



**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).

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 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**

		2022			2021
		General Funds	Restricted Funds	Total	Total
	Note	£	£	£	£
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

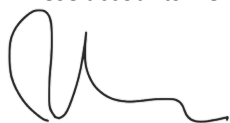
## MAKE A MOVE

### BALANCE SHEET AS AT 31 JULY 2022

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

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#### 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

	<b>General Fund</b>	<b>Restricted Fund</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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

	<b>Opening balance</b>	<b>Incoming resources</b>	<b>Outgoing resources</b>	<b>Closing balance</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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>
<b>Total funds</b>	<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.



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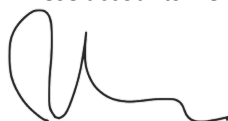
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## MAKE A MOVE

### NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2022

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#### 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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## MAKE A MOVE

### NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2022 (continued)

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As at 31 July 2022	<u>1,867</u>	<u>12,059</u>	<u>13,926</u>

#### 5. Movement in funds

	<b>Opening balance</b>	<b>Incoming resources</b>	<b>Outgoing resources</b>	<b>Closing balance</b>
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General Fund	<u>18,262</u>	<u>51,717</u>	<u>(57,920)</u>	<u>12,059</u>
<b>Total funds</b>	<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.

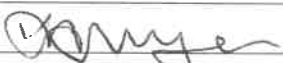
**Basis of independent examiner's statement**

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