | | 5,623 | (23,700) | (18,077) | (10,542) |
| Funds brought forward | | 12,059 | 1,867 | 13,925 | 24,467 |
| Funds carried forward | | 17,682 | (21,833) | (4,152) | 13,925 |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2023

| | Note | £ 2023 | £ 2022 |
|---|------|-----------------|---------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 413 | 6,676 |
| Trade debtors | | 4,420 | 6,620 |
| Sundry debtors | | 2,747 | 2,747 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| | | | |
| - Other taxes | | (2,626) | (238) |
| - Accruals | | (6,081) | (1,879) |
| - Sundry creditors | | <u>(3,023)</u> | <u>-</u> |
| Total assets less current liabilities | 4 | <u>(4,151)</u> | <u>13,926</u> |
| | | | |
| REPRESENTED BY | | | |
| | | | |
| General fund | 5 | 17,682 | 12,059 |
| Restricted fund | | <u>(21,833)</u> | <u>1,867</u> |
| | | <u>(4,151)</u> | <u>13,926</u> |

These accounts were approved by the trustees on 25/05/2024 and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2023

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2023 | £ 2022 |
|---|---------------|---------------|
| St John's Hospital | 5,000 | 0 |
| Quartet Community Foundation (restricted) | 3,000 | 12,776 |
| Schools | 18,300 | 0.00 |
| Groundwork UK | 0 | 4,000 |
| Other | 3,148 | 2,704 |
| | <u>29,448</u> | <u>19,480</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £681 (2022: £649)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2023 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|----------------|
| | £ | £ | £ |
| Current assets | (10,103) | 17,682 | 7,580 |
| Current liabilities | (11,730) | - | (11,730) |
| As at 31 July 2023 | <u>(21,833)</u> | <u>17,682</u> | <u>(4,151)</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|----------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | 1,867 | 26,300 | (50,000) | (21,833) |
| General Fund | <u>12,059</u> | <u>66,905</u> | <u>(61,282)</u> | <u>17,682</u> |
| Total funds | <u>13,926</u> | <u>93,205</u> | <u>(111,282)</u> | <u>(4,151)</u> |

The restricted fund is to assist with the Dementia programme.



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2023

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2023

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

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The trustees who were serving at the date of this report are as follows:

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As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

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The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

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Make a Move is a member of the Perinatal Emotional Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with Virgin Care and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES. The partnership may expand to

Make a Move also works closely with the following:

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- To continue with our recovery following the impact of COVID-19 including re-establishing ourselves as a main provider of support for mothers with postnatal depression following the collapse of the former partnership due to one of the lead charities succumbing to the effects of funding reductions following COVID-19.
- To expand our work in schools.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2023 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates which are reasonable and prudent.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

25/05/2024
[Date of signing]

**MAKE A MOVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2023**

| | Note | 2023 | | | 2022 |
|--|------|--------------------|-----------------------|-----------------|-----------------|
| | | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 3,148 | 26,300 | 29,448 | 19,480 |
| Investment income | | - | - | - | - |
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| Total incoming resources | | 66,905 | 26,300 | 93,205 | 97,379 |
| Resources expended | | | | | |
| Charitable activities | | 60,416 | 50,000 | 110,416 | 107,088 |
| Governance costs | | 866 | - | 866 | 832 |
| Total resources expended | 3 | 61,282 | 50,000 | 111,282 | 107,920 |
| Net income for the year | | 5,623 | (23,700) | (18,077) | (10,542) |
| Funds brought forward | | 12,059 | 1,867 | 13,925 | 24,467 |
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MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2023

| | Note | £ 2023 | £ 2022 |
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| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 413 | 6,676 |
| Trade debtors | | 4,420 | 6,620 |
| Sundry debtors | | 2,747 | 2,747 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| | | | |
| - Other taxes | | (2,626) | (238) |
| - Accruals | | (6,081) | (1,879) |
| - Sundry creditors | | <u>(3,023)</u> | <u>-</u> |
| Total assets less current liabilities | 4 | <u>(4,151)</u> | <u>13,926</u> |
| | | | |
| REPRESENTED BY | | | |
| | | | |
| General fund | 5 | 17,682 | 12,059 |
| Restricted fund | | <u>(21,833)</u> | <u>1,867</u> |
| | | <u>(4,151)</u> | <u>13,926</u> |

These accounts were approved by the trustees on 25/05/2024 and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2023

