

FRIDAY MEDIA GROUP FOUNDATION

England & Wales · Charity number 1156362

Details

Status Registered

Legal form CIO

Registered 2014-03-25

Register [View on the Charity Commission register](#)

Contact

Address 24 Kensington Street
Brighton
BN1 4AJ

Phone 01273 837750

Email sam@fmgproject.co.uk

Website fridaymediagroupfoundation.org

Activities

Objects: THE OBJECTS OF THE FOUNDATION ARE TO FURTHER SUCH CHARITABLE PURPOSE OR PURPOSES FOR THE PUBLIC BENEFIT AS THE TRUSTEES SHALL THINK FIT.

Activities: Primarily, the Foundation helps to fund and support the FMG Project- our flagship project which aims to help and empower disadvantaged young people in Brighton and the surrounding areas, through fitness and mindset coaching. We also help to fund and support other projects that make a similar impact.

Classification

- **How:** Makes Grants To Organisations, Provides Buildings/facilities/open Space, Provides Services, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£134,515	£105,513	-	-
2024-01-31	£126,304	£118,474	-	-
2023-01-31	£86,958	£80,417	-	-
2022-01-31	£73,524	£323,526	-	-
2021-01-31	£60,000	£581,628	-	-

Trustees

Name	Role	Appointed
CHRISTOPHER JOHN KIDGER	Chair	2014-02-05
Bruce Warren		2024-10-03
JOEL BENJAMIN KIDGER		2014-02-05
SAM LUKE KIDGER		2014-02-05

FRIDAY MEDIA GROUP FOUNDATION

England & Wales - Charity number 1156362

Accounts

FRIDAY MEDIA GROUP FOUNDATION

Annual Accounts

For the year ended 31 January 2025

FRIDAY MEDIA GROUP FOUNDATION

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FRIDAY MEDIA GROUP FOUNDATION TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2025

SECTION A : REFERENCE AND ADMINISTRATION DETAILS

Charity name: The name of the Charitable Incorporated Organization ("the CIO") is Friday Media Group Foundation.

Registered charity number: 1156362

Charity's principal address: Friday Media Group Foundation, 24 Kensington St, Brighton BN1 4AJ

Names of the charity trustees who manage the CIO:

1. Christopher John Kidger
2. Sam Luke Kidger
3. Joel Benjamin Kidger

Principle Administrator: Sam Luke Kidger

Bankers: Barclays

SECTION B: STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document: Friday Media Group Foundation is constituted as Charitable Incorporated Organization ("the CIO") registered with charity commission on 20/12/2013 under charity number 1156362. It is governed by a constitution of foundation last updated on 09/11/2023.

Organizational Structure: The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else. The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

Any charity trustee may call a meeting of the charity trustees. Subject to that, the charity trustees shall decide how their meetings are to be called, and what notice is required.

The charity trustees may appoint one of their numbers to chair their meetings and may at any time revoke such appointment. If no-one has been so appointed, or if the person appointed is unwilling to preside or is not present within 30 minutes after the time of the meeting, the charity trustees present may appoint one of their number to chair that meeting. No decision shall be taken at a meeting unless a quorum is present at the time when the decision is taken.

The quorum is two charity trustees, or the number nearest to one third of the total number of charity trustees, whichever is greater, or such larger number as the charity trustees may decide from time to time. A charity trustee shall not be counted in the quorum present when any decision is made about a matter upon which he or she is not entitled to vote. Questions arising at a meeting shall be decided by a majority of those eligible to vote. In the case of an equality of votes, the person who chairs the meeting shall have a second or casting vote.

Recruitment and Selection of Trustees: Apart from the first charity trustees, every trustee must be appointed for a term of between three and five years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Every charity trustee must be a natural person. No individual may be appointed as a charity trustee of the CIO:

- (a) If he or she is under the age of 16 years; or
- (b) If he or she would automatically cease to hold office under the provisions of clause

No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee. At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees or appoint a new charity trustee.

