



**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.

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## 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**

		2024			2023
		General Funds	Restricted Funds	Total	Total
	Note	£	£	£	£
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

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

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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

	£ 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	-	-
	<u>28,200</u>	<u>29,448</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 £715 (2023: £681)

## MAKE A MOVE

### NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024 (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	(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

	<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	(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>
<b>Total funds</b>	<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	<p>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.</p> <p>It is my responsibility to:</p> <ul style="list-style-type: none"><li>• examine the accounts under section 145 of the Charities Act,</li><li>• 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</li><li>• to state whether particular matters have come to my attention.</li></ul>		
Basis of independent examiner's statement	<p>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.</p>		
Independent examiner's statement	<p>In connection with my examination, no matter has come to my attention to indicate that:</p> <ul style="list-style-type: none"><li>• accounting records have not been kept in accordance with section 386 of the Companies Act 2006;</li><li>• the accounts do not accord with such records:</li><li>• 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)</li><li>• any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.</li></ul>		
Signed:	J. Mulligan	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		