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

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|---|--------------|--------------|
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| Schools | 18,300 | 0.00 |
| Groundwork UK | 0 | 4,000 |
| Other | 3,148 | 2,704 |
| | <hr/> 29,448 | <hr/> 19,480 |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £681 (2022: £649)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2023 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|----------------|
| | £ | £ | £ |
| Current assets | (10,103) | 17,682 | 7,580 |
| Current liabilities | (11,730) | - | (11,730) |
| As at 31 July 2023 | <u>(21,833)</u> | <u>17,682</u> | <u>(4,151)</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|----------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | 1,867 | 26,300 | (50,000) | (21,833) |
| General Fund | <u>12,059</u> | <u>66,905</u> | <u>(61,282)</u> | <u>17,682</u> |
| Total funds | <u>13,926</u> | <u>93,205</u> | <u>(111,282)</u> | <u>(4,151)</u> |

The restricted fund is to assist with the Dementia programme.

Independent Examiner's Report

Report to the trustees of Make a Move

On accounts for the year ended 31/07/2023

| | | | |
|---------------------|---------|---------------------|--|
| Charity no.: | 1143982 | Company no.: | |
|---------------------|---------|---------------------|--|

Set out on pages 1-8

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Signed:  **Date:** 28/05/2024

Name: Jayne Anne Mulligan

Relevant professional qualification(s) or body (if any): Chartered Institute of Management Accountants

Address: The Barn, Bangle Farm, Stoney Lane, Chantry, Frome
Somerset
BA11 3LH

MAKE A MOVE

England & Wales - Charity number 1143982

Accounts



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2022

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2022

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

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|----------------|-------------------|
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Make a Move is a member of the Perinatal Emotional Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with Virgin Care and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES. The partnership may expand to

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- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting and stage management each year for Dance Umbrella.
- Virgin Care Health Visitors via its work with women who suffer from Post-Natal Depression.
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Make a Move also works with the following organisations in respect of our beneficiaries and values our ongoing working relationship with them:

- BANES Council Children's Centres
- BANES Early Years Children's Group
- NCT: The UK's largest charity for parents
- Voices (domestic violence charity)
- Twins (for parents with multiple births)
- Swallow (for people with learning disabilities)
- Mind (the mental health charity)

Objectives and Activities

Make a Move is a creative movement charity working in Bath & North East Somerset (BANES) and surrounding counties that works with children in schools, elderly people suffering from dementia and mothers suffering from post-natal depression. Make a Move aims to improve mental health and wellbeing using a combination of creative movement, music, (therapeutic) dance and talking therapy. We run programmes for disadvantaged and vulnerable groups of children and adults. Our aim is to give people the tools by which they can improve their own lives. We do this by encouraging them to become more active, boosting awareness of the link between body and mind, inspiring laughter and play, and demonstrating how we can overcome social, emotional and mental health difficulties by making choices that guide us towards a happier life.

Main objectives for 2022/23

expand the Moving on Up project to work with women with postnatal depression in neighboring counties.

- To continue to develop and expand the Wellbeing in the Workplace project to maximise the charity's income which can then be used to fund its charitable projects.
- To work with new local partners as we expand our delivery areas.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2022 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

05/05/2023

**MAKE A MOVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2022**

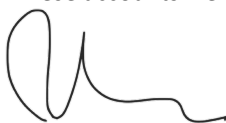
| | Note | 2022 | | | 2021 |
|--|------|--------------------|-----------------------|-----------------|----------------|
| | | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 2,704 | 16,776 | 19,480 | 31,070 |
| Investment income | | - | - | - | - |
| Incoming resources from: | | | | | |
| Charitable activities | 2 | 23,013 | - | 23,013 | 17,667 |
| Other incoming resources | | 26,000 | 28,886 | 54,886 | 50,938 |
| Total incoming resources | | 51,717 | 45,662 | 97,379 | 99,675 |
| Resources expended | | | | | |
| Charitable activities | | 57,088 | 50,000 | 107,088 | 101,865 |
| Governance costs | | 832 | - | 832 | 1,610 |
| Total resources expended | 3 | 57,920 | 50,000 | 107,920 | 103,476 |
| Net income for the year | | (6,203) | (4,338) | (10,542) | (3,801) |
| Funds brought forward | | 18,262 | 6,205 | 24,467 | 28,267 |
| Funds carried forward | | 12,059 | 1,867 | 13,925 | 24,466 |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2022