Section C: Objectives and activities

Objects: The objects of the CIO are set out in the charity constitution and summarised as follow: The Friday Media Group Foundation now has a primary continuous project, the FMG Project, that the majority of its funds are used to support and maintain. The project aims to support and empower young people who face barriers to participation in sport and exercise, through fitness and mindset coaching.

Summary of the main activities undertaken:

68 young people aged 14-18 took part in one of our gym-based coaching programmes this year, with 93% of these young people experiencing at least one major barrier to participation in sport and exercise. This included our new alternative provision programme, where 11 young people completed a course with us, averaging over 80% attendance- this is particularly impressive considering the fact that many of these young people do not attend or struggle to engage with mainstream school.

Of our previous programme completers, five of our young people completed a Level 2 Gym Instructor qualification, meaning that they can go on to get work in a gym in the future. These courses are paid for by FMG Project and hosted in our gym so that the young people feel comfortable and able to succeed. We are now working with three of these young people to support their development further through shadowing and work experience in our gym.

Our hope is that they can eventually become paid coaches at FMG Project, thus creating a cycle of development for young people who enter the gym and participate in our programmes.

We also launched some new post-programme sessions, so that programme completers can continue to grow and develop once the programmes have finished. We now run weekly boxing, calisthenics, strength and conditioning and open gym sessions which are all free to the young people who complete one of our programmes. We have seen good uptake in these sessions and hope to see more young people accessing these sessions into 2025.

Outside of our youth programmes, we have continued to grow and develop our free social run club for the local community. This has massively increased in numbers and we now have around 20-30 people attending each week. This helps to increase the number of people who hear about our work, gives us access to volunteers and also enables us to increase our fundraising through events like the Brighton Marathon, where regular runners will raise money for FMG Project.

SECTION D: Achievements and performance:

We are focused on using the power of sport and fitness to help children and young people on their pathway to success. We believe that everyone deserves a fair chance to succeed in life. Our programmes give youth an opportunity to participate in sports, receive mentoring and improve physical wellbeing. We understand the power physical activity and sport can have on people's health and the vibrancy of their communities.

Here are our achievements as of 31 Jan 2025

- Ran 9 gym-based coaching programmes and for 68 local young people with barriers to participation in sport and exercise
- Received fantastic feedback from young people, parents and referrers
- Developed a wide referral network and built relationships with local organisations who work with local young people
- Continued to grow our free run club for the local community and fitness classes for adults, helping to raise funds and awareness for the charity
- Hired a new member of staff to help us develop our community engagement
- Grew financially to be able to invest in our young people to give them qualifications and provide them with work experience and extra free gym sessions

SECTION E: Financial review

Brief statement of the charity's policy on reserves: FMG Foundation currently has approximately £212,472 in reserve. We aim to keep these funds available should there be another project that we want to invest in in the future. Our main financial aim this year has been to develop our income streams, so that we can become financially stable, without the need for input from our parent company, Friday Media Group.

Our current revenue stream, primarily derived from gym hire and space rent, along with additional session income, is now substantial. This financial influx will be pivotal in shaping our future financial strategy.


We plan to allocate these funds strategically to support upcoming projects aimed at enhancing our facilities and services. By investing in improvements and new initiatives, we seek to elevate and enhance our impact on the young people that we work with, thereby ensuring the long-term growth and success of our organization.


Section F: Other optional information (If any)

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature 
Full Name JOEL KIDGE
Position TRUSTEE FMG
Date 17/11/2025

Signature 
Full Name SAM KIDGE
Position Trustee
Date 17/11/2025

FRIDAY MEDIA FOUNDATION		No (if any)	
Receipts and payments accounts			
For the period from	1/2/2024	To	31/1/2025

