

BRITISH GYMNASTICS FOUNDATION

England & Wales · Charity number 1157747

Details

Status	Registered
Legal form	Charitable company
Company number	09060595
Registered	2014-07-07
Register	View on the Charity Commission register

Contact

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Activities

Objects: The objects of the Charity are for the public benefit:2.1 to promote community participation in health recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);2.2 to provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, poverty or social or economic circumstance or for disabled people and the public at large in the interests of social welfare and with the object of improving their conditions of life;2.3 to advance the education of children and young people; and2.4 to advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

Activities: Current activities include: gymnastics exercise programme which is both dementia-friendly and age-friendly; hardship grants programme; sports leadership programme for parents interested in a career in sport and living in a deprived area, combined with a pre-school gymnastics course for their children; Gym Challenge in special school; gym day for Chernobyl children.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services
- **What:** Education/training, Disability, Amateur Sport, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Northern Ireland
- Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£365,823	£406,052	-	-
2024-03-31	£293,339	£377,855	-	-
2023-03-31	£372,698	£444,501	-	-
2022-03-31	£311,766	£422,295	-	-
2021-03-31	£392,031	£336,666	-	-

Trustees

Name	Role	Appointed
Alexander Colin Laybourne	Chair	2021-07-16
Andrew Kenneth Dodd		2026-03-03
Anthony Burns Langenegger		2026-01-05
Chisara Nwabara		2021-07-16
Daniel Thomas Booth		2023-09-28
Esther Jane Ashman		2023-03-01
Gary Tolometti		2022-06-28
Jessica Cook		2021-07-16
Louise Fawcett		2018-04-09
Sarah Boissel-Marshall		2025-12-09

Accounts



Report and financial statements
for the year ended 31 March 2025

Transforming lives through gymnastics



Chair's report

On behalf of the Board of Trustees, I am proud to present this Annual Report for the British Gymnastics Foundation, marking the end of our 10th year of operation. The year to 31st March 2025 has been one of celebration, innovation, and impact, as we continue to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need.

This year, we celebrated our 10-year anniversary, and as part of that we highlighted ten life-transforming stories from our programmes. They are just 10 of thousands of stories, but these stories, some of which are shared throughout this report, are a testament to the power of gymnastics to change lives—from supporting older adults with dementia to empowering young people from deprived communities to find employment and purpose.



Within our programmes, Love to Move continues to flourish, supporting older adults with long-term health conditions. Over the past year, we trained 175 new deliverers, reaching an estimated 3,325 new participants. The programme's impact was recognised nationally, including at our first Parliamentary Reception at the House of Commons, where MPs and NHS representatives heard firsthand how Love to Move is improving health and wellbeing across the UK. We bid farewell to an inspirational deliverer this year— Jane Thomas—whose dedication has helped shape the programme. Her legacy lives on in the thousands of lives she has touched, and we extend our uttermost gratitude to her.

Our Hardship Grants remain a vital lifeline for gymnasts in crisis, and it was fantastic to be able to open the grants back up this financial year. We awarded 97 grants totalling £21,654, with over 60% going to gymnasts in the UK's most deprived areas. We also distributed gymnastics kit to over 75 individuals thanks to the generosity of Milano Pro Sport. Stories like those of Abigail Martin, who represented Team GB at the Paris 2024 Olympics, and Isla, whose family was supported during a time of crisis, illustrate the profound impact of this programme, and you can read more about those further into the report. It is not just the financial grants that make an impact, we have Inspirational Experiences which have provided moments of joy and motivation to children facing hardship - from VIP experiences at the British Championships to personal visits with elite athletes, these opportunities help young gymnasts believe in their dreams and feel supported by the wider gymnastics community.

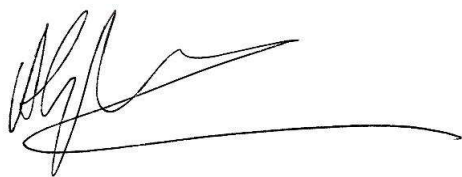
Limitless, our leadership and employability programme, ran its second cohort in July 2024, supported by the Hiscox Foundation and the FIG World Trampoline Championships legacy project. The cohort included individuals from diverse and disadvantaged backgrounds, and 9 out of 10 participants are now in coaching roles, reaching over 1,100 children weekly, demonstrating the transformative power of sport-based mentoring and training. I must extend a particular thank you to Jo Cato for the work she did to ensure this programme ran so successfully. And finally, I'm IN, our newest programme, began piloting inclusive gymnastics sessions in special schools. Early feedback has been overwhelmingly positive, with 100% of pupils reporting increased happiness and engagement. We are excited to expand this initiative in the coming year and look forward to seeing the impact it can have.

On the Governance side, we were sad to see Laura Salt leave us as an Independent Trustee, her contributions to the Board were highly valued and she will be an asset to her next appointment, where we wish her well. Coming into the Board room is Natasha Hill, who has joined as a Board Apprentice through the UK Board Apprentice Scheme.

As I wrap up and allow you to enjoy the Annual Report in full, I would like to say to our partners, funders, volunteers, and the wider gymnastics community—thank you. We are extremely grateful to everyone who support the British Gymnastics Foundation, through both funding and direct activity in delivering projects. This of course extends all the way to British Gymnastics and their CEO, Sarah Powell, who's support is invaluable to us. Without our partners and funders, our impact in helping those groups who can benefit from gymnastics would be severely reduced.

Looking ahead, as we enter our second decade, we remain committed to our mission and values: Caring, Inclusive, Ambitious, Collaborative, and Trustworthy. We will continue to innovate, expand our reach, and advocate for the power of gymnastics to transform lives.

Finally, I extend heartfelt thanks to our Executive Team, led by Patrick Bonner, whose passion and dedication drive everything we do.

A handwritten signature in black ink, appearing to read 'Alex Laybourne', with a long horizontal flourish extending to the right.

Alex Laybourne
Chair of British Gymnastics Foundation

Report of the trustees for the year ended 31 March 2025

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2025. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, poverty or social or economic circumstance or for disabled people and the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: "... **to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need**", and the values of the Charity are: **Caring, Inclusive, Ambitious, Collaborative and Trustworthy**.

Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.

Activities, Achievements and Operations

Charitable Programmes

We were thrilled this year to celebrate the 10th anniversary of the British Gymnastics Foundation. Since our launch in 2014, we have been committed to using gymnastics to benefit the lives of those who need it most. Over the years, we have witnessed firsthand the transformative power of gymnastics, reaching far beyond our initial expectations and touching the lives of people at various stages of life.

At the core of our mission is the belief that every individual we support is capable of achieving amazing things. We are dedicated to standing by their side for as long as they need us, whether it's helping them secure their first job in sports, assisting those living with dementia to rejoin their communities, or supporting families in crisis to keep their children in gymnastics.

This year, as part of our 10-year anniversary, we celebrated 10 stories of life-transforming impact which our charitable programmes have created. Some of these stories are outlined throughout this annual report.

Our 10th Anniversary Logo



LOVE TO MOVE

The Love to Move programme has a proven track record of supporting older adults with long-term health conditions and disabilities. The benefits and changes people are noticing range from improved physical movement and general mobility, to improved self-esteem, motivation to take part in more activities, and increased ability to independently carry out every-day tasks such as dressing, feeding themselves and walking steadily. One of the most commonly cited improvements for those living with dementia, after taking part in Love to Move sessions, is an improvement in engagement with others, increased socialising, and often we hear of people remembering their loved ones and re-engaging in life and with the people around them. Totally life changing!



This year we set out to help thousands more participants to access the Love to Move programme from all communities across the country regardless of how far advanced their condition, or where they lived.



Below are the key changes we set out to make:

From	To
Sedentary lifestyle	Regular movement and confidence to take part
Cognitive and physical decline	Improved function and independence
Isolation, depression, anxiety and withdrawal from community life	Better connected, engaged in physical activity within a supportive community, re-gained self-worth and purpose
Love to Move sessions available in pockets around the country; mainly White British participants	Love to Move sessions readily available for all older people across the country, including ethnically diverse communities

Evidence of change

In a survey conducted in February 2025 we received 75 data sets from Love to Move participants. This was a good return for this demographic as it has been difficult over the years to deal with capacity to consent issues. The overwhelming majority of participants were over 75 years old.



Based on surveys of Love to Move deliverers, we know that the average number of participants they deliver to each week currently fluctuates between 19 and 21 participants. From this we can aggregate the number of new participants during the period based on the number of new deliverers

Over the **12 month period to 31st March 2025** we have **trained 175 new Love to Move deliverers** who are likely delivering to an average of 19 participants per deliverer: a total of **3,325 new older people living with long-term health conditions including dementia and Parkinson's**. The majority of these participants were previously inactive.

The surveys also gave us verbatim comments from participants and carers.

As a result of attending Love to Move sessions, they said they:

Talked to more people; Had more energy; Can walk or stand better; Can move hands better; Can do things I couldn't do before; Made new friends; Can remember more; Feel psychologically better.

Further participant quotes:

it gives me a sense of
community and
enables me to have a
conversation



much better in myself
both physically and
mentally

makes me feel
happy and we all
laugh



given me more
confidence with
other people
outside the family

feel happier,
fitter and laugh

energised, happy,
more positive

better physically and
mentally

Love to Move at Trimley St Martin, Felixstowe

Laura Lopez at ActivLives started up a new Love to Move session in Trimley St Martin, Felixstowe, and the session is already a resounding success. Laura completed her Love to Move training in September 2024 and went on to pass her assessment in record time. Her training was funded through a grant received by the British Gymnastics Foundation from Suffolk Community Foundation. Laura was already running several community sessions for ActivLives but Love to Move has offered her the opportunity to add this uniquely different session to her repertoire and she is loving it.

“It’s such a rewarding and positive session to deliver. You can see the benefits it brings, not just for participants living with various conditions but the carers get just as much out of it. It is one of my favourite sessions to deliver. It has huge potential for local communities”.



The picture to the left is of Laura with John and Doreen who are regular attendees at the Trimley St Martin session. John has run the London marathon 6 times with his fastest time being an incredible 2 hours 57 minutes. John had a dense stroke in June 2023 and has had a long road to recovery but is now seeing real benefits since starting Love to Move. One of their favourite parts of the session is the alphabet topic. When they get home after a session, they always go through the topic again (sometimes for hours!!) with pen and paper writing a list and coming up with lots more answers.

Doreen said ***“I love it. It gets you going. It makes you think for yourself, not just follow. I’m getting my husband back bit by bit. He is gaining more movement and strength in the side effected by his stroke. It’s not just me who notices it but other people too”.***



Sue, pictured here with Laura, is a full-time carer for her husband who suffers from acute anxiety and depression, and they have been coming to the session since it started. ***“It has helped me as a carer and done a lot for my husband’s mental health and wellbeing. After a session you feel really good. This is the only activity that my husband will come to where he can be with other people.”***

The Trimley St Martin session is run weekly, and participants enjoy a well-deserved cup of tea and biscuit and a chat afterwards. Having seen its success, Laura is keen to develop more Love to Move sessions and the British Gymnastics Foundation is currently liaising with ActivLives and Active Suffolk to look at how we might be able to bring more Love to Move sessions to Suffolk.

Love to Move at West Bergholt – with Right at Home

Love to Move is an age and dementia friendly seated exercise programme developed by the British Gymnastics Foundation.

As part of an East of England Coop Community Cares Fund grant, the Foundation have been working in Essex to make Love to Move accessible for the people of Essex. Sally-Ann Hattingh from Colchester

trained to deliver Love to Move in 2024 and has already got a fantastic session up and running in West Bergholt. Right at Home clients access the community sessions. Gina Emmins, Registered Manager at Right at Home, Colchester & District told us:



‘Love to Move has been a lifeline for many of our clients and the local community. Not only have they had the chance to get out of their house and meet new people, they have also had the chance to learn simple movements which many of them have put into their daily routines at home. Love to Move is so much more than seated exercise, it brings people together as a community and really does improve wellness all round. We quickly moved from monthly to weekly sessions. We have one client who comes twice a week to them as she enjoys them so much. Each week it’s amazing to see the attendees remembering more of the routines or being able to move that little bit more freely. One family member said: “I also

wanted to say what wonderful work you are doing it really has made a difference to mums’ life”. Her mum lives with Parkinson’s and visits twice a month to the group.’

“

A big impact, we love going to these events every one of them has been fantastic.

— Ron and Pat

“

It made me aware that even though I’m sitting here in my armchair all day most days I can do some exercises. I have been trying to do them most mornings. I can’t remember them all but I have a good go.

— Elizabeth

“

Nice to get out and meet people and have a chat. I got to meet people ... I would recommend to anyone.

— June

“

It allowed me to interact with other people or else I would’ve been spending the day at home probably on my own until the caregivers come to visit me...the lady running it was very very good. She made me feel very welcome and at ease.

— David

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A Parliamentary Reception for Love to Move



On Wednesday 11th September 2024, in partnership with British Gymnastics, we hosted our first Parliamentary Reception at the House of Commons, celebrating the our Charity's 10th anniversary. The event highlighted the significant positive impact that gymnastics has on individuals, communities, and society, with a special focus on Love to Move, our age and dementia-friendly seated gymnastics programme.

The milestone event came following the launch of British Gymnastics' Leap Without Limits Strategy - A vision to create an uplifting, inclusive experience for all through sport. Central to this vision is the work of our Charity, which continues to transform lives through our innovative programmes.

The event highlighted how sport can change lives, shape communities and help take pressure off the NHS by improving health and wellbeing, with British Gymnastics Foundation Love to Move deliverers sharing personal stories demonstrating how the Love to Move programme can help people to age well and even regain functions they thought they had lost.



Among the speakers at the event were representatives from Barnsley Primary Care Network (NHS) highlighting how Love to Move is benefitting their health and social care system where they are running sessions in 29 care homes already.

Collectively, the sport and physical activity sector already saves the NHS £9.5bn every year by preventing illness, and in total generates £85bn annually in economic and social value. However, the impact of the sector and the value generated could be far greater. The potential is huge.

The event fostered productive discussions between MPs, key stakeholders, and members of the gymnastics community, highlighting the programme's potential.



“

The British Gymnastics Foundation Love to Move Programme is doing fantastic work transforming the lives of people with dementia, Parkinson's disease, and other cognitive impairments.

"We want everyone to have the chance to get active for all the positive physical, mental and social benefits it brings. Love to Move is an excellent example of how sport can help kickstart our mission to address some of the country's biggest health challenges.

Stephanie Peacock
Sports Minister

”

“

The British Gymnastics Foundation Love to Move programme is an excellent example of how anyone, regardless of age or ability, can stay active. It was heartwarming to hear how even simple chair-based activities can help people with dementia transform their lives. I am pleased that the Foundation plans to expand the programme to reach more people nationwide.

Louie French
Shadow Sports Minister

”

“

It was such an honour for our Foundation to be recognised in this Parliamentary reception for its successes in transforming lives through gymnastics, and was fantastic to see so many MPs make pledges of support to raise awareness of the benefits of Love to Move and to champion the programme as part of their constituency's local Health and Adult Social Care strategy.

I hope this event is the catalyst to grow Love to Move in more areas of the UK, so that everyone who needs it, can access it.

Patrick Bonner

Managing Director of the British Gymnastics Foundation

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HARDSHIP GRANTS



To date, since 2014, we are extremely proud to have supported 1,286 individuals in the Hardship Grants Programme, spending a total of £420,573.

Our December 2024 Hardship Grants round had 169 complete applications with a total application value of £71,609. We held 4 review panels to assess applications and the final awarding stats are:

- 97 individual Hardship Grants were awarded with a total value of £21,654
- Average award per individual was £223.
- Over 60% of the awards were given to gymnasts living in the most deprived areas (by IMD – Indices of Multiple Deprivation)
- The funded gymnasts were across all gymnastics disciplines
- 34 funded gymnasts were recreational / Gymnastics for All gymnasts

Next year, we are looking forward to awarding even more funding to British Gymnastics members in crisis, as we will be receiving a £10,000 grant in April 2025 to support Pathway Performance gymnasts in England.

In addition to providing Hardship Grants this year, we were very proud to help out BG members experiencing significant hardship in other ways, so for the third year running, Milano Pro Sport kindly worked with us and donated leotards, and other gymnastics kit, so that we could provide members in need with items that they could use for their training. By the end of this year, this enabled us to send gymnastics kit out to over 75 hardship grant recipients and other BG members, further easing the cost of participating in gymnastics. We are incredibly thankful to Milano Pro Sport for supporting our members when they need it most.

Success on The Big Stage for our Hardship Grant Recipients

We were thrilled to see Abigail Martin become part of Team GB for the Paris 2024 Olympic Games. Abi was part of the Women's Artistic Squad for the Games, and at just 16 years old, helped the team to a fantastic 4th place in the Women's Artistic Team event. Congratulations Abi!

Abi's Mum, Ellie said:

"At one stage without the support from the Foundation, Abi would've had to stop gymnastics, so I am extremely grateful for the support of the British Gymnastics Foundation. It's enabled Abi to carry on and progress in the sport."



Abigail as part of the Team GB Gymnastics squad at Lilleshall National Sports Centre, just before the Paris 2024 Olympic Games.

Isla: My Story



Natasha, Isla's Mum

"Gymnastics for Isla is her whole World, it's her friendship circles. She just generally loves gymnastics. Everything about it is all she talks about.

We live here in Berwick-upon-Tweed. In the house there's myself, my husband Gary, there is Isla, her younger sister Amelia, who's nine, and big brother Nathan.

Isla goes to DC Gymnastics in Berwick, and she's in the elite tumbling squad. My husband Gary was diagnosed with Alzheimer's just over two years ago. It's changed the whole dynamics of the whole family. Unfortunately, he doesn't interact with the girls the way he used to. He had to give up work just for insurance purposes, he couldn't do joinery anymore. And obviously we went from a two-income family to a one-income family. The knock-on effect has been that I couldn't afford to pay for Isla's gymnastics. When I realised I couldn't afford to pay for the gymnastics anymore, I went to Isla's coaches. They very kindly put in a 50% fund for two months, while they said to me about the hardship grant. I applied for the hardship grant, and then got the full £500 grant, which has been a godsend.



It took a huge weight off my shoulders to be able to know that our gymnastics fees were paid for the next few months. It was tough, it was really tough early days. It was panic mode, and if it hadn't had been for the help and support that we've had from the British Gymnastics Foundation, Isla would possibly have had to either quit gymnastics or reduce her hours, and she wouldn't have been in the squad anymore. Looking at the future for Isla, for me, there's never the pressure of pushing her with her gymnastics. If she's happy, we're happy. She is progressing amazingly.



She has structure. The coaches have been there to support Isla. She's been able to talk to them about her dad or things going on at home, and it's just been great to keep that routine going for her. Gary sometimes comes to the competitions. I find his anxiety now is maybe holding him back a little bit, but if she's got any competitions at home, he will still come to the DC Gymnastics competitions to watch her, and he's really proud.

The hardship grant for us as a family just took that burden away, and I just feel that if there's anybody who was struggling, apply for it. I didn't think I would be successful. With the support of the coaches to help us with my application, it was really easy, and they've just been really supportive and I'm very grateful."

Isla said:

"Gymnastics to me is my passion. I get to meet new people and I get to just enjoy myself. The coaches are really nice, and they're really funny, and I know that I can talk to them about anything. My biggest achievement so far is being able to go to the English qualifiers. My dream in gymnastics in the future is to be able to go to really big competitions."



Supported by



The Limitless programme is going from strength to strength. We continue to focus on areas of social deprivation in the UK and aim to develop and empower people from these communities to raise confidence, improve wellbeing and employability through gymnastics.