| | Note | £ 2022 | £ 2021 |
|---|------|---------------|---------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 6,676 | 21,142 |
| Trade debtors | | 6,620 | 4,642 |
| Sundry debtors | | 2,747 | 151 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| | | | |
| - Other taxes | | (238) | (238) |
| - Accruals | | (1,879) | (1,230) |
| - Sundry creditors | | - | - |
| Total assets less current liabilities | 4 | <u>13,926</u> | <u>24,467</u> |
| | | | |
| REPRESENTED BY | | | |
| | | | |
| General fund | 5 | 12,059 | 6,502 |
| Restricted fund | | <u>1,867</u> | <u>18,262</u> |
| | | <u>13,926</u> | <u>24,467</u> |

These accounts were approved by the trustees on [date] and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2022

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2022 | £ 2021 |
|---|---------------|---------------|
| St John's Hospital | 0.00 | 25,000 |
| Quartet Community Foundation (restricted) | 12,776 | 0.00 |
| Schools | 0.00 | 595 |
| Groundwork UK | 4,000 | 0.00 |
| Other | 2,704 | 5,475 |
| | <u>19,480</u> | <u>31,070</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £649 (2021: £618)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2022 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|---------------|
| | £ | £ | £ |
| Current assets | 3,984 | 12,059 | 16,043 |
| Current liabilities | (2,117) | - | (2,117) |
| As at 31 July 2022 | <u>1,867</u> | <u>12,059</u> | <u>13,926</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|----------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | 6,205 | 45,662 | (50,000) | 1,867 |
| General Fund | <u>18,262</u> | <u>51,717</u> | <u>(57,920)</u> | <u>12,059</u> |
| Total funds | <u>24,467</u> | <u>97,379</u> | <u>(107,920)</u> | <u>13,926</u> |

The restricted fund is to assist with the Dementia programme.



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2022

CHARITY NUMBER 1143982

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| Balance Sheet | 6 |
| Notes to the Accounts | 7 |
| Independent Examiner's Report | 9 |

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2022

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

| | |
|----------------|-------------------|
| Rebecca Taylor | Chair of Trustees |
| Sara Steele | Treasurer |
| Rachel Cox | |
| Jemma Stewart | |

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

The charity pursues this objective as follows:

1. The *Engaging Children in the Curriculum* project trains pupils to perform at the Dance Umbrella, an annual showcase event which takes place at the Bath Forum and is coordinated with the local School Sport Partnership.
2. *Moving for Resilience* works in primary and secondary schools, special schools and specialist units for pupils with challenging behaviours. It provides music and movement sessions which are aimed at improving health whilst raising aspirations and self-esteem.
3. The *Moving on Up* project works with mothers suffering from Post-Natal Depression.

The *Moving for the Mind* project works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.

4. Via the *Wellbeing in the Workplace* project, the charity also works with businesses in the workplace to help promote mindfulness and help reduce stress, depression or anxiety.
5. Make a Move also provides CPD session for teachers, runs Weekend Wellness courses and collaborates with a number of other local groups to maintain good mental health.

Make a Move is a member of the Perinatal Emotional Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with Virgin Care and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES. The partnership may expand to

Make a Move also works closely with the following:

- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting and stage management each year for Dance Umbrella.
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Objectives and Activities

Make a Move is a creative movement charity working in Bath & North East Somerset (BANES) and surrounding counties that works with children in schools, elderly people suffering from dementia and mothers suffering from post-natal depression. Make a Move aims to improve mental health and wellbeing using a combination of creative movement, music, (therapeutic) dance and talking therapy. We run programmes for disadvantaged and vulnerable groups of children and adults. Our aim is to give people the tools by which they can improve their own lives. We do this by encouraging them to become more active, boosting awareness of the link between body and mind, inspiring laughter and play, and demonstrating how we can overcome social, emotional and mental health difficulties by making choices that guide us towards a happier life.

Main objectives for 2022/23

expand the Moving on Up project to work with women with postnatal depression in neighboring counties.

