

POS+ABILITY

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

**PARTICULARS OF THE CHARITY
FOR THE YEAR ENDED 31 MARCH 2023**

TRUSTEES (who served during year.)

Dr I D Lindsay (Chairman)

Mrs E Cutting (appointed 8 December 2022)

Mrs E Davis (Secretary appointed 8 December 2022)

Mrs M J Harrington (Secretary prior to resignation 8 December 2022)

Mrs B A Howard (resigned 8 December 2022)

Lady A B Paice

Mr R O Setchell (Treasurer)

CHIEF EXECUTIVE OFFICER: Mrs S Bellow

PRINCIPAL BANKERS: HSBC

INDEPENDENT EXAMINER: Mr N Pallister

REGISTERED ADDRESS: 6b Station Road, Ely, Cambs CB7 4BS

CHARITY REGISTRATION NO: 1149783

TRUSTEES' REPORT**FOR THE YEAR ENDED 31 MARCH 2023**

The Trustees present their report and independently examined financial statements for the year ended 31 March 2023.

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

We have had a highly successful year in terms of growth: increasing our range of activities, increasing our client base and collaborating with other agencies, whilst maintaining our ethos and enhancing our reputation in terms of service delivery.

During the year we were able to return to holding sessions at Larkfields Community Centre in Ely, whilst continuing to use the excellent facilities in Histon, Soham and Littleport. We were also able to develop smaller sessions into care homes and another care facility, as well as starting a class on behalf of the University of the Third Age in Chatteris. Consequently, the number of clients attending these venues now comfortably exceeds the numbers prior to lockdown. An ongoing survey of our existing clients is helping shape the way sessions are run.

We have been asked to increase our sessions at Histon, more care homes are asking for sessions and we are collaborating with other organisations to provide services to Peterborough and Cambridge Integrated Care System through their Healthier Futures Fund. In addition, we are planning to start sessions in Fenland District mirroring on our work in East Cambridgeshire, and are about to start Love to Move Sessions, based on the British Gymnastics programme for age and dementia friendly exercise.

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TRUSTEES' REPORT**FOR THE YEAR ENDED 31 MARCH 2023 (CONTINUED)****Review of Activities (continued)**

These changes have placed huge demands on our CEO, instructors, and volunteers, and they have responded magnificently. To meet our ambitions has required additional staff training, huge flexibility on their part, and the need for additional support from volunteers. We have therefore initiated a recruiting campaign for at least one additional trainer as well as additional volunteers.

We are developing our social media presence and continue to attend regular virtual meetings to raise awareness of PosAbility through the Health and Wellbeing Network, the East Cambs Parish and Community Forum and others; as well as having regular face to face meetings with a wide variety of representatives from like-minded organisations. We have increased our trustee numbers, and specific trustees will help support our CEO in the area of fund-raising and support to our volunteers.

All this activity comes with increasing costs, so fundraising for core costs will be our major priority in the next reporting year.

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

The Charity is still recovering from the effects of the pandemic. Client fees increased in the year from £14,484 in 2021/22 to £24,849 but still some way short of the 2019/20 income of £28,984.

With grants and donations the total income for the year was £39,497. This is slightly less than the 2021/22 figure of £39,595 but 2021/22 did include a single (not repeated) grant of £13,405.

Total expenses were £58,380 compared to £41,336 in 2021/22.

Staff salaries and pension costs increased by £11,020 and the trustees thought it only right to re-imburse staff for their travelling costs which amounted to £3,525.

The other major cost increase was in the hire of halls following the increased activities in the year (2023 - £4,886, 2022 - £1,388).

The Trustees are well aware that a loss for the year of £18,883 is not sustainable and major efforts have been made, with much success, to increase the grant income for 2023/24.

On Behalf of the Trustees

I D Lindsay (Chairman)

24 July 2023

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 2023 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.

N Pallister
25 King Edgar Close
Ely
Cambs CB6 1DP

5 Sept 2023

RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds	Restricted Funds	2023 Total	2022 Total
Receipts				
Client fees	24,849	-	24,849	14,484
Fund raising activities	814	-	814	461
Donations	4,509	-	4,509	7,328
Grants	9,325	-	9,325	17,322
Total receipts	39,497	-	39,497	39,595
Payments				
Salaries and pension contributions	35,131	10,816	45,947	34,927
Staff travelling expenses	3,225	300	3,525	-
Staff training	562	-	562	-
Recruitment costs	-	-	-	470
Hire of halls	2,980	1,906	4,886	1,388
Insurance	512	-	512	490
Payroll bureau	735	-	735	554
Equipment	548	-	548	955
Website support / design	209	-	209	1,604
Professional fees	241	-	241	-
Christmas party & cards	490	-	490	-
Office costs & sundry expenses	594	131	725	948
Total payments	45,227	13,153	58,380	41,336
Net (payments)	(5,730)	(13,153)	(18,883)	(1,741)
Bank balance at 31 March 2022	34,168	14,270	48,438	50,179
Bank balance (funds) at 31 March 2023	28,438	1,117	29,555	48,438

The notes on page 6 form part of this account

Approved by the trustees on 24 July 2023 and signed on their behalf by:

I D Lindsay

R O Setchell

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

Restricted Funds	Balance 1 April 2022	Grant Received	Payments	Balance 31 Mar 2023
East Cambs District Council	237	-	110	127
Sanctuary Housing Association	990	-	-	990
People's Postcode Lottery	13,043	-	13,043	-
Total	14,270	-	13,153	1,117

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.

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

Statement of Assets and Liabilities at 31 March 2023

	2023	2022
Cash funds – HSBC current account	29,555	48,438
Exercise & other equipment (insured value)	43,189	42,508
Debtors	1,041	nil
Liabilities	nil	nil