1156362


Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	12,083	-	-	12,083	8,063
Fund Raising	100	-	-	100	9,090
Gym Rental & sessions	67,772	-	-	67,772	36,957
Rental income	49,110	-	-	49,110	50,800
Festival Income	3,106	-	-	3,106	18,520
Sales - Shirts & Drinks	2,219	-	-	2,219	2,874
Insurance Claim	125	-	-	125	-
Sub total (Gross income for AR)	134,515	-	-	134,515	126,303
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	134,515	-	-	134,515	126,303
A3 Payments					
Legal and Professional	16,517	-	-	16,517	8,326
Insurance	2,265	-	-	2,265	1,219
Bank Charges	24	-	-	24	162
Repairs & Renewal	1,366	-	-	1,366	3,268
Light & Heat	7,373	-	-	7,373	14,559
Cleaning	285	-	-	285	1,843
Promotion cost	173	-	-	173	464
Wages	63,662	-	-	63,662	60,729
Software licensing	1,305	-	-	1,305	2,466
Cost of Sales - Shirts & Drinks	244	-	-	244	3,620
Rent and Rates	400	-	-	400	720
Recruitment & Training cost	1,412	-	-	1,412	1,585
Employee Welfare	7	-	-	7	643
Youth Training	4,100	-	-	4,100	-
Festival Expense	480	-	-	480	16,628
Others	5,900	-	-	5,900	1,728
Sub total	105,513	-	-	105,513	117,960
A4 Asset and investment purchases, (see table)					
Furniture & fixture	-	-	-	-	160
Machinery & other equipment	-	-	-	-	354
Sub total	-	-	-	-	514
Total payments	105,513	-	-	105,513	118,474
Net of receipts/(payments)	29,002	-	-	29,002	7,829
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	183,470	-	-	183,470	175,641
Cash funds this year end	212,472	-	-	212,472	183,470

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	212,472	-	-
	Total cash funds <small>account(s)</small>	212,472	-	-
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	N/A		-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	N/A		-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	JOCC MUDGA	17/11/2025

Independent examiner's report to the charity trustees of Friday Media Group Foundation

I report on the accounts of the Trust for the year ended 31 January 2025, which are set out on pages 3 to 4.

Respective responsibilities of charity trustees and examiner

The charity's 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.

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 report

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

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act and

- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met;

or

2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached

Signed:



Name:

ABID ASHRAF

Professional qualification: Fellow of Chartered Certified Accountant (FCCA)

Address:

4 Greenacres, Furnace Green, Crawley RH10 6SH

Date:

30/11/2025

FRIDAY MEDIA GROUP FOUNDATION

England & Wales - Charity number 1156362

Accounts

FRIDAY MEDIA GROUP FOUNDATION

Annual Accounts

For the year ended 31 January 2024

FRIDAY MEDIA GROUP FOUNDATION

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- (a) If he or she is under the age of 16 years; or
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Section C: Objectives and activities

Objects: The objects of the CIO are set out in the charity constitution and summarised as follow: The Friday Media Group Foundation now has a primary continuous project, the FMG Project, that the majority of its funds are used to support and maintain. The project aims to support and empower young people who face barriers to participation in sport and exercise, through fitness and mindset coaching.

Summary of the main activities undertaken: We have now run 3 Academy Programmes off the back of our successful pilot and also created a brand-new programme for 14-16s called the Foundation Programme. These were all free to participants and we worked with 30 young people in total over the course of these programmes. Over 70% of these young people had major barriers to participation in sport and exercise and nearly 80% were not part of a non-school sports club.

We also partnered with a number of local charities and organisations to run sessions for their young people, including a local charity that works with young people to help them get into work and a charity supporting young people with autism and their families. These sessions were all free to participants.

This year, we also set up a free run club for the local community that helps to bring people into the space and hear more about the work that we do, as well as give them a community of local people to run with.

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SECTION D: Achievements and performance:

We are focused on using the power of sport and fitness to help children and young people on their pathway to success. We believe that everyone deserves a fair chance to succeed in life. Our

programmes give youth an opportunity to participate in sports, receive mentoring and improve physical wellbeing. We understand the power physical activity and sport can have on people's health and the vibrancy of their communities.

Here are our achievements as of 31 Jan 2024

- Ran three Academy Programmes and created and ran a new Foundation Programme for 30 local young people with barriers to participation in sport and exercise
- Received fantastic feedback from young people, parents and referrers
- Developed a wide referral network and built relationships with local organisations who work with local young people
- Started a run club for the local community and fitness classes for adults, helping to raise funds and awareness for the charity
- Hired a member of staff to help us develop our community engagement
- Became financially stable, with new incoming funds from PTs hiring the space and developing new ways of generating income

SECTION E: Financial review

Brief statement of the charity's policy on reserves: FMG Foundation currently has approximately £175,000 in reserve. We aim to keep these funds available should there be another project that we want to invest in in the future. Our main financial aim this year has been to develop our income streams, so that we can become financially stable, without the need for input from our parent company, Friday Media Group.