- To continue to develop and expand the Wellbeing in the Workplace project to maximise the charity's income which can then be used to fund its charitable projects.
- To work with new local partners as we expand our delivery areas.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2022 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

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In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

05/05/2023

**MAKE A MOVE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2022**

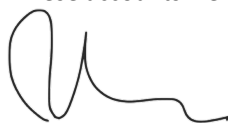
| | Note | 2022 | | | 2021 |
|--|------|--------------------|-----------------------|-----------------|----------------|
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| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 2,704 | 16,776 | 19,480 | 31,070 |
| Investment income | | - | - | - | - |
| Incoming resources from: | | | | | |
| Charitable activities | 2 | 23,013 | - | 23,013 | 17,667 |
| Other incoming resources | | 26,000 | 28,886 | 54,886 | 50,938 |
| Total incoming resources | | 51,717 | 45,662 | 97,379 | 99,675 |
| Resources expended | | | | | |
| Charitable activities | | 57,088 | 50,000 | 107,088 | 101,865 |
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| Funds brought forward | | 18,262 | 6,205 | 24,467 | 28,267 |
| Funds carried forward | | 12,059 | 1,867 | 13,925 | 24,466 |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2022

| | Note | £ 2022 | £ 2021 |
|---|------|---------------|---------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 6,676 | 21,142 |
| Trade debtors | | 6,620 | 4,642 |
| Sundry debtors | | 2,747 | 151 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| | | | |
| - Other taxes | | (238) | (238) |
| - Accruals | | (1,879) | (1,230) |
| - Sundry creditors | | - | - |
| Total assets less current liabilities | 4 | <u>13,926</u> | <u>24,467</u> |
| | | | |
| REPRESENTED BY | | | |
| | | | |
| General fund | 5 | 12,059 | 6,502 |
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| | | <u>13,926</u> | <u>24,467</u> |

These accounts were approved by the trustees on [date] and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2022

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

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| | £ 2022 | £ 2021 |
|---|---------------|---------------|
| St John's Hospital | 0.00 | 25,000 |
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| Other | 2,704 | 5,475 |
| | <u>19,480</u> | <u>31,070</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £649 (2021: £618)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2022 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|---------------|
| | £ | £ | £ |
| Current assets | 3,984 | 12,059 | 16,043 |
| Current liabilities | (2,117) | - | (2,117) |
| As at 31 July 2022 | <u>1,867</u> | <u>12,059</u> | <u>13,926</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|----------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | 6,205 | 45,662 | (50,000) | 1,867 |
| General Fund | <u>18,262</u> | <u>51,717</u> | <u>(57,920)</u> | <u>12,059</u> |
| Total funds | <u>24,467</u> | <u>97,379</u> | <u>(107,920)</u> | <u>13,926</u> |

The restricted fund is to assist with the Dementia programme.

Independent Examiner's Report

Report to the trustees of Make a Move

On accounts for the year ended 31/07/2022

| | | | |
|---------------------|---------|---------------------|--|
| Charity no.: | 1143982 | Company no.: | |
|---------------------|---------|---------------------|--|

Set out on pages 1-8

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.


Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Signed: 

Date: 19/04/2023

Name: Jayne Anne Mulligan

Relevant professional qualification(s) or body (if any):

Chartered Institute of Management Accountants

Address: The Barn, Bangle Farm, Stoney Lane, Chantry, Frome
Somerset
BA11 3LH

MAKE A MOVE

England & Wales - Charity number 1143982

Accounts



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2021

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2021

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

| | |
|----------------|-------------------|
| Rebecca Taylor | Chair of Trustees |
| Sara Steele | Treasurer |
| Rachel Cox | |
| Jemma Stewart | |

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity. We are actively seeking Trustees with expertise in digital and social media channels.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

The charity pursues this objective as follows:

1. *Moving for Resilience* works in primary and secondary schools, special schools and specialist units for pupils with challenging behaviours. It provides music and movement sessions which are aimed at improving health whilst raising aspirations and self-esteem.
2. *Engaging Children in the Curriculum* trains pupils to perform at the Dance Umbrella, an annual showcase event which takes place at the Bath Forum and is coordinated with the local School Sport Partnership.
3. *Moving on Up* works with mothers suffering from Post-Natal Depression.

4. *Moving for the Mind* works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.
5. *Wellbeing in the Workplace* works with businesses in the workplace to help promote mindfulness and help reduce stress, depression, or anxiety.
6. Make a Move also provides CPD session for teachers.
7. Make a Move is a member of the Perinatal Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with HCRG Care Group and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES.
8. Make a Move became a member of the Association of Mental Health Providers during 2021.

