

**POS+ABILITY**

**REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021**

**PARTICULARS OF THE CHARITY  
FOR THE YEAR ENDED 31 MARCH 2021**

TRUSTEES (who served during year and have been appointed since the year end)

Dr I D Lindsay (Chairman)

Mrs M J Harrington (Secretary)

Mrs B A Howard

Lady A B Paice

Mr R O Setchell (Treasurer appointed 8 July 2021)

Mrs S Bellow (resigned 12 August 2020)

Mrs E Every (resigned 18 September 2020)

Mrs E Clayton-Smith (resigned 27 March 2021)

CHIEF EXECUTIVE OFFICER: Mrs S Bellow (appointed 1 September 2020)

PRINCIPAL BANKERS: HSBC, High Street, Newmarket

INDEPENDENT EXAMINER: Mr N Pallister

REGISTERED ADDRESS: 26 High St, Wilburton, Ely, Cambs CB6 3RB

CHARITY REGISTRATION NO: 1149783

**TRUSTEES' REPORT****FOR THE YEAR ENDED 31 MARCH 2021**

The Trustees present their report and independently examined financial statements for the year ended 31 March 2021.

**Objects of the Charity**

The objects of the charity is to significantly improve the quality of life for those affected by long term neurological conditions by providing structured exercise regimen to stimulate both physical and mental awareness, encourage positive attitude and continually build confidence and self-esteem.

The Trustees have considered the Charity Commission's guidance on public benefit, and they consider that the charity is fulfilling its obligations in this respect by achieving the above objectives.

**Governing Document**

The Charity is regulated by its Constitution dated 29 October 2012.

**Organisation**

The board of trustees consists of the chairperson, secretary, treasurer and other persons taking on whichever roles the board decides are required. The board meets as and when required and at least 4 times a year.

The day-to-day administration is handled by the Chief Executive Officer, Mrs S Bellow.

**Trustee induction and training**

New Trustees are selected from the local community, only if they have relevant experience, skills and enthusiasm to enable them to make a contribution to the administration of the charity. They are interviewed and, if they are willing to be appointed, they are formally proposed and seconded for appointment either at an Annual General Meeting or by the board of trustees if a vacancy occurs between annual general meetings. No formal training is given to new Trustees but they are briefed thoroughly as to the charity's activities

**Review of Activities**

Lockdown on 23 March 2020 put an instant stop to our activities and all paid staff were furloughed. The trustees became accustomed to zoom meetings and we embarked on a decision-making process to determine our future survival strategy. We opted to develop ways of working virtually with clients and to develop ways of taking our work into care homes, whilst preparing for the return to our traditional face-to-face classes. This required a restructuring of our staff with redundancies the unfortunate consequence. We appointed a consultant in August 2020 to lead on the implementation of these changes. The accounts show the success we had in obtaining grants to assist with this project, which remains ongoing.

**Review of the Financial Position and Transactions**

Despite the effect of the pandemic the financial position of the charity remains strong thanks in no small part to the generosity of donors and the support obtained through grants. However, income from client fees fell by over £22,000 but with the help of furlough receipts payroll costs were almost £27,000 down. Restricted grants of £14,216 were received and £10,478 of this remains unspent at the year end. Unrestricted funds increased by £4,333 in the year. The challenge in the next 12 months as restrictions are lifted is to get the income of the charity back to pre-pandemic levels.

On Behalf of the Trustees

**I D Lindsay (Chairman)**

26 August 2021

**Independent Examiner's Report to the Trustees of Pos+Ability**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 4 & 5.

**Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

N Pallister  
25 King Edgar Close  
Ely  
Cambs CB6 1DP

5 October 2021

**POS+ABILITY****4.****RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 31 MARCH 2021**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>2021</b>	<b>2020</b>
	<b>Funds</b>	<b>Funds</b>	<b>Total</b>	<b>Total</b>
<b>Receipts</b>				
Client fees	5,003	-	5,003	27,934
Fund raising activities	577	-	577	7,723
Donations	12,593	-	12,593	8,342
Grants	-	14,216	14,216	-
Staff furlough receipts	16,299	-	16,299	-
<b>Total receipts</b>	<b>34,472</b>	<b>14,216</b>	<b>48,688</b>	<b>43,999</b>
<b>Payments</b>				
Salaries and pension contributions	25,837	3,200	29,037	41,528
Redundancy payments	2,034	-	2,034	-
Hire of halls	-	-	-	8,347
Insurance	490	-	490	490
Payroll bureau	1,032	-	1,032	893
Equipment	56	198	254	680
Office costs & sundry expenses	690	340	1,030	1,658
<b>Total payments</b>	<b>30,139</b>	<b>3,738</b>	<b>33,877</b>	<b>53,596</b>
<b>Net receipts / (payments)</b>	<b>4,333</b>	<b>10,478</b>	<b>14,811</b>	<b>(9,597)</b>
Bank balance at 31 March 2020	35,368	-	35,368	44,965
<b>Bank balance (funds) at 31 March 2021</b>	<b>39,701</b>	<b>10,478</b>	<b>50,179</b>	<b>35,368</b>

The notes on page 5 form part of this account

Approved by the trustees on 26 August 2021 and signed on their behalf by:

I D Lindsay

R O Setchell

## NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

Restricted Funds	Grant Received	Payments	Balance Forward
Living Sport	3,395	3,395	-
Ely City Council	200	200	-
East Cambs District Council	430	143	287
Sanctuary Housing Association	990	-	990
National Lottery	9,201	-	9,201
<b>Total</b>	<b>14,216</b>	<b>3,738</b>	<b>10,478</b>

Purposes of grants:

Living Sport – for online exercise sessions, staff costs, zoom licence

Ely City Council – equipment for online start-up costs

East Cambs District Council – to help people stay connected, printing &amp; distributing newsletters

Sanctuary Housing Association – for equipment to help people overcome digital exclusion.

National Lottery – towards costs of restarting face to face sessions. Project for 1 year from 1 July 2021

## Statement of Assets and Liabilities at 31 March 2021

	2021	2020
Cash funds – HSBC current account	50,179	35,368
Exercise & other equipment (insured value)	41,270	41,270
Liabilities	none	none