

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.

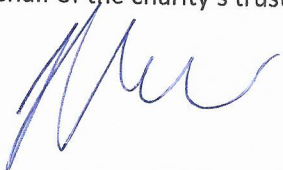
Section F: Other optional information (If any)

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 KIDGER

Position

TRUSTEE FUG

Date

17/11/2025

Signature



Full Name

SAM KIDGER

Position

Trustee

Date

17/11/2025

FRIDAY MEDIA FOUNDATION

No (if any)

Receipts and payments accounts**1156362**For the period
from

1/2/2024

To

31/1/2025


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

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

Signature	Print Name	Date of approval
	JOEC MUDON	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