Make a Move works closely with the following:

- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting, and stage management each year for Dance Umbrella.
- HCRG Care Group Health Visitors via its work with women who suffer from Post-Natal Depression.
- Dance Notes, a vital resource for teachers who have no experience of teaching dance. Dance Note provides customisable dance lesson plans for schools. Some of the practitioners for Make a Move write the lessons plans for Dance Notes.

Make a Move also works with the following organisations in respect of our beneficiaries and values our ongoing working relationship with them:

- BANES Council Children's Centres
- BANES Early Years Children's Group
- NCT: The UK's largest charity for parents
- Voices (domestic violence charity)
- Twins (for parents with multiple births)
- Swallow (for people with learning disabilities)
- Mind (the mental health charity)

Objectives and Activities

Make a Move exists to improve the quality of life of people with mental health difficulties through group sessions in music and movement.

Our Vision

Movement always leads to change.

Make a Move is a registered charity based in the South West since 2011 that provides support to groups of children and adults with social, emotional, mental health and behavioural difficulties. We enable our beneficiaries to learn how to manage their own needs by giving them a range of tools so they can continue to feel well and manage their mental health effectively once they have completed one of our courses. All courses run for specified lengths of time, apart from our sessions with older people, which run continuously as one of the primary aims of these sessions is to help older people combat loneliness and facilitate friendships and connection.

Main objectives for 2021/22

2020/21 was unprecedented and the COVID-19 pandemic and lockdowns affected Make a Move's work and income much like many charities and businesses. It caused the work we do to stall initially. We responded as quickly as possible, but the lockdowns had an immediate impact on Wellbeing in the Workplace and it ceased completely. During the second financial year of the pandemic, our income dropped by approximately a third as evidenced by the figures in this statement of accounts, and our plans for expansion were impeded. We availed of financial support from the HMRC via its Self-Employment Income Support Scheme and Coronavirus Job Retention Scheme.

When schools were closed, we carried on virtually in some primary schools, but the work was very limited. Our work with mothers continued almost unabated. We moved the sessions online and with much adapting, managed to continue to offer support with mothers with Postnatal Depression. However, referrals from health visitors almost ceased, and most were self-referrals. Our work with older people ceased during the first lockdown, but during the brief respite in 2020, we managed to train our older beneficiaries to use Zoom and enjoyed virtual sessions for the remainder of 2020 and 2021. These sessions have now returned to face-to-face.

Therefore, some of our aims for 2020/21 have remained as our aims for 2021/22:

- To expand the Moving on Up project to work with women with postnatal depression in neighbouring counties.
- To continue to develop and expand the Wellbeing in the Workplace project to maximise the charity's income which can then be used to fund its charitable projects.
- To work with new local partners as we expand our delivery areas.

Following receipt of a grant via the Association of Mental Health Providers, we drew up a business plan with help from Red Ochre's Uday Thakkar, a Chartered Accountant, and a serial entrepreneur. He has started and grown several businesses and a charity. He launched Red Ochre a social economy consultancy and training organisation. This social enterprise has successfully supported hundreds of organisations and ethical businesses across 26 countries. Uday is an expert in strategy, enterprise, leadership, organisational change, governance, and finance.

Our relationship with Uday continues and we are very grateful to have developed such a partnership.

4. Reserves

The charity holds reserves to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

4. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP;

- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

30/04/2022

MAKE A MOVE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JULY 2021

| | Note | 2021 | | | 2020 |
|--|------|-----------------------|--------------------------|----------------|----------------|
| | | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 5,475 | 25,595 | 31,070 | 38,479 |
| Investment income | | - | - | - | - |
| Incoming resources from charitable activities: | | | | | |
| | 2 | 17,667 | - | 17,667 | 64,441 |
| Other incoming resources | | 50,938 | - | 50,938 | 42,839 |
| Total incoming resources | | 74,080 | 25,595 | 99,675 | 145,759 |
| Resources expended | | | | | |
| Charitable activities | | | | | |
| | | 62,864 | 39,001 | 101,865 | 106,229 |
| Governance costs | | | | | |
| | | 1,610 | - | 1,610 | 780 |
| Total resources expended | 3 | 64,474 | 39,001 | 103,476 | 107,079 |
| Net income for the year | | 9,606 | (13,406) | (3,801) | 38,680 |
| Funds brought forward | | 8,656 | 19,611 | 28,267 | (10,413) |
| Funds carried forward | | 18,262 | 6,205 | 24,466 | 28,267 |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2021