From previous recipients of the programme, we know that being involved has helped to develop life skills and confidence, as well as gaining qualifications which support onward employment.

2024 Limitless Cohort

We were grateful for the continued support of the Hiscox Foundation UK this year for our Limitless programme and for the additional support from the FIG World Trampolining Championships and its legacy programme which supported further learners from the West Midlands. We were delighted to recruit another full cohort of 10 learners to the programme.



For this group, the demographic make-up was:

- Age range from 20 to 56 years old.
- 50% are from IMD 1-3 (living in areas of the UK that are in the most deprived 30%)
- 40% declared a disability
- 40% had English as a second language
- 50% from an ethnic minority

As part of the programme, each learner is paired with a Life Mentor to help guide their onward journey over a 12 month period. Four Hiscox staff took part in the Life Mentor training with British Gymnastics. The other 6 mentors were recruited from British Gymnastics and British Gymnastics Foundation staff and most of the mentors came to the in-person launch event at Lilleshall to meet their mentees.

The week at Lilleshall was a great success. Our Tutor, Aisha started the week by creating a safe space for people to speak up and ask questions. – when asked in the ‘end of week’ survey, ‘How do you think this week has changed how you feel about your future?’, answers included, ‘I feel much more positive and able to share ideas and have a voice’, ‘It’s made me so much more confident about my abilities..’, ‘I feel more optimistic’, ‘More confident’.

During the week, all 10 learners completed their Activity Instructors Award and passed their on-course assessment. As well as the course there were some optional extra-curricular activities. One evening ‘Battle Back’, (the Royal British Legion) provided the group with a laser shooting session. The whole group took part and thoroughly enjoyed it. This was a major step forward for some in the group, as they arrived at the start of the week with severe anxiety.



‘...my health has suffered which forced me to give up coaching and severely knocked my confidence, but getting on this course will help me get back some of the confidence and knowledge that I have lost since being away as well as learn something new’

“Thanks to The British Gymnastics Foundation and the Limitless programme I was able to grow in confidence and realise my potential”

“The course was brilliant but exhausting. I felt really supported by the Foundation team while I was at Lilleshall, Aisha was a brilliant tutor”

‘Felt so welcomed and supported. Confidence has increased SO much’

9 out of 10 learners from the class of 2024 are in coaching positions and the 10th learner has recently trained to deliver our Love to Move programme for older adults and is now delivering to asylum seekers in Scotland.

8 months on from joining the Limitless programme, the 2024 learners are reaching a total of 1,182 children per week in a coaching capacity!

It is truly remarkable to see the positive change in the learners throughout their time with us.

We hope to be in a position to continue our support to all the Limitless cohorts to date as well as bringing through another 10-12 learners in 2025.

With thanks to Hiscox Foundation UK for their generous support of the Limitless Programme in 2024 and the FIG World Trampolining Championships which contributed to the 2024 Limitless cohort and supported the West Midlands based learners.

I'm IN – (SPECIAL SCHOOLS & COMMUNITY PROGRAMME)

The 'I'm IN' programme aims to increase the accessibility of gymnastics to young disabled people and to support the integration of these young people from school into their communities. It is hoped that the programme will also lead to opportunities through the Limitless programme into coaching and Leadership for disabled people.

Key to the programme is the co-creation with young disabled people, their parents, teachers and coaches of session plans, music and resources.

This year we started to test and develop exercises and activities in our first step to make Gymnastics accessible to all children attending Special Schools in the UK.

Taking an adapted version of our seated Love to Move programme we ran sessions initially for 13–16-year-olds at Limington House School.

We started with a seated only version of the programme for 45 minutes per session and built it up to an hour after 6 weeks. To begin with, the teachers were concerned that the children would not be able to sit and concentrate for 45 minutes, but the sessions were designed to engage people in many ways and after 6 weeks the children were focussing for the whole hour.

Alexandria has been leading the sessions and said:

“During the sessions we are hoping to achieve inclusion through movement, any child should be able to enjoy the benefits of movement to music through the programme and feel great about themselves. I believe the children feel relaxed and more focused after completing the programme. Everyone, teachers included, leave the session with a smile on their faces, and a bouncier attitude. Music has a huge impact and allows children to express themselves. With the Fine Motor Skills & Bilateral Asymmetrical Patterns, the children are using both sides of the brain which, for them, helps keep them stimulated and engaged.”

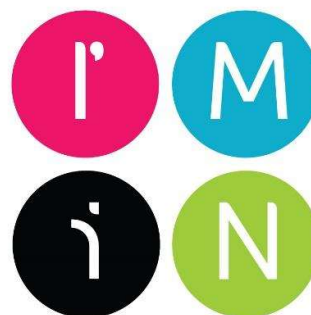
A Learning Support Assistant (LSA) said:

“Alexandria was not only easy to work with, but her communication was also excellent. After only a few sessions we noticed a difference in the students; some managed to sit for longer periods of time, many engaged with the exercises and students followed Alexandria’s instructions with ease. The students look forward to coming each week and get excited. She meets the needs of the children.”

Children in the school with some of the most complex needs were able to access the sessions and some joined in with a physical group activity for the first time.

The Teacher from one class reported:

“The team have said that the children have all increased in their confidence and gained a better understanding of what gymnastics entails (i.e. co-ordinating mind and body). When I supported students in one session, I was so impressed with the sustained concentration of all of the students, particularly those with complex needs. Equally, the children always come back from gymnastics buzzing!”





Throughout the sessions we have been asking for feedback from staff and the young people themselves. Below are some quotes and results of surveys from the children.

“Brain gymnastics is my favourite part”

“I love the stamping and clapping because I like to be a soldier”

- 100% of the pupils said the sessions made them feel Happy
- 100% said they enjoyed the sessions
- 100% said they would like to do more of this activity

We would like to thank the Peter Harrison Foundation for supporting this programme and making it possible to co-create resources and training which will eventually enable all disabled children to access the benefits of gymnastics and movement.

INSPIRATIONAL EXPERIENCES

Our Inspirational Experiences programme gives children experiencing hardship, family crisis, or life changing situations a motivational experience to help them through hard times. For most of the beneficiaries, their circumstances are such that we cannot disclose details about them or their situation, however the experiences offered this year have included funding children who have had particularly difficult times in their lives, to access local gymnastics clubs, and some visits to gymnastic squad sessions and 'Best Seats In The House' at the British Championships. Below are just a couple of these stories.



Meet Charlotte: A Little Gymnast with Big Dreams



This smiley little face belongs to Charlotte. She's 8 years old.

Charlotte comes from a low-income family, she lives with her Mum, big sister and big brother. Charlotte was nominated for an Inspirational Experience with the British Gymnastics Foundation. We've had the privilege of supporting her gymnastics journey by covering her initial training fees; and what a journey it's becoming! [See Charlotte's story here](#)

Thanks to her hard work and determination, Charlotte has recently been moved up to a higher-level gymnastics class. Her favourite apparatus is the **beam**, and she has big dreams. One day, she hopes to represent her country at the **Olympics**, but for today, she dreams of simply mastering new skills on the beam.

Although she's watched gymnastics events on TV, Charlotte had never experienced anything live or met elite athletes in person; until recently. Thanks to the generosity and kindness of **Barry Collie, Head National Coach (MAG)**, we arranged for Charlotte to visit the **Men's Senior Team** during a training session at **Lilleshall National Sports Centre**.

Barry welcomed Charlotte with open arms. Not only did she get to watch the team train, but she was invited to join them in the gym, sharing the space and soaking in the experience. The team made her feel truly special, taking time to speak with her, encourage her, and even sign a photo frame that now hangs proudly on her bedroom wall.

Charlotte couldn't wait to get back to her club to share all she had seen and done. Her mum says the visit made a huge impact. It helped Charlotte believe that her dreams are not only valid but possible.

Charlotte now says, ***"Barry is the coach that makes dreams come true."***

We're so thankful to Barry and the Men's Senior Team for showing such kindness and making this young gymnast feel seen, heard, and inspired. This one visit made Charlotte's big dreams even bigger and that's the kind of magic we'll never forget.



Fun at the British Championships: A Day to Remember



This year at the British Championships in Liverpool, we were thrilled to welcome two very special families for a day filled with joy, inspiration, and unforgettable memories.

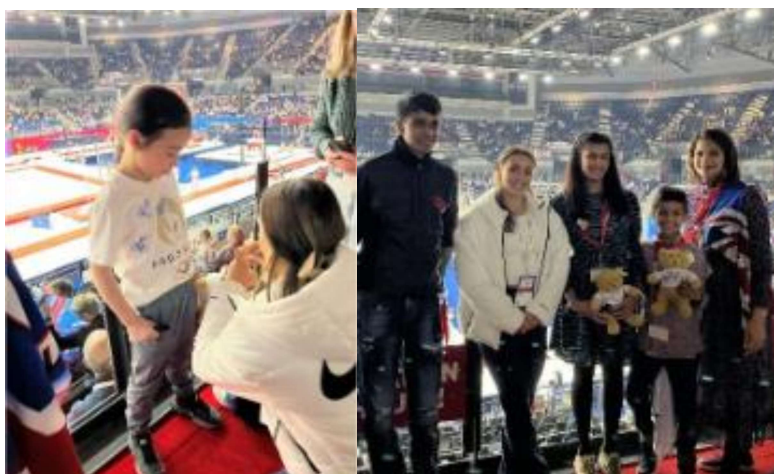
Both families are part of the City of Preston Gymnastics Club, a club known not only for its athletic excellence, but for its deep commitment to supporting gymnasts and their families, especially during tough times.

Piper (aged 9) and Guari (aged 13) were nominated for an Inspirational experience with the British Gymnastics Foundation, and we discovered two resilient young gymnasts who have each faced incredibly difficult personal challenges. Piper's mum has been very unwell, which has understandably made home life different for her. Guari sadly and suddenly lost her father last year.

We wanted to give these gymnasts and their families a carefree day full of fun, where the only thing they needed to focus on was enjoying the moment.

From the moment they arrived at the M&S Bank Arena, they were treated like VIPs, seated in a private, cordoned-off section with the best views in the house. Goodie bags bursting with gymnastics merchandise were handed out, and their area was stocked with drinks and snacks for their exclusive use.

Throughout the day, they were visited by key figures from the world of gymnastics; current athletes, ex-gymnasts, and sporting icons who stopped by to sign t-shirts, flags, and take photos, creating lasting memories for both girls and their families.



Tracy, the club's Welfare Officer, who accompanied the families, shared this heartfelt message:

"On behalf of our families, I wanted to extend our deepest gratitude to the British Gymnastics Foundation for the incredibly generous and thoughtful gesture of arranging for two of our families to experience the British Championships from the very best seats in the house. It was truly a day to remember, one that has created lasting memories for all involved.

We are beyond appreciative of how special the day was, and we can't express enough how much it meant to the families who were able to attend. The experience went far beyond what anyone could have expected."

It was an honour to bring a little bit of joy to these incredible young girls and their families. Their strength and resilience are an inspiration, and we hope this day reminded them that they are supported, celebrated, and never alone.



Fundraising

This year we have increased the diversity of our fundraising income streams, which has led to a better fundraising outcome across the year. To the year ending 31st March 2025, we raised £63,654 (not including grant income)

We had a busy start to the year leading up to a successful summer of fundraising from the gymnastics community – highlights included:

- The Milano Prize Draw for a framed and signed set of GBR Squad leotards raised a fantastic total of £2,730.
- Individual fundraising, with a fantastic stand out fundraising effort from Amelia, who held a fundraising day at her school for the Foundation. Amelia organised a day full of fun for the pupils in her school, preparing activities for all the year groups. Amelia raised an outstanding £1,631.
- The auctioned some donated gymnastics equipment and raised almost £9,000.



Later in the year James, Stacy, Andy, and Eva from British Gymnastics, took on the Shropshire Mud Run to celebrate our 10th anniversary! Not only did they conquer the mud, but they also raised an impressive £463 to support our programmes.



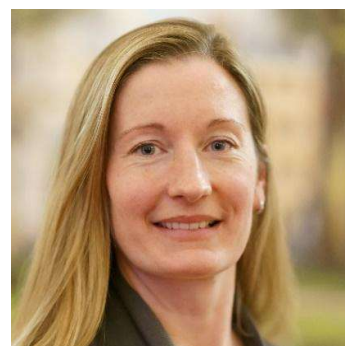
As part of our fundraising development this year, we have worked closely with British Gymnastics to integrate a donation opportunity for our Charity within the British Gymnastics membership renewal process. British Gymnastics members have been incredibly generous helping us raise over £20,000 this year from donations added to their memberships.



Finally, in the lead up to the Artistic Gymnastics British Championships We have raffled off tickets for the Best Seats of the House at the British Championships and raised £1,910 through raffle sales. At the British Championships, we also held a prize draw for an Olympic Leotard signed by the Great Britain Team, which raised £3,735.

Governance

In May we were very sad to lose Laura Salt from our Board of Trustees. Having served nearly three years with us as an Independent Trustee, Laura made a huge contribution to our Charity, most notably leading on our thinking around important governance changes for our Hardship Grants programme, serving as an active member of our Hardship Grants Review Panel, and providing excellent leadership and guidance in the area of fundraising. We will miss Laura and wish her all the very best in the future.



During the year, British Gymnastics Foundation continued to maintain all relevant governance requirements sufficiently to comply with tier 2C of the Code for Sports Governance. This means that although our Foundation is deemed to be a 'Small Charity' by the Charity Commission, our governance is such, that it satisfies the requirements of 'Large Charities.' In a period where there continues to be low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding. Being extremely passionate about our good governance, our Board continued to work through its plan to achieve tier 3 of the Code for Sports Governance.

Towards the end of 2024, our Charity engaged in the 2025 UK Boardroom Apprentice programme update Developed by the Ministry of Housing, Communities and Local Government (MHCLG). As a host Board for the programme, which aims to support and develop new Board leaders of the future, we were very pleased to welcome Natasha Hill to our Board as a Board Apprentice from January to December 2025. As part of the apprentice scheme Board Apprentices are not required to be registered as a Director of the company on Companies House.

Operations

This year, BGF has entered its third year delivering enhanced communications to its 80,000 supporters who have signed up to hear from us. We have had some very positive feedback from fans and supporters this year as we connect as many people as possible with the good work of our charity. In particular, this year has seen our Foundation nearly double its presence on social media and in external communications.

In January 2025, our amazing Love to Move deliverer, Jane Thomas retired from working in our Charity's Love to Move Team. Before working for our Charity, Jane was a volunteer for the Love to Move Programme at her local session in Brampton. Jane was such a passionate advocate for the programme, that she wanted to make even more positive impact, so she took the opportunity to start working for our Charity in 2018. Jane worked in the Cambridge area of the UK in our Love to Move Team and in her 6 years with our Charity, she made an enormous contribution to the development of our programme and to the lives of the participants she worked with. Although Jane has left our Charity Team, she is still volunteering at her local Love to Move session at Brampton Memorial Centre making a difference to so many people's lives. We are so grateful to Jane for her excellent work over the past 6 years and for her continued voluntary support of Love to Move.



Our Charity has been working closely with British Gymnastics on the membership CRM system, and we are excited to say that we have now incorporated a donation facility as part of the British Gymnastics Membership renewal process, enabling us to collect voluntary donations at the point of sale on British Gymnastics membership this year. We are hoping that in future years, we will be able to collect donations on other products, further diversifying our charitable income.

Risk management

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

During the year to 31 March 2025:

- The Charity received total income of £365,823 consisting of restricted income of £100,132 and other unrestricted income of £265,691 (including a grant of 150,000; from Gymnastics Enterprises Ltd).
- The Charity spent £406,052 (2024: £377,855) consisting of fundraising costs of £15,633 (2024: £32,777) and expenditure on charitable activities of £390,419 (2024: £345,078).

At the end of March 2025:

- The Charity had total charity funds of (£9,823) (2024: £30,406)

b. Reserves policy

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £130,000. As at 31st March 2025, the Charity's unrestricted reserves total (£10,749) (2024: £30,406) which represents the free reserves. The approved budget for the year ending 31st March 2025 records unrestricted reserves of (£10,749), which is £140,749 below the target of £130,000. The deficit this financial year has resulted from an increase in expenditure on charitable programmes (costs of running programmes has increased and the extent of our programme reach has also increased). Although our income to support the delivery of charitable programmes has increased considerably compared to last year, the levels of income that we have been able to generate has fallen short of our expectations. In particular, we had an expectation of receiving corporate sponsorship which did not materialise this financial year but is now expected in the next financial year.

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2026. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

Structure, Governance and Management

a. Constitution

British Gymnastics Foundation is registered as a charitable company limited by guarantee and was set up by a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

c. Structure and governing document

British Gymnastics Foundation was incorporated on 28th May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7th July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 13th November 2023.

d. Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

Reference and administrative details of the Company, its trustees and advisers

Trustees	Alexander Laybourne, Chair
	Esther Ashman
	Daniel Booth
	Jessica Cook
	Louise Fawcett
	David Marshall
	Chisara Nwabara
	Laura Salt
	Gary Tolometti

Company registered number	09060595
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Charity registered number	1157747
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Registered office Lilleshall National Sports Centre
Lilleshall
Newport
Shropshire
TF10 9AT

Accountants WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Bankers CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
Alex Laybourne
(Chair of Trustees)

Date: 27th October 2025

**STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2025**

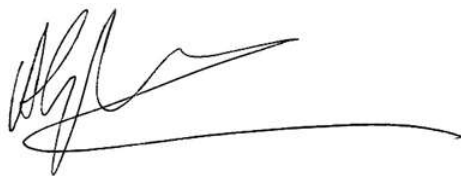
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



.....
Alex Laybourne
(Chair of Trustees)

Date: 27th October 2025

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Independent Examiner's Report to the Trustees of British Gymnastics Foundation ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**INDEPENDENT EXAMINER'S REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated:

27 November 2025

S J Tweedie

BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
SY2 6LG

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	2	48,655	-	48,655	30,289
Charitable activities	3	214,132	100,132	314,264	259,336
Other trading activities	4	865	-	865	773
Investments	5	2,039	-	2,039	2,941
Total income		265,691	100,132	365,823	293,339
Expenditure on:					
Raising funds	6	15,633	-	15,633	32,777
Charitable activities	8	291,213	99,206	390,419	345,078
Total expenditure		306,846	99,206	406,052	377,855
Net movement in funds		(41,155)	926	(40,229)	(84,516)
Reconciliation of funds:					
Total funds brought forward		30,406	-	30,406	114,922
Net movement in funds		(41,155)	926	(40,229)	(84,516)
Total funds carried forward		(10,749)	926	(9,823)	30,406

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 39 to 56 form part of these financial statements.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)
REGISTERED NUMBER: 09060595

**BALANCE SHEET
AS AT 31 MARCH 2025**

	Note	2025 £	2024 £
Fixed assets			
		-	-
Current assets			
Stocks	13	1,111	1,386
Debtors	14	16,431	13,738
Cash at bank and in hand		204,688	118,783
		222,230	133,907
Current liabilities			
Creditors: amounts falling due within one year	15	(232,053)	(103,501)
Net current liabilities / assets		(9,823)	30,406
Total assets less current liabilities			
		(9,823)	30,406
Total net assets			
		(9,823)	30,406

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)
REGISTERED NUMBER: 09060595

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2025

		2025	2024
	Note	£	£
Charity funds			
Restricted funds	17	926	-
Unrestricted funds	17	(10,749)	30,406
Total funds		<u>(9,823)</u>	<u>30,406</u>

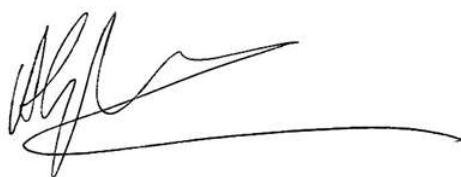
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
Alexander Laybourne
(Chair of Trustees)

Date: 27th October 2025

The notes on pages 39 to 56 form part of these financial statements.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Going concern

Gymnastics Enterprises Ltd has paid £150,000 to British Gymnastics Foundation post year end to cover the 12 months to 31st March 2026. The trustees are of the view that this donation secures the immediate future of the Charity for the next 12 months and that on this basis the assessment of the trustees is that the Charity is a going concern.