We are now in a position where this is the case, as the regular £5000 monthly donations from FMG have ceased, but we have maintained our reserves over the course of the year. New income streams from our adult fitness classes, more PTs using the space, fundraising and grants and other groups making use of our facilities have helped us to continue to grow and hire another part-time member of staff.

Section F: Other optional information (If any)

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature



Full Name

JOEL KIDGER

Position

MD & TRUSTEE

Date

13/11/2024

Signature



Full Name

SAM KIDGER

Position

CEO FMC & Trustee

Date

13/11/2024

FRIDAY MEDIA FOUNDATION		No (if any)	
Receipts and payments accounts			
For the period from	1/2/2023	To	31/1/2024
			1156362

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	8,063	-	-	8,063	16,634
Fund Raising	9,090	-	-	9,090	11,062
Festival Income	18,520	-	-	18,520	-
Gym Rental & sessions	36,957	-	-	36,957	20,683
Rental income	50,800	-	-	50,800	35,573
Sales - Shirts & Drinks	2,874	-	-	2,874	267
Insurance Claim	-	-	-	-	2,740
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	126,303	-	-	126,303	86,958

A2 Asset and investment sales, (see table).

	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	126,303	-	-	126,303	86,958

A3 Payments

Accounting fee	-				1,350
Legal and Professional	8,326	-	-	8,326	6,740
Insurance	1,219	-	-	1,219	1,129

Bank Charges	162	-	-	162	108
Repairs & Renewal	3,268	-	-	3,268	1,973
Light & Heat	14,559	-	-	14,559	5,891
Cleaning	1,843	-	-	1,843	1,262
Promotion cost	464	-	-	464	1,238
Wages	60,729	-	-	60,729	49,625
Commission paid	-	-	-	-	1,589
Software licensing	2,466	-	-	2,466	610
Cost of Sales - Shirts & Drinks	3,620	-	-	3,620	1,356
Rent and Rates	720	-	-	720	1,173
Recruitment & Training cost	1,585	-	-	1,585	317
Employee Welfare	643	-	-	643	-
Festival Expense	16,628	-	-	16,628	-
Others	1,728	-	-	1,728	1,739
Sub total	117,960	-	-	117,960	76,100

A4 Asset and investment purchases, (see table)					
The Basement Property	-	-	-	-	3,312
FMG Foundation property	-	-	-	-	-
Furniture & fixture	160	-	-	160	132
Machinery & other equipment	354	-	-	354	-
Gym Equipment	-	-	-	-	873
Sub total	514	-	-	514.00	4,317
Total payments	118,474	-	-	118,474	80,417
Net of receipts/(payments)	7,829	-	-	7,829	6,541
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	175,641	-	-	175,641	169,100
Cash funds this year end	183,470	-	-	183,470	175,641

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Cash at bank	183,470	-	-	
		-	-	-	
		-	-	-	
	Total cash funds	183,470	-	-	
	(agree balances with receipts and payments account(s))				
		OK	OK	OK	
	Unrestricted funds to nearest £				
	Restricted funds to nearest £				
	Endowment funds to nearest £				
	-				
B2 Other monetary assets		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
B3 Investment assets		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
Details					
N/A					
Fund to which asset belongs					
Cost (optional)					
Current value (optional)					
-					
-					
-					
-					
-					

Independent examiner's report to the charity trustees of Friday Media Group Foundation

I report on the accounts of the Trust for the year ended 31 January 2024, which are set out on pages 3 to 4.

Respective responsibilities of charity trustees and examiner

The charity's 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.