| | Note | £ 2021 | £ 2020 |
|---|------|---------------|---------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 21,142 | 28,954 |
| Trade debtors | | 4,642 | 2,447 |
| Sundry debtors | | 151 | 151 |
| Creditors: amounts falling due within one year | | | |
| - Other taxes | | (238) | (237) |
| - accruals | | (1,230) | (1,230) |
| - sundry creditors | | - | (1,818) |
| Total assets less current liabilities | 4 | <u>24,467</u> | <u>28,267</u> |
| REPRESENTED BY | | | |
| General fund | 5 | 6,205 | 19,611 |
| Restricted fund | | 18,262 | 8,656 |
| | | <u>24,467</u> | <u>28,267</u> |

These accounts were approved by the trustees on 30/04/2022 and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2021 | £ 2020 |
|---|---------------|---------------|
| St John's Hospital | 25,000 | 30,000 |
| Quartet Community Foundation (restricted) | 0.00 | 3,000 |
| Schools | 595 | 1,404 |
| Other | 5,475 | 4,075 |
| | <u>31,070</u> | <u>38,479</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £600 (2020: £600)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2021 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-------------------------|----------------------------|---------------|
| | £ | £ | £ |
| Current assets | 19,730 | 6,205 | 25,935 |
| Current liabilities | (1,468) | - | (1,468) |
| As at 31 July 2021 | <u>18,262</u> | <u>6,205</u> | <u>24,467</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|------------------------|-------------------------------|-------------------------------|----------------------------|
| | £ | £ | £ | £ |
| Restricted fund | 19,611 | 25,000 | (39,001) | 6,205 |
| General Fund | 8,656 | 74,675 | (64,474) | 18,262 |
| Total funds | <u>28,267</u> | <u>99,675</u> | <u>(103,475)</u> | <u>24,467</u> |

The restricted fund is to assist with the Dementia programme.

MAKE A MOVE

England & Wales - Charity number 1143982

Accounts



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2020

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2020

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

| | |
|----------------|-------------------|
| Rebecca Taylor | Chair of Trustees |
| Sara Steele | Treasurer |
| Rachel Cox | |
| Jemma Stewart | |

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

The charity pursues this objective as follows:

1. The *Engaging Children in the Curriculum* project trains pupils to perform at the Dance Umbrella, an annual showcase event which takes place at the Bath Forum and is coordinated with the local School Sport Partnership.
2. *Moving for Resilience* works in primary and secondary schools, special schools and specialist units for pupils with challenging behaviours. It provides music and movement sessions which are aimed at improving health whilst raising aspirations and self-esteem.
3. The *Moving on Up* project works with mothers suffering from Post-Natal Depression.

The *Moving for the Mind* project works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.

4. Via the *Wellbeing in the Workplace* project, the charity also works with businesses in the workplace to help promote mindfulness and help reduce stress, depression or anxiety.
5. Make a Move also provides CPD session for teachers, runs Weekend Wellness courses and collaborates with a number of other local groups to maintain good mental health.

Make a Move is a member of the Perinatal Emotional Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with Virgin Care and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES. The partnership may expand to

Make a Move also works closely with the following:

- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting and stage management each year for Dance Umbrella.
- Virgin Care Health Visitors via its work with women who suffer from Post-Natal Depression.
- Dance Notes, a vital resource for teachers who have no experience of teaching dance. Dance Note provides customisable dance lesson plans for schools. Some of the practitioners for Make a Move write the lessons plans for Dance Notes.

Make a Move also works with the following organisations in respect of our beneficiaries and values our ongoing working relationship with them:

- BANES Council Children's Centres
- BANES Early Years Children's Group
- NCT: The UK's largest charity for parents
- Voices (domestic violence charity)
- Twins (for parents with multiple births)
- Swallow (for people with learning disabilities)
- Mind (the mental health charity)

Objectives and Activities

Make a Move is a creative movement charity working in Bath & North East Somerset (BANES) and surrounding counties that works with children in schools, elderly people suffering from dementia and mothers suffering from post-natal depression. Make a Move aims to improve mental health and wellbeing using a combination of creative movement, music, (therapeutic) dance and talking therapy. We run programmes for disadvantaged and vulnerable groups of children and adults. Our aim is to give people the tools by which they can improve their own lives. We do this by encouraging them to become more active, boosting awareness of the link between body and mind, inspiring laughter and play, and demonstrating how we can overcome social, emotional and mental health difficulties by making choices that guide us towards a happier life.