1.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure. All expenditure is inclusive of irrecoverable VAT.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting policies (continued)

1.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Computer equipment	- 25%
--------------------	-------

1.7 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting policies (continued)

1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

1.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.12 Staff costs and pensions

The administration of the Charity is carried out by employees from British Gymnastics whose costs are recharged to the Charity. These staff members belong to a defined contribution scheme. The recharge from British Gymnastics includes the employer contributions to that scheme.

1.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2. Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Donations				
BGF Fundraising	48,655	-	48,655	8,289
BGF Leadership/ Limitless	-	-	-	22,000
Subtotal detailed disclosure				
	<u>48,655</u>	<u>-</u>	<u>48,655</u>	<u>30,289</u>
	<u>48,655</u>	<u>-</u>	<u>48,655</u>	<u>30,289</u>
<i>Total 2024</i>	<u>3,289</u>	<u>27,000</u>	<u>30,289</u>	

3. Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
BGF Love to Move	64,132	59,108	123,240	152,336
BGF Leadership / Limitless	-	25,000	25,000	7,000
BGF Hardship grants	-	132	132	-
BGF Fundraising	150,000	-	150,000	75,000
BFG Operational Support	-	892	892	25,000
BGF I'm in	-	15,000	15,000	-
	<u>214,132</u>	<u>100,132</u>	<u>314,264</u>	<u>259,336</u>
<i>Total 2024</i>				

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

155,615 103,721 259,336

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
BGF Fundraising	-	-	500
BGF Love 2 Move	865	865	273
	<u>865</u>	<u>865</u>	<u>773</u>
<i>Total 2024</i>			
	<u>773</u>	<u>773</u>	

5. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Bank interest	<u>2,039</u>	<u>2,039</u>	<u>2,941</u>
<i>Total 2024</i>			
	<u>2,941</u>	<u>2,941</u>	

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

6. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Travel and accommodation	-	-	88
Miscellaneous	1,186	1,186	155
IT and telephones	375	375	1,222
Wages and salaries	12,262	12,262	27,368
Employers national insurance	740	740	2,624
Employers pension costs	1,070	1,070	1,320
	<u>15,633</u>	<u>15,633</u>	<u>32,777</u>
<i>Total 2024</i>			
	<u>32,777</u>	<u>32,777</u>	

7. Analysis of grants

	Grants to Individuals 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Grants to individuals	<u>21,654</u>	<u>21,654</u>	<u>7,030</u>
<i>Total 2024</i>			
	<u>7,030</u>	<u>7,030</u>	

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

8. Analysis of expenditure on charitable activities**Summary by fund type**

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	<i>Total 2024 £</i>
Direct costs	<u>291,213</u>	<u>99,206</u>	<u>390,419</u>	<u>345,078</u>
<i>Total 2024</i>	<u>122,385</u>	<u>222,693</u>	<u>345,078</u>	

9. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Grant funding of activities 2025 £	Support costs 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Direct costs	<u>8,208</u>	<u>21,654</u>	<u>360,557</u>	<u>390,419</u>	<u>345,078</u>
<i>Total 2024</i>	<u>252,114</u>	<u>7,030</u>	<u>85,934</u>	<u>345,078</u>	

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

9. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Staff costs	-	-	212,815
Advertising and promotions	1,804	1,804	1,351
Bank charges	-	-	30
Clothing	911	911	163
Events and venue expense	3,796	3,796	3,956
Motor expense	-	-	2,068
IT and telephones	-	-	7,891
Printing, postage and office costs	1,697	1,697	1,610
Travel and accommodation	-	-	7,929
Professional services	-	-	13,873
Miscellaneous	-	-	428
	<u>8,208</u>	<u>8,208</u>	<u>252,114</u>
<i>Total 2024</i>			
	<u>252,114</u>	<u>252,114</u>	

During the year the charity decided to reallocate the expenditure on staff to support costs. Total expenditure for 2024 has not changed.

BRITISH GYMNASTICS FOUNDATION

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2025 £	Total funds 2025 £	Total funds 2024 £
Staff costs	306,364	306,364	64,872
Depreciation	-	-	2,666
Motor expense	-	-	5,674
Travel & accommodation	18,260	18,260	4,691
IT services	7,406	7,406	2,189
Events and venue expenses	-	-	408
Office costs	984	984	632
Governance	22,523	22,523	4,716
Bank charges	4,855	4,855	30
Miscellaneous	165	165	56
	<u>360,557</u>	<u>360,557</u>	<u>85,934</u>
<i>Total 2024</i>			
	<u>85,934</u>	<u>85,934</u>	

During the year the charity decided to reallocate the expenditure on staff to support costs. Total expenditure for 2024 has not changed.

10. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £2,616 (2024 - £1,500), and accounts preparation and tax returns of £2,184 (2024 - £2,400).

BRITISH GYMNASTICS FOUNDATION**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

11. Staff costs

The Charity does not have any employees. The administration of the Charity is carried out by employees from British Gymnastics. The employees' salary and related costs are recharged to the Charity from British Gymnastics. These are analysed as follows:

	2025 £	2024 £
Wages and salaries	263,236	260,023
Social security costs	25,270	26,612
Contribution to defined contribution pension schemes	31,930	22,364
	<u>320,436</u>	<u>308,999</u>

The average number of persons employed by the Company during the year was as follows:

	2025 No.	2024 No.
Average number of recharged employees	<u>9</u>	<u>9</u>

The number of recharged employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	2024 No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	1	1

Key management personnel received remuneration of £168,460 (2024: £158,241)

12. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL-).

During the year ended 31 March 2025, expenses totalling £2,308 were reimbursed or paid directly to 7 Trustees (2024 - £798 to 4 Trustees). These related to reimbursements of travel costs.

BRITISH GYMNASTICS FOUNDATION**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

13. Stocks

	2025	2024
	£	£
Finished goods and goods for resale	<u>1,111</u>	<u>1,386</u>

14. Debtors

	2025	2024
	£	£
Due within one year		
Trade debtors	16,207	13,593
Prepayments and accrued income	224	145
	<u>16,431</u>	<u>13,738</u>

15. Creditors: Amounts falling due within one year

	2025	2024
	£	£
Bank overdrafts	42	-
Other loans (from British Gymnastics)	205,962	88,085
Trade creditors	4,405	4,106
Other taxation and social security	54	45
Accruals and deferred income	21,590	11,265
	<u>232,053</u>	<u>103,501</u>

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

16. Restricted funds

Love to Move – This is a scientifically designed seated exercise programme for people living with dementia and other forms of cognitive decline. The programme trains and develops education and learning resources to train a workforce which delivers the exercise programme across the UK and beyond and is proven to significantly improve the quality of life for participants.

Limitless – This programme engages beneficiaries by delivering a residential coaching leadership programme at Lilleshall National Sports Centre, followed by wrap around mentoring and developmental support and support towards employment in the sports sector. This support is to benefit individuals from deprived backgrounds, whose life circumstances have made it difficult to start their journey in sports coaching.

I'm IN – This programme works with specialist disability gymnastics clubs and connects them with special educational needs schools to develop and deliver a bespoke disability gymnastics programme which engages disabled children in gymnastics for the first time. The programme works with disabled children, their teachers and family, to co-create the gymnastics programme which is delivered, empowering the children to join their community gymnastics club as a route to life-long participation in sport.

BGF Operational Support includes the core costs of the Charity which are not directly involved in delivering restricted public benefit programming. Examples of costs include IT software licencing, staff salaries and expenditure related to the day to day running of the Charity's administration.

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

17. Statement of funds**Statement of funds - current year**

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
Unrestricted funds				
General Funds	<u>30,406</u>	<u>265,691</u>	<u>(306,846)</u>	<u>(10,749)</u>
Restricted funds				
BGF Operational Support	-	892	(892)	-
BGF Love to Move	-	59,108	(59,108)	-
BGF I'm IN	-	15,000	(14,074)	926
BGF Leadership / Limitless	-	25,000	(25,000)	-
BGF Hardship grants	-	132	(132)	-
	<u>-</u>	<u>100,132</u>	<u>(99,206)</u>	<u>926</u>
Total of funds	<u><u>30,406</u></u>	<u><u>365,823</u></u>	<u><u>(406,052)</u></u>	<u><u>(9,823)</u></u>

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

18. Summary of funds (continued)**Statement of funds - prior year**

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2024 £</i>
Unrestricted funds					
General Funds	<u>114,888</u>	<u>162,618</u>	<u>(155,162)</u>	<u>(91,938)</u>	<u>30,406</u>
Restricted funds					
BGF Operational Support	-	5,000	(49,814)	44,814	-
BGF Love to Move	34	96,721	(106,154)	9,399	-
BGF I'm IN	-	-	(20,275)	20,275	-
BGF Leadership / Limitless	-	29,000	(46,450)	17,450	-
	<u>34</u>	<u>130,721</u>	<u>(222,693)</u>	<u>91,938</u>	<u>-</u>
Total of funds					
	<u>114,922</u>	<u>293,339</u>	<u>(377,855)</u>	<u>-</u>	<u>30,406</u>

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

18. Summary of funds (continued)

18. Summary of funds

Summary of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
General funds	30,406	265,691	(306,846)	(10,749)
Restricted funds	-	100,132	(99,206)	926
	<u>30,406</u>	<u>365,823</u>	<u>(406,052)</u>	<u>(9,823)</u>

Summary of funds - prior year

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2024 £</i>
General funds	114,888	162,618	(155,162)	(91,938)	30,406
Restricted funds	34	130,721	(222,693)	91,938	-
	<u>114,922</u>	<u>293,339</u>	<u>(377,855)</u>	<u>-</u>	<u>30,406</u>

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

18. Summary of funds (continued)**19. Analysis of net assets between funds****Analysis of net assets between funds - current year**

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Current assets	221,304	926	222,230
Creditors due within one year	(232,053)	-	(232,053)
Total			
	<u>(10,749)</u>	<u>926</u>	<u>(9,823)</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Current assets	133,907	133,907
Creditors due within one year	(103,501)	(103,501)
Total		
	<u>30,406</u>	<u>30,406</u>

20. Related party transactions

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2021, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intension to make a grant of £150,000 to the charity for the year to 31 March 2025. During the year ended 31 March 2025, the Charity received £150,000 in respect of this grant.

British
Gymnastics
Foundation
10 years of transforming lives

Transforming lives through gymnastics 

Accounts



Report and financial statements
for the year ended 31 March 2024

Transforming lives through gymnastics 

Chair's report

On behalf of the Board of Trustees, I am delighted to present this, our 9th report, reflecting the year to 31st March 2024.

Since March 2023 the British Gymnastics Foundation has continued to develop the delivery of our key projects as we strive to provide opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need. We are delighted that this year has also seen the start of our 10-year anniversary campaign, and it is a credit to all the work that has gone before to see the Foundation move towards this milestone, one which we are excited to celebrate.

Love to Move continues to fly, with the programme now having over 900 trained deliverers across the country, and we were pleased that it was named as the Legacy Programme of the 2023 FIG World Trampoline Championships held in November 2023 at the Utilita Arena, Birmingham. I wish to start by highlighting the work done by Kim Hall, our inspiration Lead deliverer, who has decided to take well-earned retirement having been with us since 2015. We wish Kim well, and thank her for all her inspiration and dedication to making Love to Move the success it is today - words are unlikely to do her impact on the programme justice. Her passion has been unwavering and along with the superb Louise Roberts, who expertly leads the programmes, it continues to flourish. It comes as no surprise to us, therefore, when we see examples such as the Barnsley Primary Care Network demonstrating how the NHS services are able to benefit from Love to Move. I am pleased that you can read some of the amazing stories in this report.



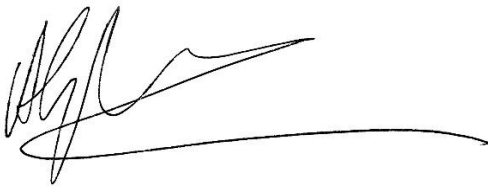
I am thrilled to report that the Limitless project, kindly supported by the Hiscox Foundation once again, ran their second cohort in July 2023. I noted in last year's report how much time and energy the Executive team put in to the Limitless project as they saw the huge potential it had to bring real improvements to the lives of people and communities most in need, and I am delighted to tell you that there has been a high percentage of participants moving in to paid employment off the back of the support received. I would also like to highlight the work done by our Programme Officer, Jo Cato in recruiting the last two cohort sets and allowing the programme to succeed as much as it has.

It has been a tough year for the Hardship Grants programme, and although we were not able to run any grant rounds in this financial year, work has been done to ensure support is available in other ways to try and keep gymnasts in the sport. Our thanks go to Milano Pro-Sport for providing leotards for gymnasts facing significant financial hardship, and thank you to all of the athletes who have supported our Inspirational Experiences programme. Elevated in our strategic priorities last year, these experiences provide real value and inspiration to young gymnasts and I am pleased the Executive team have found ways to support so many beneficiaries, even if not financially, during 2023/24.

Aside from the amazing work done by the programmes, which will also see 'I'm In' launched in 2024, the Foundation has been extremely busy on the governance side. There is a plan to achieve tier 3 of the Code for Sports Governance in the next financial year, and this will give us the opportunity to apply for more substantial grants in future – with funding being a key focus area in such a challenging environment at the moment. With that in mind, we have also recruited a new Independent Trustee, Dan Booth, who brings a wealth of experience in the finance world and will support the Board and Executive in that area. You can read more on his appointment later in the report.

As I wrap up and allow you to enjoy the Annual Report in full, I would like to say how extremely grateful we are to all our partners who support the British Gymnastics Foundation, through both funding and direct activity in delivering projects. This of course extends all the way to British Gymnastics and their CEO, Sarah Powell, who's support is invaluable to us. Without our partners and funders, our impact in helping those groups who can benefit from gymnastics would be severely reduced. I would also like to thank all those who have participated in a wide range of fundraising activities and volunteered for the Foundation in the last 12 months, everything helps and is truly appreciated!

Finally, I must recognise and thank our executive team, led by Patrick Bonner, who continue to show amazing commitment, passion, creativity, and energy in their running of the Foundation and its core projects. As a Board, we are privileged to have such a dedicated and talented team who show an unwavering commitment to ensuring we provide opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need.

A handwritten signature in black ink, appearing to read 'Alex Laybourne', with a long horizontal flourish extending to the right.

Alex Laybourne
Chair of British Gymnastics Foundation

Report of the trustees for the year ended 31 March 2024

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2024. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, poverty or social or economic circumstance or for disabled people and the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: "... **to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need**", and the values of the Charity are: **Caring, Inclusive, Ambitious, Collaborative and Trustworthy**.

Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.



LOVE TO MOVE

Our Love to Move programme goes from strength to strength enhancing the well-being and quality of life for older adults across the UK and beyond, including those with dementia, Parkinson's disease, and other cognitive impairments. By the end of the year, the number of trained deliverers had reached over 900, creating sessions in more communities and making it more accessible for those who need it. By focusing on bilaterally asymmetrical movement patterns, the programme is helping participants regain lost functions and improve their ability to perform daily activities independently. Sessions also foster a supportive community, encouraging social engagement and participation from friends and family.

We aim to support Love to Move deliverers on an on-going basis throughout the year by offering continued mentoring opportunities and workshops. This year, topics included, 'Dealing with Bereavement', 'How to deal with Distress and Dementia', 'Risk Assessments', 'Rare Dementia Awareness' and 'Mental Health First Aid'. We also offered a series of networking sessions online, where deliverers can meet and share ideas and solutions with each other. We believe that supporting our deliverers in this way helps them to deliver really high- quality sessions to their participants and realise more benefits from the programme.

Love to Move is improving the quality of life for those living with Dementia at Coombe House

Coombe House in Liskeard, Cornwall is a family-run residential home, that specialises in caring for people with Dementia, where residents are warmly welcomed as part of the family.

Ann told us: "It's our speciality, it's what we do best. We believe that people with dementia deserve the best quality of life."

One of the residential home's proudest achievements to date is introducing Love to Move. They have found that the programme goes beyond 'just exercise'. Love to Move is all about feeling empowered, connected, and like you're part of a big community hug. The sessions use music from eras that benefit and connect with individuals at the home. As a result, they are more likely to join in when it's music they remember from the past.

Penny, who runs the sessions told us: "We run the Love to Move sessions every Wednesday and it's really given us all the opportunity to get together. I think it's lifted the spirits of people within the home, and the staff as well. It's not work-based, it's just all about having fun and being relaxed together."

Ann, the Founder of Coombe House added: "Since Penny began the sessions, we've noticed a real improvement in their wellbeing. Their mobility and safety have increased, and people are walking around much better."

Thanks to Love to Move, people at Coombe House have been given a new lease of life with each session. It's not just about trying to improve residents' quality of life; it's about creating a safe space where everyone feels appreciated and supported. Penny commented: *"One lady, Joyce, never really wanted to come out of her room previously. She'd keep herself to herself, she was very quiet and didn't want to socialise. Slowly over time, being encouraged to come to sessions, she's found that she enjoys Love to Move – she's found comfort in it."*

We were able to chat personally with Joyce's daughter Rowena who told us: *"It's always been a concern to carers at Coombe House that my mother spends lots of time on her own. Having activities like Love to Move, with the music she enjoys, is a reason for her to come and join in with the others. I believe it's added to her quality of life hugely."*

Summarising their journey with Love to Move so far, Ann added: *"Everyone here has got something from it. There are many different types of dementia, but it is possible to bring everyone together in one room and deliver something that everyone benefits from."*

Coombe House Residential Home is a shining example of how Love to Move can be used to show compassion and create connections, which can make a world of difference in caregiving.

Together Funding & Love to Move Projects



We received funding during the year from the Sport England Together Fund. This enabled us to distribute small amounts to very local organisations as a 'Start Up' grant for new Love to Move projects in their communities. 32 projects were funded in all.

Why was this project needed? We have trained many deliverers across the country; however, feedback was suggesting that without start-up funding to kick-start community groups, deliverers were finding it really difficult to build up enough of a participant base to sustain weekly sessions, particularly where hall hire costs were involved. The onward distribution of small grants to local community organisations seemed the perfect solution.

Research and impact evaluations from the SROI study in 2020, 2023 and the evaluation by the Applied Dementia Research Unit at the University of Bradford, gave us some insight into support required by our target participants as well as evidencing the positive impact the programme has on people with long term health conditions. Many older people were struggling to leave their house after COVID-19. Their health and mobility had declined, and their confidence to engage with others. For those who had ventured out, we saw how quickly, attending the Love to Move programme, turned these things around; raising self-esteem and confidence to take part physically and to mix socially again.



**"Thrilled to bits, I absolutely love the music
& feel alive after losing my friends, lots of
bereavement & isolation"**

It quickly became apparent that there was a barrier for many deliverers in linking up with a local community organisation if they weren't already working with one in order to access the Together Fund. Although this appeared to be a barrier at first, this eventually became the key to the success and most importantly, the sustainability of the projects. Reaching out to specific individuals and supporting them to broker new relationships with local organisations, helped to generate valuable partnerships and new applications.

