



**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;

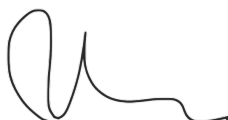
- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject 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**

		2025			2024
		General Funds	Restricted Funds	Total	Total
	Note	£	£	£	£
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

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

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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

	£ 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

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

	<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	12,462	17,628	-	12,462
General Fund	<u>(11,508)</u>	<u>37,556</u>	<u>(51,160)</u>	<u>(11,508)</u>
<b>Total funds</b>	<u>(3071)</u>	<u>55,184</u>	<u>(51,160)</u>	<u>953</u>





CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Independent Examiner's Report

Report to the trustees of Make a Move

On accounts for the year ended 31/07/2025

Charity no.:	1143982	Company no.:	
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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: J. Mulligan

Date: 28/05/2026

Name: Jayne Anne Mulligan

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

Chartered Institute of Management Accountants

**Address:**

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Somerset

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