Main objectives for 2020/21

- To expand the Moving on Up project to work with women with postnatal depression in neighbouring counties.
- To continue to develop and expand the Wellbeing in the Workplace project to maximise the charity's income which can then be used to fund its charitable projects.
- To work with new local partners as we expand our delivery areas.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2020 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees

Rebecca Taylor
Chair of Trustees

10 March 2021

MAKE A MOVE**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2020**

| | 2020 | | | 2019 |
|--|--------------------------|-----------------------------|-----------------|-----------------|
| | General Funds | Restricted Funds | Total | Total |
| Note | £ | £ | £ | £ |
| Incoming resources | | | | |
| Incoming resources from generated funds: | | | | |
| Voluntary income | 5,479 | 33,000 | 38,479 | 75,631 |
| Investment income | - | - | - | - |
| Incoming resources from charitable activities: | | | | |
| 2 | 64,441 | - | 64,441 | 42,961 |
| Other incoming resources | 42,839 | - | 42,839 | - |
| Total incoming resources | 112,759 | 33,000 | 145,759 | 118,592 |
| Resources expended | | | | |
| Charitable activities | | | | |
| | 71,779 | 34,520 | 106,299 | 141,250 |
| Governance costs | | | | |
| | 780 | - | 780 | 870 |
| Total resources expended | 72,559 | 34,520 | 107,079 | 142,120 |
| Net income for the year | 40,200 | (1,520) | 38,680 | (23,528) |
| Funds brought forward | (31,544) | 21,131 | (10,413) | 13,115 |
| Funds carried forward | 8,656 | 19,611 | 28,267 | (10,413) |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2020

| | Note | £ 2020 | £ 2019 |
|---|------|---------------|-----------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 28,954 | (8,489) |
| Trade debtors | | 2,447 | - |
| Sundry debtors | | 151 | 48 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| - Other taxes | | (237) | (1,372) |
| - accruals | | (1,230) | (600) |
| - sundry creditors | | (1,818) | |
| Total assets less current liabilities | 4 | <u>28,267</u> | <u>(10,413)</u> |
| | | | |
| REPRESENTED BY | | | |
| General fund | 5 | 19,611 | 21,131 |
| Restricted fund | | 8,656 | (31,544) |
| | | <u>28,267</u> | <u>(10,413)</u> |

These accounts were approved by the trustees on 10 March 2021 and are signed on their behalf by:

Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2020

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2020 | £ 2019 |
|---|---------------|---------------|
| St John's Hospital | 30,000 | 49,080 |
| Quartet Community Foundation (restricted) | 3,000 | 9,000 |
| Schools | 1,404 | 12,636 |
| Other | 4,075 | 4,915 |
| | <u>38,479</u> | <u>75,631</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £600 (2019: £600)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2020 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-----------------|--------------------|---------------|
| | £ | £ | £ |
| Current assets | 11,941 | 19,611 | 31,552 |
| Current liabilities | (3,285) | - | (3,285) |
| As at 31 July 2020 | <u>8,656</u> | <u>19,611</u> | <u>28,267</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|-----------------|-----------------------|-----------------------|--------------------|
| | £ | £ | £ | £ |
| Restricted fund | 21,131 | 33,000 | (34,520) | 19,611 |
| General Fund | (31,544) | 112,759 | (72,559) | 8,656 |
| Total funds | <u>(10,413)</u> | <u>145,759</u> | <u>(107,079)</u> | <u>28,267</u> |

The restricted fund is to assist with the Dementia programme.



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2020

CHARITY NUMBER 1143982

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MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2020

1. Constitution and objectives

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The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

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|----------------|-------------------|
| Rebecca Taylor | Chair of Trustees |
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| Rachel Cox | |
| Jemma Stewart | |

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

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3. The *Moving on Up* project works with mothers suffering from Post-Natal Depression.

The *Moving for the Mind* project works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.

4. Via the *Wellbeing in the Workplace* project, the charity also works with businesses in the workplace to help promote mindfulness and help reduce stress, depression or anxiety.
5. Make a Move also provides CPD session for teachers, runs Weekend Wellness courses and collaborates with a number of other local groups to maintain good mental health.

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Make a Move also works closely with the following:

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Main objectives for 2020/21

- To expand the Moving on Up project to work with women with postnatal depression in neighbouring counties.
- To continue to develop and expand the Wellbeing in the Workplace project to maximise the charity's income which can then be used to fund its charitable projects.
- To work with new local partners as we expand our delivery areas.