87% of organisations said the funding had helped develop new relationships with other organisations. A total of 23 new local partnerships were formed as a result of this funding.

Participant outcomes:

415 participants with long-term health conditions took part in the first 6 months at the new sessions established as a result of the Together Funding. 119 participants returned questionnaires which is an extremely high return rate for this audience.

63% rated their overall experience of the sessions as 10 out of 10

'Her husband has informed us that this is the only activity she will happily leave the house for'

'Love to Move provides L with a safe place to socialise and exercise. Her confidence has greatly increased over time, and she leaves in a happy calmer state'

- The Together Fund projects officially ended at the end of October 2023. The majority of sessions were still thriving 12 months on. Some of the results of the impact evaluation are highlighted below:
 - 415 new participants have joined the new sessions to date, set up as part of this project
 - 77% said it helped them manage their mental health
 - 93% said it help them manage their physical health
 - 97% said it helped them build new friendships
 - 82% said they felt more connected to their local community



“The exercises have helped my coordination, improved my mobility & positive mental attitude. Everything has been here for me to help me move better!”

“Helps me when I'm down”

“100% this particular one, with these particular people, it's pulled me in the right direction”

The chart below shows the number of organisations and what they spent their grants on



Birmingham TRA Champs Legacy:

As part of the FIG World Trampolining Championships in 2023, we worked with the Legacy team to put on a face- to -face Love to Move course to train deliverers in Birmingham from a range of communities and backgrounds. 11 Learners attended the course funded by the Legacy programme and since then a further 7 people have completed the course on our Online Platform. A short film was created and shown in the big screens at the Championships to raise Awareness of Love to Move and the forthcoming work in Birmingham.

Watch here: [FIG World Trampoline Championships 2023 & Love to Move](#)

Members of the British Gymnastics Foundation Team visited Soho shortly after the course to support some of the learners working with new participants from ethnically diverse communities.





CARERS

This week is Carers Week, here's what Dawn said:

'I love the Love to Move sessions, how warm & welcoming everyone is. It's lovely for us carers to talk about situations & very helpful as sometimes people have experienced this & give you tips & a new direction. You even get a friendly hug & cake is an added bonus. I look forward to the meetings every week.'



Barnsley PCN project:

Barnsley Primary Care Network reaping the benefits of Love to Move across Barnsley

Barnsley Primary care network started with 1 health and wellbeing coach, delivering Love to Move in the local care homes. Over the next 2 years they built up to 12 Love to Move deliverers working across the whole of Barnsley delivering in 29 care homes and 2 community venues, and still growing.



Care Home staff at St James Court said: ‘Residents who attend have a general improved sense of well-being both physically and mentally having a sense of achievement completing the session amongst peers.’ Asked about **the impact on the residents** who attend, they said ‘Improved stamina strength and co-ordination, in some cases leading to residents returning home. **Falls incidents lessened and improved independence in daily tasks.**’

One deliverer said: ‘I feel the Love to Move sessions have had many benefits to the residents who have taken part in the sessions, such as, improved cognitive function, enhanced social interaction (e.g. staff inform us the residents often sit and speak to one another once we have left.) and increased memory stimulation (e.g., learning the exercise routines in time with their favourite music and remembering parts each week).

Gemma, Manager at Park House Care Home, said: “I feel happy watching the residents smile and laugh. It is such a positive thing, it has given the residents more social interaction – you can see they are so happy, they talk about it all day, asking when you’ll be back! One of the residents has requested to do more chair exercises in a recent residents meeting, it has so many benefits.”

Rachael, activities coordinator at Deangate Care Home, said: “The sessions are incredible. The interaction and enjoyment were brilliant for the residents. I would highly recommend it to anyone living with or without dementia. It’s enjoyable for everyone.”

For one resident, 88-year-old Francis, improvements in mobility were seen after just two sessions. She said: “My left arm has been stiff but since starting these exercises I feel it’s a lot better. I feel energised.”

Maurice, 93, said: “It’s good to smile and have fun.”

Elsa, 72, said: “It makes me feel alive and happy. I love it because it lifts me. I have made new friends because more people come into the lounge to join in who usually wouldn’t sit in the lounge. I can also sleep better after I have done the exercises.”

Doris, 100, said: “It is a good thing to get together again in the lounge. I can sleep better too and enjoy singing and dancing together.”

Peter 'you visiting every Tuesday and doing Love to Move is the highlight of my week, thank you'

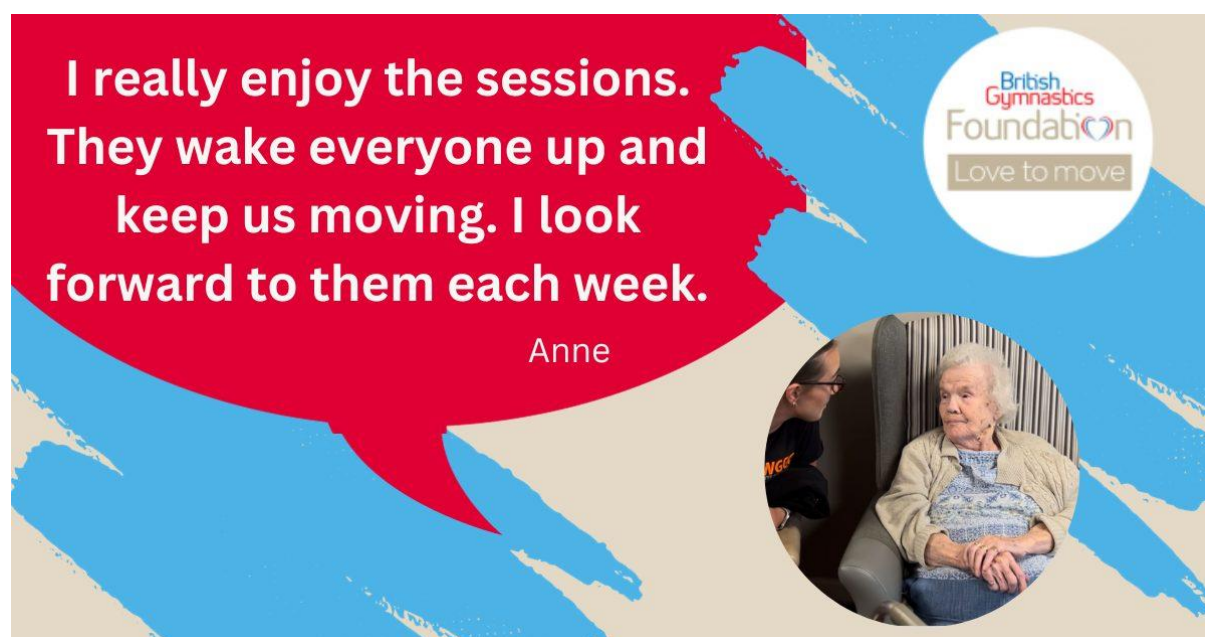
Love to Move at 100 year's old

Anne, from Bethany Care Home in Chepstow, recently celebrated turning 100 years old and is thriving as she takes part in not one, but two Love To Move sessions each week.

Anne turned 100 years old in September and has been taking part in Love to Move since it was introduced into her care home in August 2022.

Anne said: "I really enjoy the sessions. They wake everyone up and keep us moving. I look forward to them each week."

Heath Dent, the Love To Move Deliverer at Bethany Care Home added: "Anne is a really lovely participant and I look forward to seeing her for our sessions. Her favourite song by far is Hokey Cokey, which she always joins in with. She is also a pro at our balloon game!"



HARDSHIP GRANTS

This year has been an incredibly difficult year for our Hardship Grants Programme. With a large reduction in our core grant funding, we had to make the very difficult decision not to run a Hardship grants Programme this year.

To date, since 2014, we are extremely proud to have supported 1,182 individuals in the Hardship Grants Programme, spending a total of £395,725. We very much hope to help more people in the next financial year.

In lieu of providing Hardship Grants this year, we wanted to help out BG members experiencing significant hardship in other ways, so for the second year running, Milano Pro Sport kindly worked with us and donated leotards, and other gymnastics kit, so that we could provide members in need with items that they could use for their training. By the end of this year, this enabled us to send gymnastics kit out to over 100 hardship grant recipients, further easing the cost of participating in gymnastics. We are incredibly thankful to Milano Pro Sport for supporting our members when they need it most.

Ava-Rose is one of our Hardship Grant recipients and with thanks to Milano Pro Sport, we were also able to send her some new gymnastics kit this year! As you can see from the photos, Ava-Rose was very pleased with them.

Our Hardship Grant programme supports gymnasts in significant hardship to continue in the sport they love.

Ava-Rose's Mum said **"Thank you for the grant and clothing which has enabled Ava-Rose to continue at her gymnastics club which she adores and looks forward to each week."**



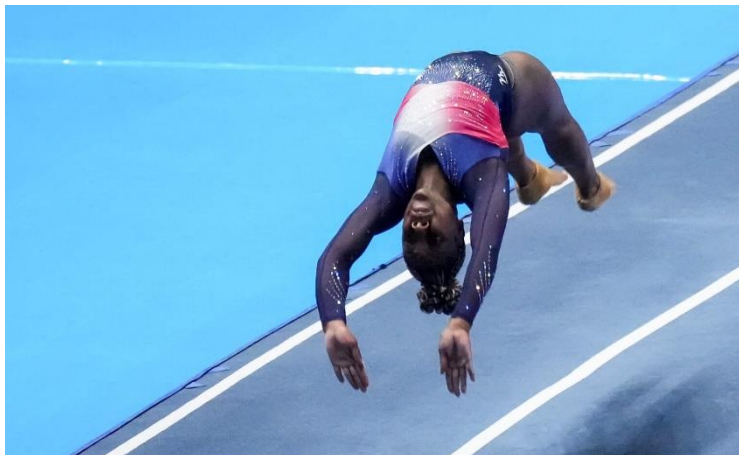
This year we have also made a connection between our Hardship Grants programme and our Limitless programme, and for the first time we have selected and enrolled some previous recipients of a Hardship Grant, on to our Limitless programme with the aim of supporting them with their onward journeys in gymnastics; training and supporting them to become coaches and further supporting them in to their first paid employment opportunities as a sports coach.

Success on The Big Stage for our Hardship Grant Recipients

This year we were very pleased to see former hardship grant recipient, Naana Oppon making her senior debut at the World Cup in Coimbra, where she won silver, which she called a **"very gratifying and a self-affirming experience"**. Naana also won the British championships at the age of 16 and was selected to compete at the 2023 World Championships, where she helped the British women's tumbling team win their second title in a row along with her teammates Saskia Servini, Megan Kealy, and Shanice Davidson.

Congratulations Naana!

Photo: Naana Oppon





The Limitless programme focuses in areas of social deprivation in the UK and aims to develop and empower people from these communities to raise confidence, improve wellbeing and employability through gymnastics. The programme of modules, courses, and mentoring supports the learners to gain qualifications as well as developing wider life skills and confidence. It is hoped that additional benefits will be realised such as benefits to the communities, increased skilled workforce and ultimately the possibility of establishing a Gymnastics Club to benefit the children of the community.



The 2023 Limitless programme kicked off with a residential course at Lilleshall where 10 learners from different parts of the UK came together to meet their mentors. During the week, they completed the Gymnastics Activity instructor course tutored by Aisha Walters and took part in fun evening activities. The majority of the cohort live in IMD wards 1-3, from varied ethnic communities and several have disabilities such as autism, ADHD, and Multiple Sclerosis.

Mentors were given mentor training by British Gymnastics prior to meeting their mentees. The launch event included inspirational talks and a chance to spend time with and get to know the mentor/ mentee partnerships.

9 out of 10 learners completed the Activity Instructor Course during the week at Lilleshall and the final learner completed the last day of the course a few weeks later. All 10 therefore gained their first Gymnastics coaching qualification. Since the course the cohort went back to clubs in their communities and some have gone on to take their Disability Coaching Module, some have moved onto a level 2 course in their chosen discipline.

The learners were from 18 to 49 years old from a diverse range of ethnic backgrounds with 50% declaring a disability or impairment on application.

12 months after the programme began 75% of the mentees were still in touch with their mentors, 7 of the 10 were coaching regularly, 5 of whom were in paid employment as a coach!

Feedback from the cohort was heartwarming. Some of the comments and a short video can be found below:

'The staff involved catered to our needs.

Additionally, when I made the team aware of my personal situation, I was provided with so much incredible support that has remained continuous even until now'

"You've made me believe it is Limitless to what I can achieve"

"It's been not just the course but important and crucial for me in my life"

"Everybody has been catered for, regardless of what they needed individually or what we needed as a group"

"It's been welcoming, equal, fair, fun"

Please watch this short film which followed the learners residential journey: [Limitless cohort 2023](#)

Alliyah's Story



Alliyah's story is one of resilience, growth, and unwavering determination. As a young athlete, Alliyah poured her heart and soul into the game of football, from as young as she can remember. With dreams of reaching the pinnacle of success, she dedicated countless hours to honing her skills and mastering the art of the sport.

While pursuing her football career, Alliyah encountered a series of setbacks that left her questioning her future in the sport. Faced with adversity, she found herself at a crossroads, unsure of which path to take. It was during this pivotal moment that Alliyah discovered a new passion for coaching, and this introduced her to the world of gymnastics.

Reflecting on this transformative moment, Alliyah shared, *"I really wanted to embark on a new adventure, to open a fresh chapter in my life and step outside of my comfort zone. That's why I applied for the Limitless Programme."* Alliyah joined the 2023 Limitless Cohort at Lilleshall.

Through the Limitless Programme, Alliyah found herself in a supportive and encouraging environment, where she thrived as both a learner and a coach. *"The learning I received from the programme was unbelievable. The coaches were brilliant; they welcomed me into the world of gymnastics with open arms,"* she recalled.

Her mum, Steff, noted the positive impact the programme had on her daughter's growth: *"It's helped her gain a better understanding of working with children of varying abilities, needs, and backgrounds. She's become more approachable, and it's given her a huge boost in confidence."*

Speaking about her life after the programme, Alliyah said, *"I love my job. It's incredible. I get to work with a wide range of people—children, adults, members with disabilities, pre-schoolers—it's so rewarding to help each of them, whether it's helping them reach their full potential or just making sure they have the most fun."*

The experience also shaped Alliyah on a personal level: *"I've always wanted to help others, but after completing the Limitless course, I matured in ways I didn't expect. Being able to make a difference in someone's life and put a smile on their face is huge for me. It's something I want to keep doing, not just in gymnastics but in everything I do."*

Reflecting on the profound impact the programme had on her, she added, *"If I hadn't joined the Limitless Programme, I don't think I'd be sitting here with the same confidence in coaching and teaching. It was life-changing, and I hope my story inspires others to take that leap."*

Alliyah's advice to anyone facing challenges is simple yet powerful: *"When life gets tough, pick yourself up and go for it. Step out of your comfort zone because it's truly worth it. This journey has made me a different person—stronger, more confident, and ready for whatever comes next."*

With thanks to Hiscox Foundation UK for their generous support of the Limitless Programme

During October 2023 the FIG World Trampoline Championships came to Birmingham and as part of the legacy fund for the event, a contribution was secured to go towards running a West Midlands based Limitless cohort which is planned for July 2024.

I'm IN – (SPECIAL SCHOOLS & COMMUNITY PROGRAMME)



The 'I'm IN' programme is set to start in 2024. The first stage of the project will be to try and test resources and training with the pupils and teachers of one Special School and creating and testing the links to a local Gymnastics Club. Following this, the programme will expand to more schools and clubs with evaluation on-going. The key to the programme will be the co-creation with young disabled people, their parents, teachers and coaches.

The aim of the programme is to increase the accessibility of gymnastics to young people disabled people and to support the integration of these young people from school into their communities. It is hoped that the programme will also lead to opportunities through the Limitless programme into coaching and Leadership for disabled people.

We are pleased to announce that the first funding bid secured for this programme has been successful from the Peter Harrison Foundation.

INSPIRATIONAL EXPERIENCES

Our Inspirational Experiences programme gives children experiencing hardship, family crisis, or life changing situations a motivational experience to help them through hard times.

For most of the beneficiaries, their circumstances are such that we cannot disclose details about them or their situation, however the experiences offered this year have included funding children who are fleeing domestic violence to access local gymnastics clubs, and some visits and calls from elite gymnasts so young people have been able to meet their idols. Below are just a couple of these stories.



Inspirational Experiences

Chloe's Inspirational Experience with Alice Kinsella



One of the things we are passionate about at the British Gymnastics Foundation is providing experiences for people that may otherwise not have the opportunity. Chloe is 18 and has Autism, this can cause anxiety and can present OCD like symptoms, she has also been diagnosed with further medical conditions which can impact on her daily life.

Chloe attended our Limitless programme in 2023, a residential course held at Lilleshall National Sports centre, to become a Gymnastics Activity Instructor. Chloe had never stayed away from home before; she had been excluded from school trips due to her diagnosis, so this was a very big undertaking for her.

We discovered that Chloe's one true passion is Gymnastics & her favourite gymnast is Alice Kinsella. We really wanted to do something for Chloe to make her experience extra special, so arranged for her to watch some of Alices' Training session at Lilleshall. After training Alice kindly agreed to come and meet Chloe and talk about her experience as a gymnast. Chloe was thrilled to meet her idol and couldn't believe that Alice had made time to come and meet her.

Chloe struggles with her mental health and this gave her a real boost. Chloe's mum said, "*Chloe has been keeping me updated throughout out the experience and she's loved every moment*". A few words from Chloe. "*The program was a huge success, I really enjoyed every part, especially when out of the blue, I met Alice Kinsella, yeah, she was there! I could not believe it. Alice has always been the gymnast I look up to and seeing her in the gym training, helped me find my passion; and now I'm back training and coaching. Alice is a lovely person and an amazing gymnast; easy to talk to. We had fun and photos, she's such an inspiration. Thankyou Alice, BGF and the Limitless program for [your] help and support. I had the best time*".

This has given Chloe a real boost and a zest for coaching and gymnastics. We are so pleased that we were able to provide this for her.

Scarlett and Linzi's story

Since the tragic loss their young son, Scarlett's brother, Linzi has been in the process of grieving. The awful situation resulted in the breakdown of Linzi's marriage and the family home, resulting in a significant change to the family dynamics and finances. Scarlett had been part of a Gymnastics Club and had progressed to their squad. We were able to support her during this tough time with a Hardship Grant to keep her in the sport and part of the club who were so supportive to Scarlett and in her mum's words, her 'safe space'.

We knew one of Scarlett's dreams was to go to the British Gymnastics Championships so for this inspirational Experience we secured 'Best Seats In the House' tickets for Scarlett and her friend and their mums' to watch. The weekend went really well, the girls got to meet several of their Gymnastics Idols and get autographs and Linzi wrote to us afterwards to say:

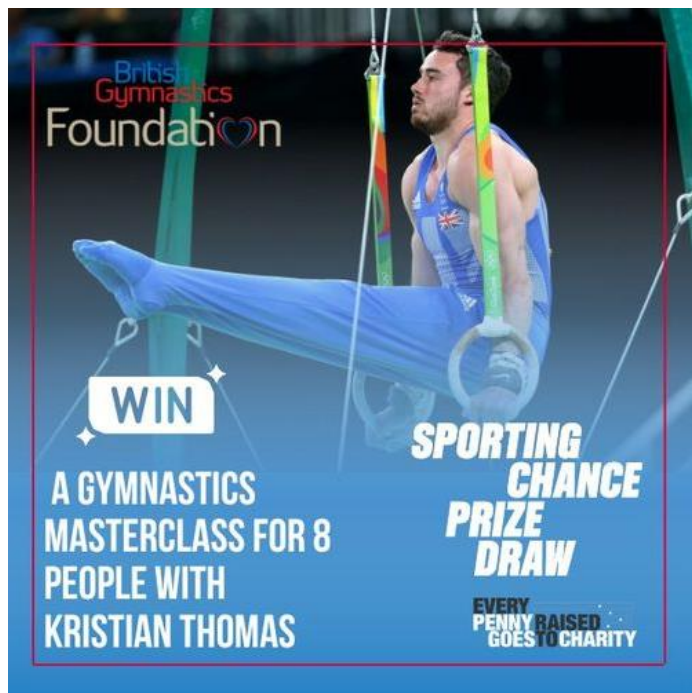
"Thank you so much for yesterday, the girls had the best time and it's so lovely to hear them talking about their best day ever!"



