

Charity number 1149783

POS+ABILITY

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

POS+ABILITY**PARTICULARS OF THE CHARITY****FOR THE YEAR ENDED 31 MARCH 2024**

TRUSTEES (who served during year.)

Dr I D Lindsay (Chairman)

Mrs E Cutting (resigned 26 February 2024)

Mrs E Davis (Secretary to 23 April 2024)

Mrs M E Haverson (appointed 3 April 2023)

Ms L F Nangle (appointed 27 February 2024 and secretary from 23 April 2024)

Lady A B Paice

Mr R O Setchell (Treasurer)

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 2024**

The Trustees present their report and independently examined financial statements for the year ended 31 March 2024

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 was handled by the Chief Executive Officer, Mrs S Bellow prior to her resignation in December 2023 since when administration duties have ben redistributed amongst trustees and staff.

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

The last year was one of contrasting parts. The first was one of financial consolidation and the continuing development of a new service for those with dementia, the second was one of reorganization following the retirement of our chief executive officer in December and the redistribution of her activities to the trustees and staff.

We continued to operate the usual number of traditional exercise classes at Histon, Ely, Littleport and Soham, and maintained exercise sessions at two care homes and to the U3A. We were unable to establish a class at Chatteris for various reasons, but mostly on the grounds of costs. Our numbers of clients remained at a satisfactory level, having increased on the levels from before Covid lockdown.

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TRUSTEES' REPORT**FOR THE YEAR ENDED 31 MARCH 2024 (CONTINUED)****Review of Activities (continued)**

A lot of time and effort went into developing Love to Move classes, but the response in terms of numbers of participants was disappointingly low. We will continue to increase our services as requested at Histon and increase the numbers of clients at our other locations where there is room for modest growth.

Our staff and volunteer numbers remained steady but personnel changed, as was the case of the trustees. Socially, we enjoyed a summer drinks party and held a very well attended Christmas lunch. We initiated a review of all our operational procedures to allow transition from an operational model involving a chief executive officer to a flatter organisation with the trustees interfacing directly with staff and sharing the former's roles. We refined our safeguarding procedures, and developed our volunteer procedures and recruitment.

Once the charity is operating as smoothly, effectively, and efficiently as possible we will need to be applying for grants to help with ongoing costs, in addition to traditional fundraising activities. A wheel has turned full circle, but we have wonderful staff, volunteers, and enthusiastic trustees. PosAbility's future looks bright.

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

Client fees continue to improve following the pandemic and this year at £29,048 they moved marginally ahead of the pre-pandemic figure for 2019/20 of £28,984.

With grants and donations the total income for the year was £64,434 – a large increase on the 2022/23 income of £39,497

Total expenses were £61,552 compared to £58,380 in 2022/23. The major expense is staff salaries and travelling costs which were £53,870 but savings are anticipated in 2024/25 following the retirement of the chief executive officer referred to above.

The Trustees are aware that continuing and significant income from grants is essential for the wellbeing of the charity and all possible sources are being pursued.

On Behalf of the Trustees

I D Lindsay (Chairman)

18 June 2024

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2024 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

25 July 2024

RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds	Restricted Funds	2024 Total	2023 Total
Receipts				
Client fees	29,048	-	29,048	24,849
Fund raising activities	483	-	483	814
Donations	7,466	-	7,466	4,509
Grants	26,419	1,018	27,437	9,325
Total receipts	63,416	1,018	64,434	39,497
Payments				
Salaries and pension contributions	49,186	-	49,186	45,947
Staff travelling expenses	4,684	-	4,684	3,525
Staff training	90	-	90	562
Hire of halls	4,273	-	4,273	4,886
Insurance	526	-	526	512
Payroll bureau	785	-	785	735
Equipment	47	1,466	1,513	548
Website support / design	84	-	84	209
Professional fees	30	-	30	241
Christmas party & cards	99	-	99	490
Office costs & sundry expenses	282	-	282	725
Total payments	60,086	1,466	61,552	58,380
Net (payments) / receipts	3,330	(448)	2,882	(18,883)
Transfer between funds	145	(145)	-	-
Bank balance at 31 March 2023	28,438	1,117	29,555	48,438
Bank balance (funds) at 31 March 2024	31,913	524	32,437	29,555

The notes on page 6 form part of this account

Approved by the trustees on 18 June 2024 and signed on their behalf by:

I D Lindsay

R O Setchell

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

Restricted Funds	Balance 1 April 2023	Grant Received	Payments/ Transfers	Balance 31 Mar 2024
East Cambs District Council	127	-	127	-
Sanctuary Housing Association	990	-	990	-
City of Ely Council	-	1,018	494	524
Total	1,117	1,018	1,611	524

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.

City of Ely Council – to cover the cost of particular items of equipment and staff training.

Statement of Assets and Liabilities at 31 March 2024

	2024	2023
Cash funds – HSBC current account	32,437	29,555
Exercise & other equipment (insured value)	25,500	43,189
Debtors	1,434	1,041
Liabilities	188	nil

Workings -not for printing in final accounts:

Debtors

Janet Saunders -invoice 01/03/24 Dec & Feb sessions	56 pd 05/4
Janet Saunders – Invoice 15/04/24 March sessions	24 pd 03/5
Hi Friends – Invoice 02/04/24 Love to move March	235 pd 05/4
Hi Friends – Invoice 02/04/24 March sessions	993 pd 05/4
The Limes – Invoice 05/03/24 march sessions	126 pd 19/4

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Creditors

Cambs County Council	188
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