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 report

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

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act and

- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met;

or

2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached

Signed: 

Name: ABID ASHRAF

Professional qualification: Fellow of Chartered Certified Accountant (FCCA)

Address: Suite 9, Kelvin House, Kelvin Way, Crawley RH10 9WE

Date: 09/11/2024

FRIDAY MEDIA GROUP FOUNDATION

England & Wales - Charity number 1156362

Accounts

FRIDAY MEDIA GROUP FOUNDATION

Annual Accounts

For the year ended 31 January 2022

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- to state whether particular matters have come to my attention

Basis of independent examiner's report

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

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act and

- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met;

or

2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached

Signed:



Name:

ABID ASHRAF

Professional qualification: Fellow of Chartered Certified Accountant (FCCA)

Address:

Suite 9, Kelvin House, Kelvin Way, Crawley RH10 9WE

Date:

29/07/2022

FRIDAY MEDIA FOUNDATION				1156362
Receipts and payments accounts				
For the period from	01/02/2021	To	31/01/2022	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	60,000	-	-	60,000	60,000
Fund Raising	5,968	-	-	5,968	-
Gym Rental & sessions	2,556	-	-	2,556	-
Rental income	5,000	-	-	5,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	73,524	-	-	73,524	60,000
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	73,524	-	-	73,524	60,000
A3 Payments					
Donations paid	934	-	-	934	216
Accounting fee	550	-	-	550	600
Legal and Professional	6,492	-	-	6,492	-
Insurance	944	-	-	944	-
Bank Charges	58	-	-	58	86
Gym Rental	-	-	-	-	1,206
Light & Heat	816	-	-	816	-
Cleaning	844	-	-	844	-
Promotion cost	1,298	-	-	1,298	-
Wages	12,458	-	-	12,458	-
Commission paid	1,589	-	-	1,589	-
Software licensing	156	-	-	156	-
Others	5,295	-	-	5,295	-
Sub total	31,434	-	-	31,434	2,108
A4 Asset and investment purchases, (see table)					
The Basement Property	12,712	-	-	12,712	564,350
FMG Foundation property	235,877	-	-	235,877	-
Furniture & fixture	4,852	-	-	4,852	-
Machinery & other equipment	8,681	-	-	8,681	-
Gym Equipment	29,970	-	-	29,970	15,170
Sub total	292,092	-	-	292,092.15	579,520
Total payments	323,526	-	-	323,526	581,628
Net of receipts/(payments)	- 250,002	-	-	- 250,002	- 521,628
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	419,102	-	-	419,102	940,730
Cash funds this year end	169,100	-	-	169,100	419,102

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	169,100	-	-
		-	-	-
		-	-	-
	Total cash funds	169,100	-	-
(agree balances with receipts and payments account(s))				

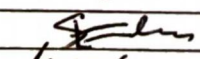
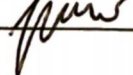
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	SAMA MIDGEA	10/08/22
	JOEL MIDGEA	10/07/22

FRIDAY MEDIA GROUP FOUNDATION TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2022

SECTION A : REFERENCE AND ADMINISTRATION DETAILS

Charity name: The name of the Charitable Incorporated Organization ("the CIO") is Friday Media Group Foundation.

Registered charity number: 1156362

Charity's principal address: Friday Media Group Foundation, 24 Kensington St, Brighton BN1 4AJ

Names of the charity trustees who manage the CIO:

1. Christopher John Kidger
2. Sam Luke Kidger
3. Joel Benjamin Kidger

Principle Administrator: Sam Luke Kidger

Bankers: Barclays

SECTION B: STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document: Friday Media Group Foundation is constituted as Charitable Incorporated Organization ("the CIO") registered with charity commission on 20/12/2013 under charity number 1156362. It is governed by a constitution of foundation last updated on 20/12/2013

Organizational Structure: The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else. The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

Any charity trustee may call a meeting of the charity trustees. Subject to that, the charity trustees shall decide how their meetings are to be called, and what notice is required.

The charity trustees may appoint one of their numbers to chair their meetings and may at any time revoke such appointment. If no-one has been so appointed, or if the person appointed is unwilling to preside or is not present within 30 minutes after the time of the meeting, the charity trustees present may appoint one of their number to chair that meeting. No decision shall be taken at a meeting unless a quorum is present at the time when the decision is taken.