Fundraising

Fundraising has been incredibly challenging this year. In total, our fundraising activities raised £30,289. This year saw competition for charity grant funding at an all time high, so we have made many more applications than in any previous year, and we have put new plans in place to further diversify our income generation for future years. We have also spent more time this year on communicating with our 80,000 supporters who signed up to hear more from us.

In March 2024, we were very pleased to work with Sporting Chance Prize Draw, to ensure that British Gymnastics Foundation was one of 25 charities benefitting from this prize draw with fantastic prizes on offer, which aims to support sporting charities and gives 100% of the money raised directly to charity. Kristian Thomas kindly donated his time for our prize offering of a gymnastics masterclass, to encourage gymnastics fans to enter the draw, which saw our charity raise just under £1,000. We hope to raise more funds by linking with Sporting Chance Prize Draw again next year.



The start of 2024 marked the 10th anniversary of our Charity, so in March 2024 at the Men's and Women's Artistic British Championships, in honour of our 10th anniversary, we asked 10,000 members of the gymnastics community to take part in Love to Move across one week, and what a success it was.

From 15th-22nd March, we saw community centres, care homes, schools, clubs and even had 5,670 people at our British Championships audience in Liverpool following along with our 'Sticks and Triangles' exercise. Watching everyone get involved and sharing their videos has been so heartwarming! It raised a huge amount of awareness of the benefits of Love to Move and helped us raise some funds to further support the programme. Watch the video [here](#).

Here is our 10-year anniversary logo which was specially created to mark our celebratory year to come:



Our New Trustee

We were very pleased to welcome Daniel Booth as our new Independent Trustee in September 2023.

Daniel is a Partner at Cortus Advisory with 14 years of financial experience. He commenced his career as an auditor and for the last 10 years has provided financial due diligence services to over 50 businesses during acquisition and disposal processes. Daniel has previous Board experience through the KPMG Manchester office Shadow Board and also supports junior team members as part of the Next Generation Mentoring scheme.

Dan was a keen cricketer in his junior days, representing England U19s in the 2007 Indoor Cricket World Cup, with his spare time now focussed on keeping pace with his young family.

Dan told us **“I am delighted to be joining the British Gymnastics Foundation Board. I am extremely excited to be able to support great community causes such as the Love to Move and Limitless programs that have already proven to be a resounding success. I hope to utilise my financial experience to support the Foundation on its financial sustainability agenda in order to grow these programs and develop new initiatives. I also look forward to using my technical audit knowledge to support governance projects such as the Foundation’s new Audit Committee as the Foundation secures its Code for Sports Governance Tier 3 status.”**



British Gymnastics Foundation continued to maintain all relevant governance requirements sufficiently to comply with tier 2C of the Code for Sports Governance. This means that although our Foundation is deemed to be a ‘Small Charity’ by the Charity Commission, our governance is such, that it satisfies the requirements of ‘Large Charities.’ In a period where there is low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding. Being extremely passionate about our good governance, our Board is also working through its plan to achieve tier 3 of the Code for Sports Governance. This year, we made significant progress towards achieving Tier 3 status and we expect to reach this governance standard in the next financial year.

Operations

This year, BGF has entered its second year delivering enhanced communications to its 80,000 supporters who have signed up to hear from us. We have had some very positive feedback from fans and supporters this year as we connect as many people as possible with the good work of our charity.

In January 2024, our new Love to Move deliverer Sue Taylor joined our Love to Move Team. Before joining our team, Sue has been a stand deliverer of the Love to Move programme in her own area, so we were very pleased to welcome Sue to our Team; helping us to continue the great service that our Love to Move programme delivers throughout the UK.

British Gymnastics has changed its financial accounts system this year, and as our charity is fortunate to benefit from many of the core services and systems of British Gymnastics, we also changed system. Our Charity has also been working closely with British Gymnastics on a couple of other system changes to do with membership and services, and we are excited to say that next year, we hope to be in a position to collect voluntary donations at the point of sale on British Gymnastics membership and other products, further diversifying our charitable income.

Kim Hall Retires

Our amazing and visionary Kim Hall retired in February 2024. Kim has been our Lead Love to Move deliverer since 2015 and has been an incredible inspiration to us all. Kim, a former physiotherapist, joined our charity in 2015 with decades of experience in gymnastics. She has had a deep passion for gymnastics all her life as a gymnast, then coach, and was even Disability Gymnastics National Coach for British Gymnastics, but it was Kim's passion for helping people who are living with dementia that connected her to our Charity. In 2015, Patrick Bonner, the Managing Director of our charity connected with dementia friendly exercise professors in Japan to bring a revolutionary cognitive enhancement programme to the UK. We later called the programme Love to Move. In its early days Kim worked with Patrick to develop the programme, whilst our research partners at Age UK evaluated the programme's impact.

Over the year's Kim continued to develop and bring new innovation to the Love to Move programme, making it what it is today – the best in class seated exercise programme for people living with dementia, Parkinson's and other forms of cognitive impairment. Kim has always listened carefully to the feedback and advice from participants, carers and families, and she has been a shining example and inspiration to us all in the care she has taken to develop this programme. We will be sad to see her move on from our charity, but wish her all the very best in the next chapter in her life.



Left to right – Gill Green, Hazel Green and Kim Hall.
Photo credit: Archant

Picture of Kim with Hazel, one of her very first Love to Move participants. It was an absolute joy to see the positivity that the Love to Move programme brought to Hazel's life

As Love to Move grows to over 900 deliverers across the UK, we will be forever grateful to Kim for her incredible work to make Love to Move what it is today. Kim leaves a tremendous legacy which will go on to transform the lives of thousands more people in the future.

Risk management

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

During the year to 31 March 2024:

- The Charity received total income of £293,339 consisting of restricted income of £130,721 (including a grant of £75,000 from Gymnastics Enterprises Ltd), and other unrestricted income of £162,618
- The Charity spent £377,855 (2023: £444,502) consisting of fundraising costs of £32,777 (2023: £37,277) and expenditure on charitable activities of £345,078 (2023: £407,225).

At the end of March 2024:

- The Charity had total charity funds of £30,406 (2023: £114,922)

b. Reserves policy

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £125,000. As at 31st March 2024, the Charity's unrestricted reserves total £30,406, (2023: £114,888) which represents the free reserves. The approved budget for the year ending 31st March 2025 records unrestricted reserves of £33,906, which is £91,094 below the target of £125,000.

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2025. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

Structure, Governance and Management

a. Constitution

British Gymnastics Foundation is registered as a charitable company limited by guarantee and was set up by a Trust deed.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

c. Structure and governing document

British Gymnastics Foundation was incorporated on 28th May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7th July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 13th November 2023.

d. Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

Reference and administrative details of the Company, its trustees and advisers

Trustees	Alexander Laybourne, Chair
	Esther Ashman
	Daniel Booth (appointed 28 September 2023)
	Jessica Cook
	Louise Fawcett
	David Marshall
	Chisara Nwabara
	Laura Salt
	Gary Tolometti

Company registered number 09060595

Charity registered number 1157747

Registered office Lilleshall National Sports Centre
Lilleshall
Newport
Shropshire
TF10 9AT

Accountants WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Bankers CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Approved by order of the members of the board of Trustees and signed on their behalf by:

A handwritten signature in black ink, appearing to be 'Alex Laybourne', with a long horizontal flourish extending to the right.

.....
Alex Laybourne
(Chair of Trustees)

Date: 28th January 2025

**STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 31 MARCH 2024**

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



.....
Alex Laybourne
(Chair of Trustees)

Date: 28th January 2025

Independent Examiner's Report to the Trustees of British Gymnastics Foundation ('the Company')

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

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of (enter body here), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated: 30 January 2025

S J Tweedie BSc FCA DChA

WR Partners
Chartered Accountants
Belmont House
Shrewsbury Business Park
Shrewsbury
SY2 6LG

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	27,000	3,289	30,289	36,824
Charitable activities	4	103,721	155,615	259,336	334,329
Other trading activities	5	-	773	773	500
Investments	6	-	2,941	2,941	1,046
Total income		130,721	162,618	293,339	372,699
Expenditure on:					
Raising funds	7	-	32,777	32,777	37,277
Charitable activities	9	222,693	122,385	345,078	407,225
Total expenditure		222,693	155,162	377,855	444,502
Net (expenditure)/income		(91,972)	7,456	(84,516)	(71,803)
Transfers between funds	19	91,938	(91,938)	-	-
Net movement in funds		(34)	(84,482)	(84,516)	(71,803)
Reconciliation of funds:					
Total funds brought forward		34	114,888	114,922	186,725
Net movement in funds		(34)	(84,482)	(84,516)	(71,803)
Total funds carried forward		-	30,406	30,406	114,922

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 31 to 51 form part of these financial statements.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)
REGISTERED NUMBER: 09060595

**BALANCE SHEET
AS AT 31 MARCH 2024**

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	14	-	4,935
		-	4,935
Current assets			
Stocks	15	1,386	1,052
Debtors	16	13,738	27,010
Cash at bank and in hand		118,783	236,064
		133,907	264,126
Creditors: amounts falling due within one year	17	(103,501)	(154,139)
Net current assets		30,406	109,987
Total assets less current liabilities		30,406	114,922
Total net assets		<u>30,406</u>	<u>114,922</u>

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)
REGISTERED NUMBER: 09060595

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2024

		2024	2023
	Note	£	£
Charity funds			
Restricted funds	19	-	34
Unrestricted funds	19	30,406	114,888
Total funds		<u>30,406</u>	<u>114,922</u>

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
Alexander Laybourne
(Chair of Trustees)

Date: 28th January 2025

The notes on pages 31 to 51 form part of these financial statements.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. General information

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

Gymnastics Enterprises Ltd has paid £150,000 to British Gymnastics Foundation post year end to cover the 12 months to 31st March 2025. The trustees are of the view that this donation secures the immediate future of the Charity for the next 12 months and that on this basis the assessment of the trustees is that the Charity is a going concern.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.4 Expenditure (continued)

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Computer equipment	- 25%
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2.7 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

3. Income from donations and legacies

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	<i>As restated Total funds 2023 £</i>
Donations				
BGF Fundraising	5,000	3,289	8,289	-
BGF Leadership/ Limitless	22,000	-	22,000	-
Subtotal detailed disclosure				
	<u>27,000</u>	<u>3,289</u>	<u>30,289</u>	<u>-</u>
Donations	-	-	-	36,824
	<u>27,000</u>	<u>3,289</u>	<u>30,289</u>	<u>36,824</u>
<i>Total 2023 as restated</i>	<u>27,304</u>	<u>9,520</u>	<u>36,824</u>	

Following the introduction of new financial software the prior year income from donations has been restated.

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

4. Income from charitable activities

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
BGF Love to Move	96,721	55,615	152,336	141,050
BGF Leadership / Limitless	7,000	-	7,000	-
BGF Fundraising	-	75,000	75,000	150,000
BGF Operational Support	-	25,000	25,000	-
Together Fund	-	-	-	43,279
	<u>103,721</u>	<u>155,615</u>	<u>259,336</u>	<u>334,329</u>
<i>Total 2023</i>	<u>293,279</u>	<u>41,050</u>	<u>334,329</u>	

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

5. Income from other trading activities**Income from fundraising events**

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
BGF Fundraising	500	500	500
BGF Love 2 Move	273	273	-
	<u>773</u>	<u>773</u>	<u>500</u>
<i>Total 2023</i>	<u>500</u>	<u>500</u>	

6. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Bank interest	<u>2,941</u>	<u>2,941</u>	<u>1,046</u>
<i>Total 2023</i>	<u>1,046</u>	<u>1,046</u>	

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

7. Expenditure on raising funds

Costs of raising voluntary income

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	<i>As restated Total funds 2023 £</i>
Travel and accommodation	-	88	88	116
Miscellaneous	-	155	155	5
IT and telephones	-	1,222	1,222	2,455
Allocation of support costs	-	-	-	7,333
Wages and salaries	-	27,368	27,368	23,948
Employers national insurance	-	2,624	2,624	2,268
Employers pension costs	-	1,320	1,320	1,152
	<u>-</u>	<u>32,777</u>	<u>32,777</u>	<u>37,277</u>
<i>Total as restated 2023</i>	<u>5,019</u>	<u>32,258</u>	<u>37,277</u>	

Following the introduction of new software, the analysis of 2023 costs has changed but the overall balance is consistent.

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

8. Analysis of grants

	Grants to Individuals 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Grants to individuals	<u>7,030</u>	<u>7,030</u>	<u>97,851</u>
<i>Total 2023</i>	<u>97,851</u>	<u>97,851</u>	

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

9. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	<i>Total 2023 £</i>
Direct costs	<u>222,693</u>	<u>122,385</u>	<u>345,078</u>	<u>407,225</u>
<i>Total 2023</i>	<u>51,079</u>	<u>356,146</u>	<u>407,225</u>	

10. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Direct costs	<u>252,114</u>	<u>7,030</u>	<u>85,934</u>	<u>345,078</u>	<u>407,225</u>
<i>Total 2023</i>	<u>271,212</u>	<u>97,851</u>	<u>38,162</u>	<u>407,225</u>	

BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

10. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2024 £	Total funds 2024 £	<i>As restated Total funds 2023 £</i>
Staff costs	212,815	212,815	215,829
Advertising and promotions	1,351	1,351	759
Bank charges	30	30	-
Clothing	163	163	1,502
Events and venue expense	3,956	3,956	2,239
Motor expense	2,068	2,068	6,009
IT and telephones	7,891	7,891	10,541
Printing, postage and office costs	1,610	1,610	1,001
Travel and accommodation	7,929	7,929	3,386
Professional services	13,873	13,873	29,923
Miscellaneous	428	428	23
	<u>252,114</u>	<u>252,114</u>	<u>271,212</u>
<i>Total as restated 2023</i>	<u>271,212</u>	<u>271,212</u>	

BRITISH GYMNASTICS FOUNDATION**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Analysis of support costs

	Activities 2024 £	Total funds 2024 £	<i>As restated Total funds 2023 £</i>
Staff costs	64,872	64,872	29,512
Depreciation	2,666	2,666	-
Motor expense	5,674	5,674	-
Travel & accommodation	4,691	4,691	-
IT services	2,189	2,189	-
Events and venue expenses	408	408	-
Office costs	632	632	1,750
Governance	4,716	4,716	6,900
Bank charges	30	30	-
Miscellaneous	56	56	-
	<u>85,934</u>	<u>85,934</u>	<u>38,162</u>
<i>Total as restated 2023</i>	<u>38,162</u>	<u>38,162</u>	

Following the implementation of new financial software the prior year expenditure has been restated. Total expenditure for 2023 has not changed.

11. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £1,500 (2023 - £1,430), and accounts preparation and tax returns of £2,400 (2023 - £-).

BRITISH GYMNASTICS FOUNDATION**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

12. Staff costs

	2024 £	2023 £
Wages and salaries	260,023	240,169
Social security costs	26,612	21,902
Contribution to defined contribution pension schemes	22,364	10,638
	<u>308,999</u>	<u>272,709</u>

The Charity does not employ any staff directly. All staff are paid by British Gymnastics and their salaries are recharged monthly to the Charity.

BRITISH GYMNASTICS FOUNDATION**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

12. Staff costs (continued)

The average number of persons employed by the Company during the year was as follows:

	2024	2023
	No.	No.
Average number of employees	<u>9</u>	<u>9</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
	No.	No.
In the band £60,001 - £70,000	1	-
In the band £70,001 - £80,000	1	1

Key management personnel received remuneration of £158,241 (2023: £136,982)

13. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL-).

During the year ended 31 March 2024, expenses totalling £798 were reimbursed or paid directly to 4 Trustees (2023 - £4599 to 8 Trustees). These related to reimbursements of travel costs.

14. Tangible fixed assets

	Computer equipment £
Cost or valuation	
At 1 April 2023	52,364
At 31 March 2024	<u>52,364</u>

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

14. Tangible fixed assets (continued)

Depreciation

At 1 April 2023	47,429
Charge for the year	4,935
At 31 March 2024	52,364

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

**Computer
equipment****£****Net book value**

At 31 March 2024

-

At 31 March 2023

4,935**15. Stocks****2024
£****2023
£**

Finished goods and goods for resale

1,386**1,052****16. Debtors****2024
£****2023
£****Due within one year**

Trade debtors

13,593**5,559**

Prepayments and accrued income

145**21,451****13,738****27,010**

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

	Computer equipment	
	£	
17. Creditors: Amounts falling due within one year		
	2024	2023
	£	£
Other loans (from British Gymnastics)	88,085	121,749
Trade creditors	4,106	10,856
Other taxation and social security	45	121
Accruals and deferred income	11,265	21,413
	<u>103,501</u>	<u>154,139</u>

BRITISH GYMNASTICS FOUNDATION

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

18. Restricted funds

Love to Move – This is a scientifically designed seated exercise programme for people living with dementia and other forms of cognitive decline. The programme trains and develops education and learning resources to train a workforce which delivers the exercise programme across the UK and beyond and is proven to significantly improve the quality of life for participants.

Limitless – This programme engages beneficiaries by delivering a residential coaching leadership programme at Lilleshall National Sports Centre, followed by wrap around mentoring and developmental support and support towards employment in the sports sector. This support is to benefit individuals from deprived backgrounds, whose life circumstances have made it difficult to start their journey in sports coaching.

I'm IN – This programme works with specialist disability gymnastics clubs and connects them with special educational needs schools to develop and deliver a bespoke disability gymnastics programme which engages disabled children in gymnastics for the first time. The programme works with disabled children, their teachers and family, to co-create the gymnastics programme which is delivered, empowering the children to join their community gymnastics club as a route to life-long participation in sport.

BGF Operational Support includes the core costs of the Charity which are not directly involved in delivering restricted public benefit programming. Examples of costs include IT software licencing, staff salaries and expenditure related to the day to day running of the Charity's administration.

