

**POS+ABILITY**

**REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2022**

**POS+ABILITY**

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**PARTICULARS OF THE CHARITY  
FOR THE YEAR ENDED 31 MARCH 2022**

TRUSTEES (who served during year.)

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)

CHIEF EXECUTIVE OFFICER: Mrs S Bellow

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 2022**

The Trustees present their report and independently examined financial statements for the year ended 31 March 2022.

**Objects of the Charity**

The objects of the charity is to significantly improve the quality of life for those affected by long term disabling 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**

At the start of the year, we were still holding virtual classes for our clients, but were able to start some face-to-face sessions at Histon in June 2021. Over the ensuing months we were able to extend these sessions to all our locations. The total number of clients who were benefiting from our activities increased from 20 a week to around 45, and this number continues to rise. We retained our ability to provide virtual activities and were able to implement a long-cherished ambition by initiating an exercise session in a care home. We appointed a part time chief executive following interviews in May. This helped enormously in managing the changes in staff and ways of working that were a direct consequence of the Covid 19 pandemic. It helped build in resilience and allowed much greater collaboration between ourselves and other like-minded organisations such as the Stroke Association, the MS society and the Parkinson's society. At the same time, we were able to keep abreast of the fundamental changes that are taking place within the NHS in terms of provision of community health and social services by networking assiduously with more local networks. This undoubtedly helps raise the profile of the charity and has resulted in further referrals.

The trustees who had been meeting monthly by zoom restarted face to face meetings in May and these have continued on a bi-monthly basis. However, an operational working group continues to liaise with the CEO on a more frequent ad-hoc basis. We look forward to another challenging, but exciting year and feel confident that we will continue to grow.

**TRUSTEES' REPORT****FOR THE YEAR ENDED 31 MARCH 2022 (CONTINUED)****Reserves Policy**

The trustees have determined that free reserves should total about 3 months of total organisational operating costs. This will be regularly reviewed to ensure that it meets the charity's changing needs and circumstances and will depend on cash flow (and forecasts), reviews of existing funds and reserves, of future income streams, of likely future expenditure, of past operational and other trends, and of the major risks facing the charity. The trustees will consider the likely effects of changes on the public and beneficiaries, an analysis of future needs, contingencies and risks with potential consequences for the charity not being able to meet them.

**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. With the resumption of face to face classes following the relaxation of the pandemic regulations income from client fees have started to recover but the total for the year of £14,484 (2021 - £5,003) was only just over half of the 2019/20 income (£27,460).

Salary and pension costs have increased by £5,890 and the benefit in 2020/21 of furlough receipts which amounted to £16,299 has been lost.

Restricted grants of £17,322 were received and £14,270 of such grant receipts remain unspent at the year end.

Unrestricted funds decreased by £5,533 in the year.

The challenge in the next 12 month is to strive to get the income of the charity back to pre-pandemic levels.

On Behalf of the Trustees

**I D Lindsay (Chairman)**

26 May 2022

**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 2022 which are set out on pages 5 & 6.

**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

30 June 2022

**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 MARCH 2022**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>2022 Total</b>	<b>2021 Total</b>
<b>Receipts</b>				
Client fees	14,484	-	14,484	5,003
Fund raising activities	461	-	461	577
Donations	7,328	-	7,328	12,593
Grants	-	17,322	17,322	14,216
Staff furlough receipts	-	-	-	16,299
<b>Total receipts</b>	<b>22,273</b>	<b>17,322</b>	<b>39,595</b>	<b>48,688</b>
<b>Payments</b>				
Salaries and pension contributions	23,206	11,721	34,927	29,037
Redundancy payments	-	-	-	2,034
Recruitment costs	470	-	470	-
Hire of halls	280	1,108	1,388	-
Insurance	490	-	490	490
Payroll bureau	554	-	554	1,032
Computer & sundry equipment	429	526	955	254
Website design	1,604	-	1,604	-
Office costs & sundry expenses	773	175	949	1,030
<b>Total payments</b>	<b>27,806</b>	<b>13,530</b>	<b>41,336</b>	<b>33,877</b>
<b>Net receipts / (payments)</b>	<b>(5,533)</b>	<b>3,792</b>	<b>(1,741)</b>	<b>14,811</b>
Bank balance at 31 March 2021	39,701	10,478	50,179	35,368
<b>Bank balance (funds) at 31 March 2022</b>	<b>34,168</b>	<b>14,270</b>	<b>48,438</b>	<b>50,179</b>

The notes on page 6 form part of this account

Approved by the trustees on 26 May 2022 and signed on their behalf by:

## NOTES TO THE ACCOUNTS

## FOR THE YEAR ENDED 31 MARCH 2022

Restricted Funds	Balance 1 April 2021	Grant Received	Payments	Balance 31 Mar 2022
East Cambs District Council	287	-	50	237
Sanctuary Housing Association	990	-	-	990
National Lottery	9,201	-	9,201	-
Cambridgeshire Community Foundation	-	3,917	3,917	-
People's Postcode Lottery	-	13,405	362	13,043
<b>Total</b>	<b>10,478</b>	<b>17,322</b>	<b>13,530</b>	<b>14,270</b>

## Purposes of grants:

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

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

National Lottery – towards costs of restarting face to face sessions. Project now completed.

Cambridgeshire Community Foundation – towards core expenses. Project now completed.

People's Postcode Lottery – towards the cost of re-opening Ely face to face classes for 12 months from 1<sup>st</sup> Jan 2022

## Statement of Assets and Liabilities at 31 March 2022

	2022	2021
Cash funds – HSBC current account	48,438	50,179
Exercise & other equipment (insured value)	42,508	41,270
Liabilities	none	none