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2020 (continued)

4. Reserves

The charity holds reserves in order to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

5. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees

Rebecca Taylor
Chair of Trustees

10 March 2021

MAKE A MOVE**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2020**

| | | 2020 | | | 2019 |
|--|-------------|--------------------------------|-----------------------------------|--------------------|--------------------|
| | Note | General Funds £ | Restricted Funds £ | Total £ | Total £ |
| Incoming resources | | | | | |
| Incoming resources from generated funds: | | | | | |
| Voluntary income | | 5,479 | 33,000 | 38,479 | 75,631 |
| Investment income | | - | - | - | - |
| Incoming resources from charitable activities: | | | | | |
| | 2 | 64,441 | - | 64,441 | 42,961 |
| Other incoming resources | | 42,839 | - | 42,839 | - |
| Total incoming resources | | 112,759 | 33,000 | 145,759 | 118,592 |
| Resources expended | | | | | |
| Charitable activities | | | | | |
| | | 71,779 | 34,520 | 106,299 | 141,250 |
| Governance costs | | | | | |
| | | 780 | - | 780 | 870 |
| Total resources expended | 3 | 72,559 | 34,520 | 107,079 | 142,120 |
| Net income for the year | | 40,200 | (1,520) | 38,680 | (23,528) |
| Funds brought forward | | (31,544) | 21,131 | (10,413) | 13,115 |
| Funds carried forward | | 8,656 | 19,611 | 28,267 | (10,413) |

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2020

| | Note | £ 2020 | £ 2019 |
|---|------|---------------|-----------------|
| NET ASSETS | | | |
| Current assets | | | |
| Cash at bank | | 28,954 | (8,489) |
| Trade debtors | | 2,447 | - |
| Sundry debtors | | 151 | 48 |
| | | | |
| Creditors: amounts falling due within one year | | | |
| - Other taxes | | (237) | (1,372) |
| - accruals | | (1,230) | (600) |
| - sundry creditors | | (1,818) | |
| Total assets less current liabilities | 4 | <u>28,267</u> | <u>(10,413)</u> |
| | | | |
| REPRESENTED BY | | | |
| General fund | 5 | 19,611 | 21,131 |
| Restricted fund | | 8,656 | (31,544) |
| | | <u>28,267</u> | <u>(10,413)</u> |

These accounts were approved by the trustees on 10 March 2021 and are signed on their behalf by:

Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2020

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

| | £ 2020 | £ 2019 |
|---|---------------|---------------|
| St John's Hospital | 30,000 | 49,080 |
| Quartet Community Foundation (restricted) | 3,000 | 9,000 |
| Schools | 1,404 | 12,636 |
| Other | 4,075 | 4,915 |
| | <u>38,479</u> | <u>75,631</u> |

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £600 (2019: £600)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2020 (continued)

4. Analysis of net assets between funds

| | General Fund | Restricted Fund | Total |
|---------------------|-----------------|--------------------|---------------|
| | £ | £ | £ |
| Current assets | 11,941 | 19,611 | 31,552 |
| Current liabilities | (3,285) | - | (3,285) |
| As at 31 July 2020 | <u>8,656</u> | <u>19,611</u> | <u>28,267</u> |

5. Movement in funds

| | Opening balance | Incoming resources | Outgoing resources | Closing balance |
|--------------------|-----------------|-----------------------|-----------------------|--------------------|
| | £ | £ | £ | £ |
| Restricted fund | 21,131 | 33,000 | (34,520) | 19,611 |
| General Fund | (31,544) | 112,759 | (72,559) | 8,656 |
| Total funds | <u>(10,413)</u> | <u>145,759</u> | <u>(107,079)</u> | <u>28,267</u> |

The restricted fund is to assist with the Dementia programme.

Independent Examiner's Report

Report to the trustees of

On accounts for the year ended

| | | | |
|--------------|---------|--------------|--|
| Charity no.: | 1143982 | Company no.: | |
|--------------|---------|--------------|--|

Set out on pages

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Chartered Institute of Management Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Signed:

Date:

Name:

Relevant professional qualification(s) or body (if any):

Chartered Institute of Management Accountants

Address:

The Barn, Bangle Farm, Stoney Lane, Chantry, Frome

Somerset

BA11 3LH