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

19. Statement of funds**Statement of funds - current year**

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Unrestricted funds					
General Funds	<u>114,888</u>	<u>162,618</u>	<u>(155,162)</u>	<u>(91,938)</u>	<u>30,406</u>
Restricted funds					
BGF Operational Support	-	5,000	(49,814)	44,814	-
BGF Love to Move	34	96,721	(106,154)	9,399	-
BGF I'm IN	-	-	(20,275)	20,275	-
BGF Leadership / Limitless	-	29,000	(46,450)	17,450	-
	<u>34</u>	<u>130,721</u>	<u>(222,693)</u>	<u>91,938</u>	<u>-</u>
Total of funds	<u>114,922</u>	<u>293,339</u>	<u>(377,855)</u>	<u>-</u>	<u>30,406</u>

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

19. Statement of funds (continued)**Statement of funds - prior year**

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds				
General Funds - all funds	<u>183,657</u>	<u>52,114</u>	<u>(120,883)</u>	<u>114,888</u>
Restricted funds				
Restricted Funds - all funds	<u>3,069</u>	<u>320,584</u>	<u>(323,619)</u>	<u>34</u>
Total of funds	<u>186,726</u>	<u>372,698</u>	<u>(444,502)</u>	<u>114,922</u>

BRITISH GYMNASTICS FOUNDATION

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

20. Summary of funds**Summary of funds - current year**

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
General funds	114,888	162,618	(155,162)	(91,938)	30,406
Restricted funds	34	130,721	(222,693)	91,938	-
	<u>114,922</u>	<u>293,339</u>	<u>(377,855)</u>	<u>-</u>	<u>30,406</u>

Summary of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2023 £</i>
General funds	183,657	52,114	(120,883)	114,888
Restricted funds	3,069	320,584	(323,619)	34
	<u>186,726</u>	<u>372,698</u>	<u>(444,502)</u>	<u>114,922</u>

21. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Total funds 2024 £
Current assets	133,907	133,907
Creditors due within one year	(103,501)	(103,501)
Total	<u>30,406</u>	<u>30,406</u>

Analysis of net assets between funds - prior period

	Endowment funds 2023 £	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	-	-	4,935	4,935
Current assets	154,139	34	109,953	264,126
Creditors due within one year	(154,139)	-	-	(154,139)
Total	<u>-</u>	<u>34</u>	<u>114,888</u>	<u>114,922</u>

22. Related party transactions

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2021, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intention to make a grant of £75,000 to the charity for the year to 31 March 2024. During the year ended 31 March 2024, the Charity received £75,000 in respect of this grant.

Under a MOU and secondment agreement signed in 2021, British Gymnastics agreed to provide various services to the Charity in return for a management fee. These services include the provision of seconded staff. During the year ended 31 March 2024, British Gymnastics charged a management fee of £322,041.

British
Gymnastics
Foundation
10 years of transforming lives

Transforming lives through gymnastics 

Accounts



Report and financial statements
for the year ended 31 March 2023

Chair's report

On behalf of the Board of Trustees, I am very pleased to present this, our 8th report, reflecting the year to 31st March 2023.

Since March 2022 the Foundation has continued to develop the delivery of our key projects as we strive to provide opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need.

I would like to start by giving special recognition and thanks to Jerry Tweddle, who stepped down from the Board, and as Chair, in September 2022. Jerry was part of the BGF from its inception in May 2014 and took over as Chair in March 2020, guiding the Foundation through the Covid pandemic and all the challenges and disruptions that came with that period. His extraordinary third term gave stability to the Foundation in a turbulent time for all charities and we are hugely grateful for the time and commitment Jerry gave not just then, but throughout his eight-year term. Jerry was instrumental in taking the Foundation to where it is now, and in particular the Hardship Grant programme. It is tough to capture his impact in words, although later in the report we have tried to do so! I know that Jerry will maintain a continued interest in the Foundation, and I am grateful that he can be called upon for advice and support.

As Jerry departed, we were delighted to welcome two new Trustees to our Board – Gary Tolometti joined us as a Non-Independent Trustee, and Esther Ashman joined as an Independent Trustee during the year. They bring with them significant experience and have already made a positive impact on the Board. With a range of experiences, backgrounds, and skills on the Board, alongside the enthusiasm and energy the members give, we are able to support the Executive Team in the continued development and success of British Gymnastics Foundation in transforming lives through gymnastics. I would like to put on record my thanks to all the Board members for their time and support.

Our core projects continue to have a positive impact on the gymnastics community. The Love to Move programme, expertly led by Louise Roberts, has had another fantastic year and now has over 740 trained deliverers in the UK, as well as a robust delivers license to maintain the quality of this amazing project. We are grateful to all the funders who we work with at the Foundation, and it is worth noting we received funding during the year from the Sport England Together Fund which enabled us to fund an additional 32 Love To Move projects. I am pleased that you can read some of the amazing stories in this report. It is timely to also note Cherry Tolcher, who won the Hazel Green Award, recognising an outstanding contribution from a Love to Move deliverer who has gone 'above and beyond' in their delivery to help participants benefit from the programme.

The Hardship Grants programme was as important as ever. As we moved away from (but not entirely out of) the challenges of the Covid pandemic, we instead moved into a tough winter and cost of living crisis that has seen fuel, food and other costs rise. I am delighted to report that we were able to run three grant rounds, awarding a total of 216 grants to British Gymnastics members, helping them to stay in the sport they love. On top of this, we are extremely grateful to the Peter Harrison Foundation whose grant allowed us to support 41 disabled British Gymnastics Members this year. Again, you can read below how we have been able to demonstrate the importance of these awards which now total 1,182 at a value of nearly £400,000 since May 2014.

Linked to the Hardship Grants in a number of ways, and having recognised the value of our Inspirational Experiences programme in offering support beyond direct financial awards, we elevated Inspirational Experiences in our strategic priorities to give them more focus. Such are the challenges a number of these beneficiaries face, we can't share their stories. We hope to add to the 165 who have already benefited from this programme.

I am pleased to report that the Limitless project, kindly supported by the Hiscox Foundation, held a launch for the first cohort of learners in July 2022. Much work has also commenced on a second cohort, which is due to start in July 2023.

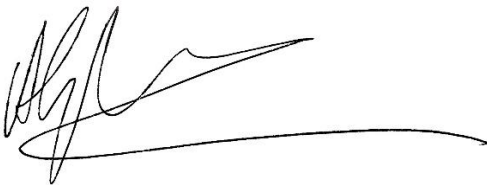
The programme is gaining some real momentum and we are excited to see what will come of the programme as it moves forwards. It is worth noting how much work has gone into this programme, as the Executive team see the huge potential it has on bringing real improvements to the lives of people and communities most in need.

Our Special Schools programme, renamed 'I'm IN' had to be deferred during the pandemic, and this year has been an opportunity to develop new partnerships and focus on raising the funding to ensure that we can deliver this programme effectively on an ongoing basis.

Aside from the amazing work done by the programmes, the Foundation has been extremely busy on the governance side. We have developed a plan to achieve tier 3 of the Code for Sports Governance and this year we made significant progress towards achieving this, we hope to have it completed in the next financial year, and this will give us the opportunity to apply for more substantial grants in future. We also look forward to launching our latest strategy, having spent a huge amount of time developing it we will see it launch in the next financial year.

As I wrap up and allow you to enjoy the Annual Report in full, I would like to say how extremely grateful we are to all our partners who support British Gymnastics Foundation through funding and direct activity in delivering projects, without whom our impact in helping those groups in need of the benefits gymnastics can bring would be severely curtailed. This of course extends all the way to British Gymnastics who's support is invaluable and is a relationship we value. I would also like to thank all those who have participated in a wide range of fundraising activities and volunteered for the Foundation.

Finally, I must recognise and thank our executive team, led by Patrick Bonner, who have once again shown amazing commitment, creativity, and energy in their running of the Foundation. As a Board, we are privileged to have such a dedicated and talented team who show an unwavering commitment to ensuring we provide opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need.

A handwritten signature in black ink, appearing to read 'Alex Laybourne', with a long horizontal flourish extending to the right.

Alex Laybourne
Chair of British Gymnastics Foundation

Report of the trustees for the year ended 31 March 2023

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2023. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, poverty or social or economic circumstance or for disabled people and the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: **"... to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need"**, and the values of the Charity are: **Caring, Inclusive, Ambitious, Collaborative and Trustworthy**.

Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.

LOVE TO MOVE

It has been another fantastic year for Love to Move, our dementia-friendly exercise programme showing all the benefits of physical improvements, cognitive stimulation and 'magical' engagement, as one observer described it. By the close of the year, we had trained a total of 740 deliverers across the UK with sessions running in Community Centres, Memory Cafes, Church Rooms, Leisure Centres, and Care Homes. Most counties now have some trained deliverers with a bit of work to do in rural parts of Scotland and Wales.

This year we also introduced our Love to Move deliverers Licence. The Licence enables us to provide on-going CPD (Continual Professional Development) and we design a programme of workshops and on-line content based on what deliverers tell us they need. So far these have included support with Risk Assessments, Support mechanisms for people and families living with dementia, Dealing with bereavement, and Dealing with distress and dementia. Licensed deliverers are also given access to different Love to Move playlists and on-going support from our fabulous team of mentors.

Care Home residents feel the benefit of Love to Move:

Sue Moore trained in Love to Move and began trialling the programme in Pencoed Care Home in Pembrokeshire where her Mum was a resident.

Each week a small group of residents, all with varying health issues, have participated in the classes.

Rosemary has been diagnosed with mixed dementia. She now encounters some difficulties with retaining information with a slight decrease in mobility. Since the first Love to Move session, Rosemary has been an active and enthusiastic participant, enjoying all aspects of the sessions. She is sociable, encourages the other group members to participate and can always be relied upon to seek out the funny side of things. She approaches the asymmetric exercises with determination and the visualisation with humour. Since she used to enjoy playing tennis and swimming, she is particularly keen when these activities are part of the visualisation section.



Staff at Pencoed have observed that Love to Move lifts Rosemary's mood and has a positive effect on both her social and cognitive skills. At the end of a session, Rosemary will invariably say that she has enjoyed herself, welcoming the opportunity to join in something active and challenging and particularly enjoys singing during the cool down.

Albert has been diagnosed with vascular dementia. Whilst he now encounters difficulties with his speech, his mobility is good. Albert was reticent to join in at first, preferring just to watch the earlier sessions from outside of the group but was gradually encouraged to take part. The turning point in his confidence appeared to be around the fourth week. A member of staff persuaded him to join the group and sat with him during the session, doing the exercises with him. He is particularly enthusiastic about the Lambeth Walk, the Cokey Cokey and the sing-along in the cool down at the end.

Albert still needs to be helped to join the group each week and often simply watches for a while at the start. However, with a little direct encouragement, he joins in. The extent of his participation is slowly growing along with his familiarity with the situation. If he attempts the co-ordination exercises (particularly the clapping rhythms) he seems to enjoy himself and his confidence to attempt the verbal skills is growing, often joining in with the tongue twisters and the alphabet exercises.



He appears to be able to overcome his speech problems while singing and remembers the words to old songs. Care home staff have noted how Albert's cognitive skills have improved and he is brighter after each session, with a beaming smile.

As the trial was a success, Sue has been delivering weekly sessions ever since and takes pleasure from seeing these improvements and the enjoyment the residents get from the programme. She said, ***"The initial Love to Move sessions went well and I continued after Mom passed away. It's a sort of tribute to Mom and a thank you to the team for all they had done for her."***

Sport England's Together Fund Helps us to Grow Love to Move Impact

We received funding during the year from the Sport England Together Fund. This enabled us to distribute small amounts to very local organisations as a 'Start Up' grant for new Love to Move projects. 32 projects were funded in all. As a result, a large number of sessions have started up in Cornwall working with Age UK, Disability Cornwall, Active Cornwall, memory cafes and parish councils. A hugely exciting project has got off the ground in Leicester adapting the programme into Gujarati for the Asian community. In Sussex, 5 new sessions have been established working with a wide range of local organisations and a particularly successful partnership with the Care Company, Right At Home, driven by our very dedicated deliverers Cherry and Anna.





The Love to Move session in Steyning has been established as the result of a fantastic new partnership between Right at Home, Steyning Parish Council and Love to Move deliverers, Cherry and Anna. Sport England's Together Funding was made available through the British Gymnastics Foundation to help kick start the new session to benefit older people living with long-term health conditions such as dementia, in the local area. The partnership has been, and continues to be, first class. The owner of Right at Home, Anton, has, himself completed the Love to Move training, so fully understands the benefits of the programme. The deliverers feel supported by the partner organisations and staff have been mentored

to complete their own Love to Move training and assessment to further support the sessions. Lead deliverer Cherry told us, *"Classes start slowly as word spreads and without the starter fund from Sport England these would not take off. These classes are not money-making ventures so without funding they simply wouldn't get started."*

As popularity for the sessions grew, they relocated from a small side room to the largest room at the Steyning Centre. As well as the proven benefit of the movements within Love to Move sessions the participants have also benefited from the social impact, they've seen from attending the sessions and staying on for a coffee and a chat afterwards. This social element has developed into an active social gathering which is helping to alleviate the isolation felt by so many older people. It started as a polite drink and has grown to finding a friend to sit next to and properly engage with. This is just as true of carers and participants. Music is personalised at the end of a session and the deliverers get requests coming from participants and carers. The power of music and memories cannot be under stated.





Sheila, a participant at the Steyning Centre says: - *"I really enjoy coming each week and look forward to it. Anna and Cherry are great leaders. We also have tea and cake. Exercises do me a lot of good, I do them a lot at home now as well. Gets all the bits moving!"*

Rosie, carer and daughter of Betty said: - *"The classes are really friendly as are Cherry and Anna who are supportive and understanding. I have seen a marked improvement in Mums confidence and mobility since she joined. The tea and biscuits are an added bonus!"*

Love to Move classes have been used to make links across services. The Steyning group have been visited by Age UK who, as a result have started conversations so that two of the participants now have some day care and the carers have some respite. They are due to be visited next by West Sussex 4 Sight, vision support, so they can sign post clients to benefit from the Love to Move sessions.

Terry, carer and husband of Ruth *"I am extremely pleased with the expertise and loving care that my wife, Mrs Ruth Clarke, receives each week at the Love to Move group. Ruth who has dementia and restricted movement, appears to be really enjoying herself doing the various exercises and participating modules. She is also clearly benefiting from the social aspect of the meetings. I am very impressed by the energy and competence of the staff, who also have the ability to make the group members feel that they are being cared for in a personal way."*



"It is a real privilege to be part of this programme and make such a difference to peoples' lives." Cherry, Lead deliverer.

"The progress you see in a class over a few weeks is amazing. Co-ordination and accuracy are clear to see. Confidence to speak out, ability to be relaxed and laugh at their own actions when in a muddle is lovely to see." Organiser



Royal invite for Love to Move Deliverers Cherry & Anna

Cherry & Anna were nominated to attend a Royal garden party at Buckingham Palace. They were nominated by Jackie, whose father attends Cherry and Anna's class and felt moved to nominate them for the difference they make to her father and others attending the class.

Jackie told us: *"There is movement, rhythm, music, quizzes on a weekly basis - The exercises stimulate the brain and help it to function, to coordinate, and it really helps with confidence...and more importantly in my eyes is HOW Cherry and Anna go about this - with Love, with humour, with skill. They are both such lovely women; sweet, humble, giving"*

Jackie's father has Alzheimer's *"He really has struggled with the condition, mourns the loss of his memory, gets quite low at times. The Love to Move session is a boost of positivity in his life- he leaves there in a fresher and better frame of mind, 'that was fun' - this is a wonderful thing to hear. He loves how they (Cherry & Anna) smile all the time - and they do smile all the time."*

Both Cherry & Anna have a personal connection and understanding of dementia from supporting relatives and running dementia cafes. They heard about the Love to Move course through Cherry's gymnastics background. They completed their training just before Covid, and while that meant some plans had to change, they didn't let that stop them continuing classes online, it's clear that they go the extra mile for the people attending their classes, supporting them in finding other dementia friendly groups *"it's a good way of being able to help people to find ways to cope with their situation. You get so involved with all their journeys - it's a privilege. You know you're giving them something really beneficial."*



Love to Move was chosen to be a significant part of the 2022 World Artistic Gymnastics Championships legacy programme in Liverpool. During the year a total of 18 deliverers were trained to establish and support Love to Move sessions. To date, 5 new sessions have been established to leave a lasting legacy. We were also lucky enough to have a Love to Move presence in the main arena at the World Championships each day, showing a video on the big screen and interviews live in the area telling the world about the benefits of the programme.

Further inroads have been made into the Health and Social Care sector. We were invited to health conferences in different parts of the country, attending the Falls Prevention Conference in Cornwall. We were also invited to apply for funding for Love to Move through the Integrated Care System in Cambridgeshire and Peterborough. These are all positive signs that Love to Move is being taken seriously by the Health and Social Care sector and it's being recognised for the benefits it can bring.

The University of Bradford's, Applied Dementia Research Unit, completed their evaluation study on Love to Move finding that; 'Love to Move has some positive impact on participants' physical, mental, and social health. Participants' increased socialisation and enjoyment was mentioned by the different groups. Other reported benefits included better mobility, and improved alertness and engagement with the programme. It was encouraging to see that at 3 months follow-up all the participants that completed the questionnaire noticed improved satisfaction with life and felt less lonely.'

One carer reported that the person they cared for was: -

"Much happier and, as I say, she was more mobile. She was able to stretch for things, you know, where she wouldn't eat, and I don't think it was that she couldn't eat (...) and then after she started Love to Move, she started to eat again, probably because she could do it herself."

Love to Move is designed to get older people moving and functioning better. The feedback from participants and carers gets better and better, reporting benefits such as improved engagement, mobility and independence, as well as reductions in feelings of isolation. Below is another case study to demonstrate the amazingly positive impact the sessions have had on our participants this year.

The Social benefits of Love to Move



Di and Ted started coming to the Brampton Love to Move sessions as Di was keen to find an activity that would encourage Ted to be more sociable, independent, and active, following his Alzheimer's diagnosis; somewhere that Ted could be left in safe hands and would give her a break from being his fulltime carer.

Di often arrived at Love to Move looking tired or stressed, she shared that getting Ted ready in the mornings to go to the sessions was difficult. Ted, however, always arrives with a smile and greets us all politely. Di would sometimes sit and enjoy a coffee, or she would rush off to do things she needed to do.

Ted had few difficulties engaging in the programme, he was able to pick it up quickly,

enjoyed the challenge of the more difficult sections like Bilateral Asymmetrical patterns and fine motor skills. He soon became confident enough to shout out topic words for the Alphabet and sing along to some of the music. Ted always appears to be in a happy mood, laughs and smiles and likes to make jokes.

Ted is happy to sit with other group members over coffee and engaged well in the exercises. In fact, Ted has become so confident with the programme that he is often going at a faster pace than the deliverer, his movements are bigger and sometimes he's on to the next action before anyone else as he remembers it all. Some of his movements and facial expressions have become really animated which is lovely to watch. Di says at home he is not motivated to do anything much at all and spends much time sitting in his chair and is not very communicative. This is a very different Ted to the one we see at Love to Move.

Ted says he enjoys the social aspect of the group, likes the company of the ladies, and has made some lovely friends. Di says that Ted is brighter and more alert, more interested in what's going on around him, is socialising better with others and laughs more. Di feels grateful that Ted has an interest outside the house and appreciates others looking after him so that she can have a break. They have both made good, supportive friends who they socialise with.

Di said recently **“he is always excited at the prospect of going out and once he is at the Memorial Hall he becomes a different person - really animated and loving the social life attached to the groups he attends. Thus, it is that *Love to Move* benefits him not just physically but also mentally.... I really feel that all the 'dementia' things that Ted is able to do in Brampton is keeping him as fit as he is and preventing him going into a care home permanently. Long may that continue.”**



Di and Ted

HARDSHIP GRANTS

This year we received 265 hardship grant applications, which is our second highest annual number of hardship grant applications, second only to 2020 at the start of the pandemic. The winter in particular this year, brought huge levels of hardship to those struggling financially in our gymnastics community. As fuel and food costs rose dramatically, the winter Hardship Grant round in October 2022, saw 153 applications received.