The quorum is two charity trustees, or the number nearest to one third of the total number of charity trustees, whichever is greater, or such larger number as the charity trustees may decide from time to time. A charity trustee shall not be counted in the quorum present when any decision is made about a matter upon which he or she is not entitled to vote. Questions arising at a meeting shall be decided by a majority of those eligible to vote. In the case of an equality of votes, the person who chairs the meeting shall have a second or casting vote.

Recruitment and Selection of Trustees: Apart from the first charity trustees, every trustee must be appointed for a term of between three and five years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Every charity trustee must be a natural person. No individual may be appointed as a charity trustee of the CIO:

- (a) If he or she is under the age of 16 years; or
- (b) If he or she would automatically cease to hold office under the provisions of clause

No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee. At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees or appoint a new charity trustee.

Section C: Objectives and activities

Objects: The objects of the CIO are set out in the charity constitution and summarized as follows: The objects of the CIO are to further such charitable purpose or purposes for the public benefit as the charity trustees shall think fit

Summary of the main activities undertaken: A new building was purchased and kitted out with gym equipment to provide a base for our new charity project- 'FMG Project', with the aim of supporting and empowering young people through fitness. Created and run our first ever Academy Programme, with plans to develop this into 2022.

SECTION D: Achievements and performance:

We are focused on using the power of sport to help children and youth on their pathway to success. We believe that everyone deserves a fair chance to succeed in the life. Our programs gives youth an opportunity to participate in sports, receive mentoring and improve physical wellbeing. We understand the power physical activity and sport can have on people's health and the vibrancy of their communities.

Here are our achievements as of 31 Jan 2022

- Purchasing and setting up a state-of-the-art gym facility in central Brighton as a base for the FMG Project
- Hired a Project Manager to help set up and run the charity work and manage the facility

- Created an empowering program to support and empower disadvantaged young people in the local area
- Running our first Academy Programme, putting 9 local young people through it with fantastic feedback from participants and parents
- Connecting with local charities, organisations, and governing bodies to provide a space for more young people to thrive through fitness
- Beginning to rent out the space to personal trainers and other groups to provide income for the charity work that we do

SECTION E: Financial review

Brief statement of the charity's policy on reserves: FMG Foundation currently has approximately £170,000 in reserve. This last year we invested significant funds in expanding our facilities by purchasing an adjacent property to expand our FMG project gym facilities. 20 Kensington Street was purchased for £232,500 and is now kitted out as an FMG project gym studio. We have invested further significant funds, of approximately £30,000 on additional gym equipment, new flooring, and improvements to the FMG project facilities.

The venue known as The Basement in Brighton is the home of the FMG Project. Over the last year, the space has been transformed into a gym and community hub, where we now run our own programs and rent the space out to other groups, charities, and businesses to generate funds. We know the power of sport and fitness and how it can change lives and so we provide opportunities for local, under-privileged young people to learn, grow and achieve through fitness-based coaching programs in our state-of-the-art gym facility.


The FMG project and facility have now developed to a level where it is generating funds through renting out space, putting on classes for other groups and organisations, and sports grants for our charitable activities. Friday Media Group has continued to donate £5000 a month during the whole of 2021, with the goal of the charity becoming self-sufficient in 2022.


Section F: Other optional information (If any)

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature 
 Full Name SAM KIDGER
 Position PRINCIPLE TRUSTEE
 Date 10/08/2022

Signature 
 Full Name JOEL KIDGER
 Position TRUSTEE
 Date 10/08/2022

FRIDAY MEDIA GROUP FOUNDATION

England & Wales - Charity number 1156362

Accounts

FRIDAY MEDIA GROUP FOUNDATION

Annual Accounts

For the year ended 31 January 2021

FRIDAY MEDIA GROUP FOUNDATION

Contents	Page Number
Independent Examiner's Report	1 - 2
Receipt and Payment Account	3
Statement of Assets and Liabilities	4
Trustees Annual Report	5 - 7

Independent examiner's report to the charity trustees of Friday Media Group Foundation

I report on the accounts of the Trust for the year ended 31 January 2021, which are set out on pages 3 to 4.