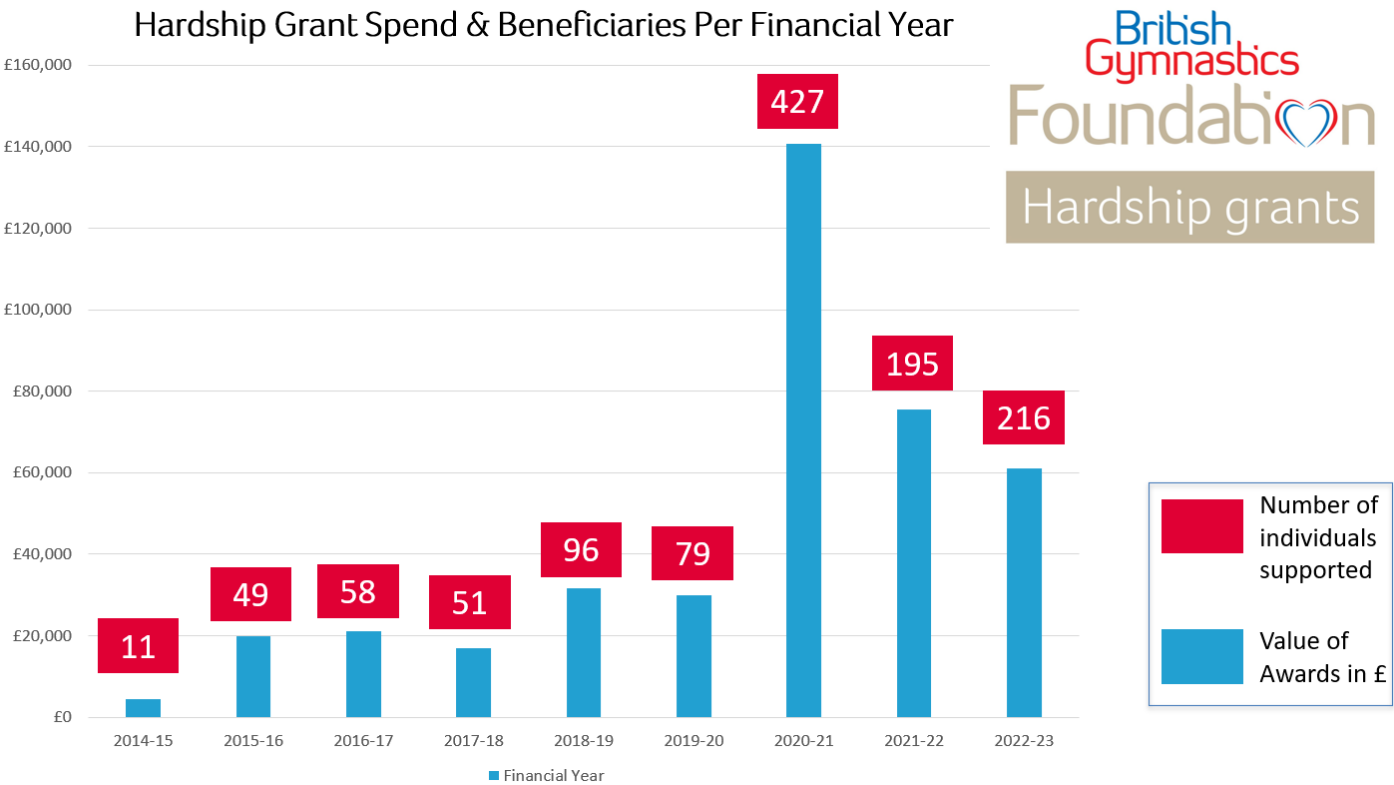
We were extremely proud to be able to respond to the demand for grants and were able to run three grant rounds, awarding a total of 216 hardship grant awards, helping 216 British Gymnastics members to stay in the sport they love, through times of significant financial hardship and family crisis.

We are extremely grateful to the Peter Harrison Foundation whose remaining grant of £11,230 enabled us to support 41 disabled British Gymnastics Members this year. Our average grant awarded this year was £283, which is £101 less than the average grant awarded last year. With less funding in our pot this year, and more demand for grants, our Board had to approve an additional prioritisation system for the awarding of grants, which led to several awards having to be proportionally reduced in order to stay within budget.

Our Charity Team and Board are keeping a close watch on the success of this year’s grants programme as we are very aware that we have funded more gymnasts compared to last year, and with less money in the funding pot; so, we want to ensure that we keep our high retention rate of 96% of gymnasts staying in the sport for at least 12 months after receiving a hardship grant.

To date, since 2014, we are extremely proud to have supported 1,182 individuals in the Hardship Grants Programme, spending a total of £395,725.

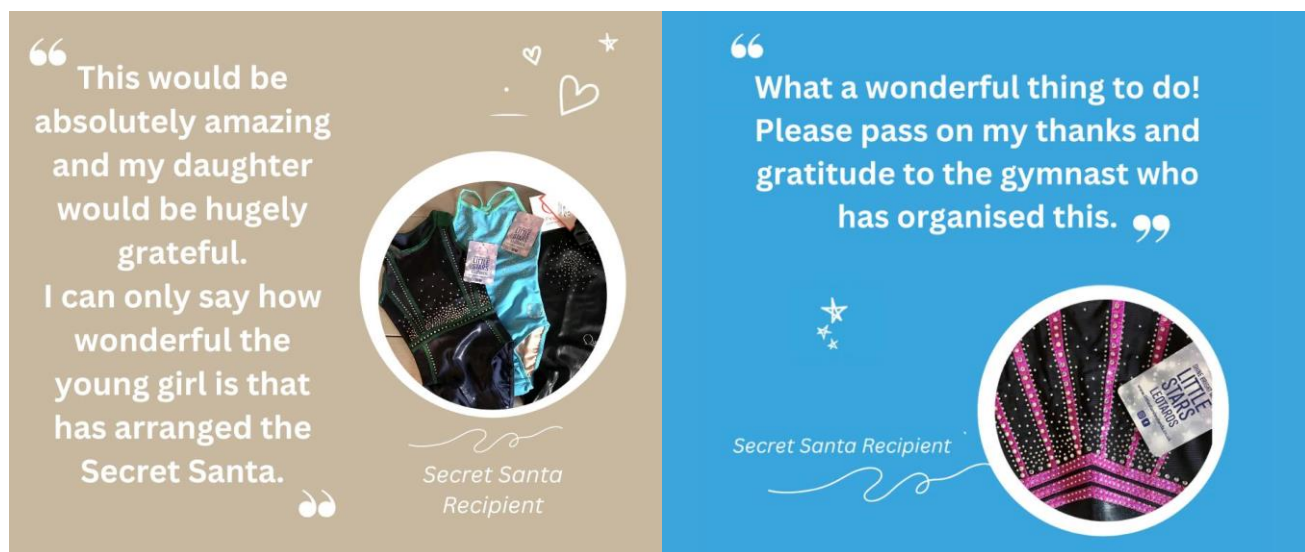
The chart below shows the number of Hardship Grants awarded since the start of this programme back in 2014.



Huge thanks must go to all our Trustees who volunteered very many hours to participate in 9 Awards Panel Meetings during the year to review all 265 applications. We simply couldn’t have achieved what we did without their collective effort and support.

This year again, our Hardship Grants Programme also sparked a number of British Gymnastics members to do something extremely special to help support gymnasts most in need, by purchasing leotards to give as gifts at Christmas time.

Over Christmas, and for the second year running many children were gifted with donated leotards through a Secret Santa set up thanks to a lovely idea from a British Gymnastics member ❤️



Towards the end of the year, Milano Pro Sport kindly donated hundreds of items of their kit: leotards, tracksuits, gym shoes, shorts, longs and hair scrunchies, so that we could provide hardship grant recipients with items that they could use for their training. By the end of this year, this enabled us to send gymnastics kit out to over 100 hardship grant recipients, further easing the cost of participating in gymnastics. A huge thank you must go to Milano Pro Sport.

Hardship Grants: Meet Leo

“Apart from all the health benefits, gymnastics is also a great way of self-expression for Leo.”



Leo started practising Gymnastics at the age of 7. Leo has Downs Syndrome and has learning and speech delays. Leo's Dad Alex told us *“Leo greatly enjoys movement. He likes the bars and some balancing exercises.”*

Being a single parent and full-time carer, Alex can only work part-time within school hours.

Leo was awarded a Hardship Grant to help with the cost of his gymnastics. *“The Hardship Grant is a very significant contribution towards the cost of Leo's gymnastics.”*

Photo: Leo and his Dad, Alex.

Success on The Big Stage for our Hardship Grant Recipients

We were very pleased to see former hardship grant recipient, Naana Oppon, winning Gold at the World Championships in the 15-16 age group Women's Tumbling final. Congratulations Naana, we are extremely proud of you and your achievements!

Naana told us *"The Hardship Grant means so much to me, it helped so much."*

Congratulations Naana!

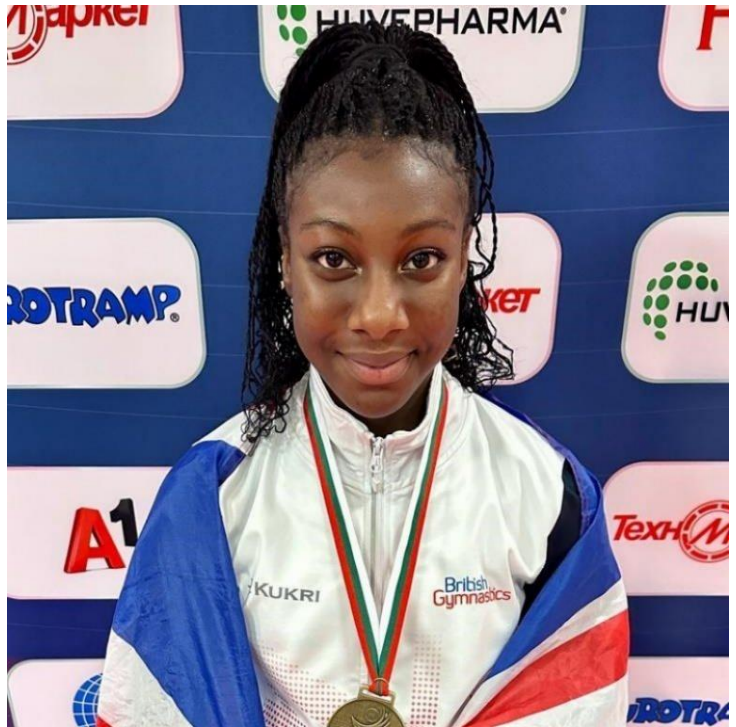


Photo: Naana Oppon



Photo: Abigail Martin

We were also very pleased to see success for Abigail Martin this year, as she became the junior All-Around champion at the 2023 British Championships.

Abi also competed in the Junior European Championships in August, placing 6th in the All-Around competition, and competed in the Uneven Bars and Balance Beam finals

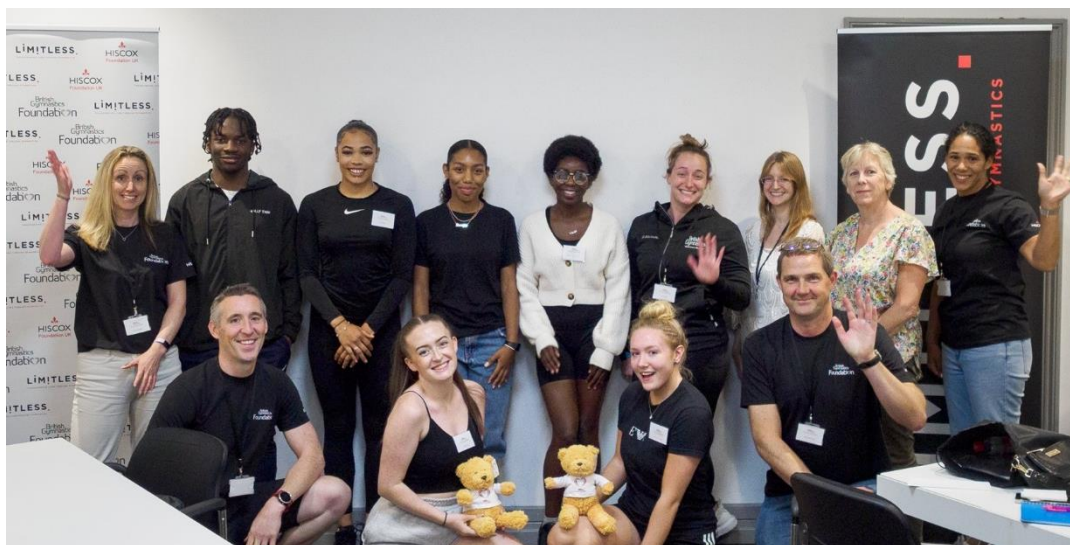
Congratulations Abi, it is fantastic to see you achieve on the big stage this year!

The Limitless programme aims to develop and empower the learners by raising their confidence, improving their well-being, and employability. The programme of modules, courses, and mentoring supports the learners throughout their training as a Gymnastics Activity Instructor as well as developing wider life skills and confidence. Recruitment this year concentrated on some of the most deprived communities in the UK and a range of diversity and needs.



We held a launch for the first cohort of learners on the Limitless programme at Sobell Leisure Centre, London on the 21st July 2022. Patrick Bonner, British Gymnastics Foundation, Aisha Walters, expert Coach, Tutor and club owner, and Patrick McMaster from Moving-Ahead presented a series of inspirational keynotes to the Mentors and Mentees.

6 learners (aged 13-17) completed their Helpers Award in July 2022. Several went on to gain practical experience with mentors at Sobell Leisure Centre and Badu Sports.



Our first learner and mentor group on the Limitless Programme, Hackney & Islington 2022

3 learners (over 18) enrolled on the Gymnastics Activity instructors course starting in August 2022. These 3 mentees were matched with a life coach/mentor to give additional support as they move through the qualification and beyond into employment.

2 of the older learners are now coaching for a club and one is hoping to set up her own Gymnastics and Performing Arts Club in the future. Mentoring is on-going. One learner said *"It's been amazing having her as a mentor. She has helped me so much with planning for my future and helping me with hard decisions along the way and just making sure I am organised and have everything sorted."*

One learner described how her mentor has helped her: *"I struggled with phone calls, answering the phone or even calling someone, I preferred to do everything over text or email, which for my future wasn't good as I want to open my own musical theatre school eventually, so she helped me get over my phone anxiety and I feel so much more confident talking and taking notes on the phone".*

"Limitless is the best thing that has happened to me, and I will be forever grateful for everything they have taught me." Participant quote



There were huge difficulties recruiting to the first cohort of Limitless but once we saw what a difference it could make to the lives of people who would not otherwise have had the opportunity or the confidence, we knew that we needed to persevere.

The 2023 Limitless cohort were recruited in the early part of the year. Given that our Hardship Grants programme has been running for 8 years now, we reached out to some of the early recipients to see if those who had reached 18, were interested in becoming coaches. This was the starting point for our recruitment.

Due to the learners coming from all over the country this time, it was decided to hold the launch and main Gymnastics Activity Instructor course as a residential at Lilleshall National Sports Centre.



The residential course for this cohort is due to take place in July 2023.

Thanks go to Hiscox Foundation UK who have generously funded our first two cohorts. We are very grateful for their patience and support as we got the programme off the ground. We think that the fantastic results were worth the wait!

I'm IN – (SPECIAL SCHOOLS & COMMUNITY PROGRAMME)



The Special Schools programme has been re-named 'I'm IN' and 2022/3 has been a year of planning and funding bids. The first stage of the project will be to try and test resources and training with the pupils and teachers of one Special School and creating and testing the links to a local Gymnastics Club. Following this, the programme will expand to more schools and clubs with evaluation on-going. The key to the programme will be the co-creation with young disabled people, their parents, teachers and coaches.

The aim of the programme is to increase the accessibility of gymnastics to young people with disabilities and to support the integration of these young people from school into their communities. It is hoped that the programme will also lead to opportunities through the Limitless programme into coaching and Leadership for disabled people.

Although several funding applications have been made to Foundations, we have yet to secure the full amount to launch this programme.

INSPIRATIONAL EXPERIENCES

Our Inspirational Experiences programme gives children experiencing hardship, family crisis, or life changing situations a motivational experience to help them through hard times.

Since the inception of the programme, we have supported over 165 people through Inspirational Experiences. For most of the beneficiaries, their circumstances are such that we cannot disclose details about them or their situation, however the experiences offered this year have included funding children who are fleeing domestic violence to access local gymnastics clubs, a birthday party in the gym for a young boy who had never had a party before because of his disability and some visits and calls from elite gymnasts, so children have been able to meet their idols.



Fundraising

Fundraising has been incredibly challenging this year. In total, our fundraising activities raised £36,825. A number of fundraising initiatives were delivered during the year, but unfortunately fundraising income failed to hit our target as several key grant applications were unsuccessful and annual fundraising initiatives such as our 10,000 steps for dementia, failed to get the engagement it had last year.

As part of a group of professional fundraisers, our Fundraising Officer attended a crisis meeting of Event Fundraisers where other charities (mainly larger charities able to hire a specific Event Fundraiser or team of) discussed the decline in uptake and income for events so far this year.

Across the industry, Event Fundraisers are finding it harder to recruit participants. Many charities have been unable to fill Great North Run places and even London Marathon places. This is very significant and will inform our plans for events next year.

We were so very grateful to two-time Olympian, Kristian Thomas, who ran the TCS London Marathon on 2nd October 2022 for us, and fundraised a fantastic £2,923. A huge thank you to Kristian.

As our Foundation Ambassador, Kristian was excited by the challenge, because the money raised will help transform the lives of those most in need through the sport he loves.



Speaking about why he wanted to take part, Kristian said: “The main reason is my previous work with the Foundation – especially the Love to Move programme. I’ve always worked closely with the Foundation so first and foremost it’s to fundraise for them and promote the good work they do.

“For me personally though, I’m always up for a new challenge or a new target. I’m not an endurance athlete but I love a goal to work towards.”

Governance

Jerry Tweddle Retires from the Board



This year has been a huge transition year for the British Gymnastics Foundation. Our Charity has been succession planning for its Board for quite some time, and this year saw our Charity's Chair, Jerry Tweddle, retire from the Board in September 2022.

Jerry started on the BGF Board as one of the Original Trustees when the company first started in May 2014. Since the beginning of his work with BGF, Jerry stepped up and volunteered to be on the Hardship Grants Committee (a sub-committee of the Board). This was no small task, as reviewing the Hardship Grant applications is a very time-consuming job, but ultimately leads to keeping people in our sport in times of crisis.

Over Jerry's time as Hardship Grants Committee Member, Jerry contributed the following:

- Established the process criteria, policy and Terms of Reference that supports the Hardship Grants Programme.
- Jerry sat on 34 Hardship Grants Panels and personally reviewed 816 Hardship Grant Applications. This is no small task considering that it can take around 4 hours to review 30 applications
- Jerry played a big part in transitioning our Hardship Grants programme from a paper-based application, to BGF having its own CRM (Customer Relationship Management) system and application portal.
- Jerry's perspectives and life experience as a parent raising a gymnast in the family, and understanding the gymnastics world across all the stages a family goes through when supporting someone all the way through to elite level (Beth Tweddle), has helped to inform decisions about Hardship Grant awards and criteria.

Jerry became Chair of BGF in March 2020, as the inaugural Chair, Ray Phillips stepped down as Chair. In doing so, Jerry agreed to serve a final 3rd extraordinary term for BGF in order to give stability to the organisation and to oversee the continuity of the Board as 4 Trustees retired and 5 new Trustees were to be appointed.

Jerry Chaired his final Board meeting in June 2022, and passed the role of Chair onto Alex Laybourne.

Jerry has also been a long serving lead for BGF as the Trustee focused on Money Laundering and Fraud, and with his financial background and expertise, Jerry has always taken a keen interest in ensuring that BGF is well governed and financially responsible.