Respective responsibilities of charity trustees and examiner

The charity's 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.

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 report

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

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act;

and

- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Name:

ABID ASHRAF

Professional qualification: Fellow of Chartered Certified Accountant (FCCA)

Address:

Suite 9, Kelvin House, Kelvin Way, Crawley RH10 9WE

Date:

12/02/2022

FRIDAY MEDIA FOUNDATION


Receipts and payments accounts

1156362

For the period from	01/02/2020	To	31/01/2021
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	60,000	-	-	60,000	55,000
Transfer CAF Charity Aid Foundation	-	-	-	-	597,376
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	60,000	-	-	60,000	652,376
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	60,000	-	-	60,000	652,376
A3 Payments					
Donations paid	216	-	-	216	198
Accounting fee	600	-	-	600	450
Fundraising cost	-	-	-	-	10
Others	-	-	-	-	3
Bank Commissions	86	-	-	86	-
Gym Rental	1,206	-	-	1,206	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,108	-	-	2,108	655
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Gym Equipment	15,170	-	-	-	-
The Basement Property	564,350	-	-	564,350	-
Sub total	579,520	-	-	579,520.02	-
Total payments	581,628	-	-	581,628	655
Net of receipts/(payments)	- 521,628	-	-	- 521,628	651,721
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 521,628	-	-	- 521,628	651,721


JOE KIGGER


SAM KIGGER

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	419,102	-	-
		-	-	-
		-	-	-
	Total cash funds	419,102	-	-

(agree balances with receipts and payments account(s))

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

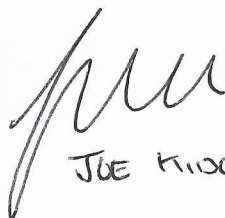
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

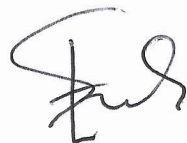
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval


 JOE KIDGER


 SAM KIDGER

FRIDAY MEDIA GROUP FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 JANUARY 2021

SECTION A : REFERENCE AND ADMINISTRATION DETAILS

Charity name: The name of the Charitable Incorporated Organization ("the CIO") is Friday Media Group Foundation.

Registered charity number:1156362

Charity's principal address: Friday Media Group Foundation, 80 East St, Brighton BN1 1NF

Names of the charity trustees who manage the CIO:

1. Christopher John Kidger
2. Sam Luke Kidger
3. Joel Benjamin Kidger

Principle Administrator: Sam Luke Kidger

Bankers: Barclays

SECTION B: STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document: Friday Media Group Foundation is constituted as Charitable Incorporated Organization ("the CIO") registered with charity commission on 20/12/2013 under charity number 1156362. It is governed by a constitution of foundation last updated on 20/12/2013

Organizational Structure: The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else. The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

Any charity trustee may call a meeting of the charity trustees. Subject to that, the charity trustees

The objects of the CIO are to further such charitable purpose or purposes for the public benefit as the charity trustees shall think fit

Summary of the main activities undertaken: Primarily trustees wanted to accumulate reasonable funds so that foundation can start towards its core objectives.

SECTION D: Achievements and performance:

Worked towards collecting funds: Researchers going to the project as we wish to achieve.

SECTION E: Financial review

Brief statement of the charity's policy on reserves: Foundation has been building up funds in the past to raise a reasonable amount so that we could start working on our objectives. This year we spent £564,350 on a venue and £15,170 on the Gym Equipment. The venue known as The Basement in Brighton is now the home of the FMG Projects. The space has been transformed into a gym and community hub, where we run our own programmes and rent the space out to other groups, charities, and businesses. We know the power of sport and fitness and how it can change lives, so our aim is to provide opportunities for local young people to learn, grow and achieve through fitness-based coaching programmes in our state-of-the-art gym facility.


Details of any funds materially in deficit:


Section F: Other optional information (If any)

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature 
Full Name SAM LUKE KIDGER
Position CEO FMG TRUSTEE
Date 16/02/2022

Signature 
Full Name JOEL KIDGER
Position TRUSTEE
Date 16/02/2022