Jerry has always been a constant source of support and unwavering wisdom for BGF throughout the 8.5 years he has been a Trustee. Particularly, throughout the pandemic and beyond, Jerry has always been so freely giving of his time and has been super supportive to all the Staff Team at BGF; we will miss him hugely but know that he will always be a part of the gymnastics family.

Speaking about his time with the Foundation, Jerry said: ***"I am grateful to have had the real privilege to act as a Trustee for the British Gymnastics Foundation for several years from its inception in 2014. Gymnastics has given myself and my family so much pleasure over the years, so I am delighted to see BGF grow so rapidly and support so many deserving people in the wider gymnastics community. I wish BGF every success in the future as it develops exciting new projects and expands the help it can bring to a diverse range of recipients, in its mission to transform lives through gymnastics"***.

We are eternally grateful to Jerry and wish him all the very best for the future.

Our New Charity Chair, Alex Laybourne

Alex Laybourne Chaired his first BGF Board meeting in September 2022. We wish Alex all the very best in his new leading role for our Charity.

Alex takes up his position as Chair having spent 15 years involved in sport, education and the charity sector. He is currently the CEO for Power2Inspire – an inclusive sports charity based in Cambridgeshire – and combines that with being Head Coach for Sweden Men's Rugby alongside being a Performance Lifestyle Mentor for Dual-Career Athletes.

As Chair, Alex will oversee all aspects of the Board; ensuring that the Board of Trustees executes its responsibilities with care and integrity, whilst developing the Charity's strategy and governance in the pursuit of the Charity maximising its public benefit.



Alex said: *"I am delighted and honoured to be taking on the role of Chair for the BGF. Using the power of gymnastics, the Foundation is making real improvements to the lives of individuals and communities most in need. In the current climate the Foundation is needed more than ever, and they are doing some incredible work to ensure people continue to have access to, and benefit from, gymnastics in all forms."*

"I look forward to working with my fellow Board Trustees and the Head of the Foundation, Patrick Bonner, and his team to build on the success of the Foundation to date. The opportunity to build on this work and to deliver the vision is a truly exciting one. I'd also like to take this opportunity to celebrate the wonderful job that my predecessor, Jerry Tweddle, has done during his time on the Board and as Chair."

Our New Trustees

We were very pleased to welcome two new Trustees to our Board this year. Gary Tolometti joined us as a Non-Independent Trustee, representing our Member, British Gymnastics. Esther Ashman also joined our Board as an Independent Trustee this financial year.



Gary, who has been the Chair of Trustees at Garioch Gymnastics Club since 2016, has played a key role in the development of a new gymnastics facility as well as developing new strategic business goals for the club.

With a background serving as a senior officer in the RAF, specialising in leadership and command training – he has gone on to take up several roles with a wide range of experience across programme management, leadership development, operations and resource management. Gary's involvement in sport began as a qualified rugby union coach and referee, and is a parent to a former Commonwealth Games gymnast.

Gary currently works in the NHS championing his work on staff engagement, compassionate leadership, inclusivity, and health and wellbeing.

Speaking about his appointment, Gary said: **"I am so looking forward to supporting the British Gymnastics Foundation in every way I can. The Foundation has so many exciting and worthwhile projects to support those members of our community who don't have the same privileges and opportunities as many of us. I believe strongly that we can make a real difference to their lives and empower them to reap the rewards of the life benefits that gymnastics can bring to them."**

Esther has over 19 years' experience working in strategy and partnerships in the public sector, with 8 years in the private sector working for Centrica prior to this. Currently working as Associate Director of Strategy for NHS West Yorkshire Integrated Care Board with a focus on tackling health inequalities and supporting systems to integrate health and care. As a parent of a daughter who has competed for a number of years in acrobatic gymnastics, Esther has a good understanding of the opportunities that being involved in sport at any level can bring and is passionate about trying to ensure that there is access for all.



Esther said of her appointment: ***"It's an absolute privilege to join the British Gymnastics Foundation to support the valuable work that they do. I am delighted to be working with the Board, continuing its exciting journey to explore the opportunities gymnastics can bring to the health and wellbeing of people through the course of their lives. I look forward to bringing my skills and expertise and my experience as a parent of a gymnast, to the work of the foundation."***

British Gymnastics Foundation continued to maintain all relevant governance requirements sufficiently to comply with tier 2C of the Code for Sports Governance. This means that although our Foundation is deemed to be a 'Small Charity' by the Charity Commission, our governance is such, that it satisfies the requirements of 'Large Charities.' In a period where there is low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding. Being extremely passionate about our good governance, our Board has also developed a plan to achieve tier 3 of the Code for Sports Governance. This year, we made significant progress towards achieving Tier 3 status and we expect to reach this governance standard in the next financial year.

This year, we have done a huge amount of work on the development of our next strategy, which will be agreed and published in the next financial year and will run from 2023 – 2027.

Operations

Our CRM system, now in its third year of use, has been well tested again with 265 applications for Hardship Grant funding being processed through the system. The system has also been further developed to process the licences required for Love to Move Deliverers, and our first licences were processed through the system in March 2022, and continued to be processed this year.

Our Staff Team, who are office based at Lilleshall, returned to the office this year, which gave a much-needed boost following the previous years of Coronavirus isolations.

This year, BGF has started delivering enhanced communications to its 80,000 supporters who have signed up to hear from us. This is the start of our next phase of connecting as many people as possible with the good work of our charity.

Awards

Cherry Tolcher wins the Hazel Green Award

This award, in the memory of Hazel Green, recognises an outstanding contribution from a Love to Move deliverer who has gone 'above and beyond' in their delivery to help participants benefit from the programme.

Cherry trained to be a Love to Move deliverer in September 2019. When she first tried to set up some community sessions, she hit brick walls at every turn, but she never gave up and she tried lots of different organisations and avenues to get something going in Croydon. Eventually everything clicked into place, and she began to run 3 regular sessions near her Croydon home which became very popular.

In August 2022, Cherry moved to Sussex on the south coast. She managed to find deliverers to take on each of her Croydon sessions, she took another new Love to Move deliverer under her wing and she set about introducing Love to Move to Sussex! Cherry has always been willing to support other deliverers and has worked through any setbacks she came across with a positivity that is infectious.

Cherry has successfully set up 5 new sessions near her new home and has engaged a fantastic number of partner organisations to work with her. Her sessions are now benefitting hundreds of older people across Surrey and Sussex.

Risk management

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

Financial review

During the year to 31 March 2023:

- The Charity received total income of £372,698 consisting of restricted income of £320,584 (including a grant of £150,000 from Gymnastics Enterprises Ltd), and other unrestricted income of £52,114.
- The Charity spent £444,501 consisting of fundraising costs of £37,275 and expenditure on charitable activities of £407,226.

At the end of March 2023:

- The Charity had total charity funds of £114,922 (£34 restricted and £114,888 unrestricted).

Reserves Policy and going concern

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £125,000. As at 31st March 2023, the Charity's unrestricted reserves total £114,888, which represents the free reserves. The approved budget for the year ending 31st March 2024 records unrestricted reserves of £61,838, which is £63,162 below the target of £125,000.

Gymnastics Enterprises Ltd has indicated its intention to pay a £75,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2024. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

Structure, governance and management

Structure and governing document

British Gymnastics Foundation was incorporated on 28th May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7th July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 13th September 2022.

Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

Reference and administrative details

Charity name: British Gymnastics Foundation
Charity number: 1157747
Company number: 09060595
Registered Office: Lilleshall National Sports Centre, Nr Newport, Shropshire, England TF10 9AT

Advisers

Independent examiners: WR Partners, Belmont House, Shrewsbury Business Park, Shrewsbury SY2 6LG
Bankers: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
Solicitors: Bates, Wells and Braithwaite, 10 Queen Street Place, London EC4R 1BE

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees serving during the period and since the year end were as follows:

Trustee and Director (Chair): Jerry Tweddle (*Retired 13th September 2022*)
Trustee and Director: Louise Fawcett
Trustee and Director: David Marshall
Trustee and Director: Alexander Laybourne (*New Chair from 13th September 2022*)
Trustee and Director: Chisara Nwabara
Trustee and Director: Jessica Cook
Trustee and Director: Laura Salt
Trustee and Director: Gary Tolometti (*Appointed 28th June 2022*)
Trustee and Director: Esther Ashman (*Appointed 1st March 2023*)

Trustees/Directors Responsibilities

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to:

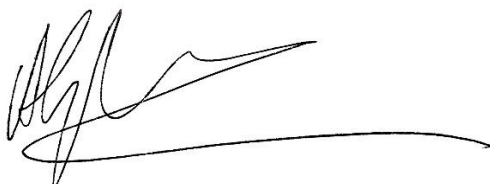
- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The charitable company also confirm that they have made all necessary enquires and taken such steps as they ought to ensure that they become aware of any relevant independent examination information and that they confirm that the charitable company's accountants have been made aware of such information.

In preparing this report, the directors have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Approved and authorised for issue by the Board of Trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'Alex Laybourne', with a long horizontal flourish extending to the right.

Alex Laybourne

Chair

Date: 13th November 2023

Independent Examiner's Report to the Trustees of British Gymnastics Foundation ('the Charity')

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 26 to 34.

Responsibilities and Basis of Report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

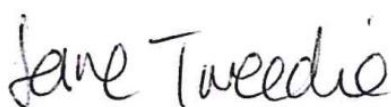
Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute for Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.



Signed:

Dated: 18 October 2023

S J Tweedie BSc FCA DChA

WR Partners

Chartered Accountants

Belmont House

Shrewsbury Business Park

Shrewsbury

SY2 6LG

British Gymnastics Foundation

Statement of Financial Activities (including income and expenditure account)

Year ending 31st March 2023

	Note	Restricted Funds ye 31st March 2023	Unrestricted Funds ye 31st March 2023	Total Funds ye 31st March 2023	Restricted Funds ye 31st March 2022	Unrestricted Funds ye 31st March 2022	Total Funds ye 31st March 2022
Income							
Donations and legacies	3	£27,305	£9,520	£36,825	£41,726	£12,938	£54,664
Income from charitable activities	5	£293,279	£41,049	£334,328	£192,292	£64,243	£256,535
Income from other trading activities	6	£0	£500	£500	£0	£500	£500
Income from Investments	7	£0	£1,045	£1,045	£0	£67	£67
Total incoming resources		£320,584	£52,114	£372,698	£234,018	£77,748	£311,766
Expenditure							
Expenditure on raising funds	8	(£34,962)	(£2,313)	(£37,275)	(£41,427)	£0	(£41,427)
Expenditure on charitable activities	9	(£288,657)	(£118,569)	(£407,226)	(£282,631)	(£98,237)	(£380,868)
Total expenditure		(£323,619)	(£120,882)	(£444,501)	(£324,058)	(£98,237)	(£422,295)
Net income and net movement in funds for the period		(£3,035)	(£68,768)	(£71,803)	(£90,040)	(£20,489)	(£110,529)
Reconciliation of Funds							
Total Funds brought forward		£3,069	£183,656	£186,725	£93,109	£204,145	£297,254
Total Funds carried forward		£34	£114,888	£114,922	£3,069	£183,656	£186,725

The Statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

British Gymnastics Foundation
Balance Sheet as at 31st March 2023

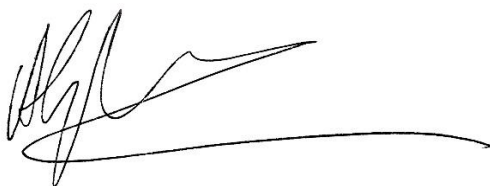
	Notes	31st March 2023	31st March 2022
Fixed Assets	13	£4,935	£16,039
Current Assets			
Debtors, Prepayments and Stock	14	£28,061	£7,175
Cash at bank		£236,064	£276,302
Total Current Assets		£264,125	£283,477
Liabilities			
Creditors: amounts falling due within 12 months	15	(£154,139)	(£107,710)
Net current assets		£109,986	£175,767
Total assets less current liabilities		£114,922	£191,806
Creditors: amounts falling due after more than 12 months		£0	(£5,081)
Net Assets		£114,922	£186,725
The funds of the charity:	16		
Unrestricted income funds		£114,888	£183,656
Restricted income funds		£34	£3,068
Total charity funds		£114,922	£186,725

The notes on pages 26 to 34 form part of the financial statements.

The Trustees consider that the charitable company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charitable company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees of the Charity acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of accounts.

The financial statements were approved by the Board of Trustees and signed on its behalf by:



Alex Laybourne, Chair
British Gymnastics Foundation
Company limited by guarantee, company number 9060595

Date: 13th November 2023

1. Statement of accounting policies

a. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

b. Preparation of the accounts on a going concern basis

Gymnastics Enterprises Ltd has paid £75,000 to British Gymnastics Foundation post year end to cover the 12 months to 31st March 2024. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

c. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- Any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- There is sufficient certainty that receipt of the income is considered probable; and
- The amount can be measured reliably.

d. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

e. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Restricted funds are grants which the donor has specified are to be solely used for particular areas of the charity's work.

f. Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on raising funds comprise the costs of developing a strategy for future fundraising by the charity, together with the associated support costs of raising funds;

- Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office administration, finance and governance costs which support the Charity's activities. These costs have been allocated between expenditure on raising funds and expenditure on charitable activities on the basis of the percentage of estimated staff time spent on each area.

h. Fixed assets

Fixed assets are recorded at cost less depreciation. Depreciation has been computed to write off the cost of the tangible fixed assets over their expected useful lives, on a straight-line basis, as follows:

IT equipment	over 5 years
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i. Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount repaid net of any trade discounts due.

j. Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k. Stock

Stock is shown at the lower of cost / net realisable value.

2. Legal status of the charity

British Gymnastics Foundation is a charitable company, limited by guarantee and incorporated in England and Wales. It has just one member, British Gymnastics Association, and the liability of its member in the event of winding-up is limited to £1.

3. Non-exchange transactions

Donated services for the Leadership programme and the Inspirational Experiences programme are included in Donations and Expenditure on Charitable Activities at estimated value of £Nil.

4. Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

5. Income from charitable activities

Project Name	Restricted		Unrestricted		Total FY 2023	Total FY 2022
	FY 2023	FY 2022	FY 2023	FY 2022		
GEL Grant	£150,000	£150,000			£150,000	£150,000
INCOME-Sport Eng LTM	£100,000	£42,292			£100,000	£42,292
LTM - income from courses for deliverers			£41,049	£64,243	£41,049	£64,243
INCOME - Together fund	£43,279	£(0)			£43,279	£(0)
Grand Total	£293,279	£192,292	£41,049	£64,243	£334,328	£256,535

6. Income from other trading activities

	Unrestricted Funds	
	2023	2022
Branding fee payable under terms of MOU	£500	£500
Grand Total	£500	£500

7. Investment income

All of the charity's investment income arises from money held in interest bearing deposit accounts.

8. Analysis of expenditure on raising funds

	Restricted		Unrestricted		Total FY 2023	Total FY 2022
	2023	2022	2023	2022		
Fundraising Staff Costs	£29,919	£34,565			£29,919	£34,565
Other Fundraising Costs	£25	£115			£25	£115
Governance costs (see Note 10)	£3,152	£2,469			£3,152	£2,469
Support Costs (see Note 10)	£1,866	£4,278	£2,313		£4,179	£4,278
Grand Total	£34,962	£41,427	£2,313	£0	£37,275	£41,427

9. Analysis of expenditure on charitable activities

	Restricted		Unrestricted	
	2023	2022	2023	2022
Hardship Grants programme (see below)	£87,429	£104,734		
Inspirational Experiences	£6,243	£7,759		
Gymnastics leadership prog. In a deprived area	£35,548	£20,890		
Charitable programmes communications: salaries	£17,901	£11,557		
Love to Move: dementia/age-friendly gymnastics prog	£126,504	£102,087	£95,438	£103,682
Governance costs (see Note 10)	£7,880	£3,704		
Support Costs (see Note 10)	£7,151	£31,901	23,131	(£5,445)
Grand Total	£288,657	£282,631	£118,569	£98,237

All Hardship Grants are payable to individuals

10. Analysis of support and governance costs

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between the cost of raising funds and expenditure on charitable activities in the year. Refer to note 1(g) for the basis for apportionment. The analysis of support costs is given in the table below:

Analysis of support costs

	2023	2022	2023	2022	2023	2022
	Raising funds	Raising funds	Charitable Acts	Charitable Acts	Total	Total
Governance	£3,152	£2,469	£4,728	£3,704	£7,880	£6,173
Salaries and related costs	£3,371	£3,395	£30,334	£30,557	£33,705	£33,952
Sport England/SNI grant towards support costs						
Marketing and comms (awards night)	£0	£0	£0	£0	£0	£0
Finance	£0	£24	£0	£56	£0	£80
General office	£809	£859	£1,213	£1,288	£2,022	£2,147
Legal and other professional fees					£0	£0
Other business meetings					£0	£0
Grant income received towards staff and core costs	£0	£0	(£5,445)	(£5,445)	(£5,445)	(£5,445)
	£7,331	£6,747	£30,831	£30,160	£38,162	£36,907

Governance costs comprise:

	2023	2022
Costs of Trustees meetings	£6,094	£4,227
Independent Examination fees	£1,733	£1,933
Legal and other professional fees	£53	£13
	£7,880	£6,173

Net income for the year

This is stated after charging:

	2023	2022
Depreciation	£11,104	£10,574
Independent Examination fees	£1,733	£1,933

11. Analysis of staff costs and trustee remuneration and expenses

Staff working for the Charity in the year ended 31 March 2023 were employed by British Gymnastics and seconded to the Charity.

The Charity trustees were not paid and did not receive any other benefits from the Charity. Eight trustees received reimbursement for costs they incurred in carrying out their duties and, where required, trustees had Board meeting accommodation and subsistence expenses paid direct by the Charity. The value of travel, accommodation and subsistence expenses paid to or on behalf of trustees totalled £4,598.84.

12. Related party transactions

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2021, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intention to make a grant of £150,000 to the Charity for the year to 31 March 2023. During the year ended 31 March 2023, the Charity received £150,000 in respect of this grant.

Under a MOU and secondment agreement signed in 2021, British Gymnastics agreed to provide various services to the Charity in return for a management fee. These services include the provision of seconded staff. During the year ended 31 March 2023, British Gymnastics charged a management fee of £284,237.

13. Fixed assets

Cost

Cost at 1st April 2022	£52,364
Additions	0
Cost at 31st March 2023	£52,364

Depreciation

Accumulated depreciation at 1st April 2022	£(36,325)
Charge for the year	£(11,104)
Charge at 31st March 2023	£(47,429)

Net Book Value at 31st March 2022	£16,039
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Net Book Value at 31st March 2023	£4,935
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14. Debtors

	2023	2022
Stock	£1,052	£1,787
Trade debtors	£5,559	£1,500
Prepayments	£21,450	£3,888
	<u>£28,061</u>	<u>£7,175</u>

15. Creditors

Note 15a - Creditor due within 1 year

	2023	2022
Trade creditors	£10,856	£1,449
Amounts due to connected entities	£121,749	£0
Deferred income	£0	£2,632
Taxation and social security	£121	(£32)
Other creditors and accruals	£21,413	£103,661
	<u>£154,139</u>	<u>£107,710</u>

Note 15b - Creditor due > 1 year

	2023	2022
Accruals and Deferred income	<u>£0</u>	<u>£5,082</u>

16. Analysis of charitable funds

Analysis of movements in restricted funds

	Funds brought forward 01/04/2022	Incoming resources	Resources Expended	Funds carried forward 31/03/2023
Donations and legacies		£27,305	£(27,305)	£0
Gymnastics Enterprises Ltd grant	£3,069	£150,000	£(153,035)	£34
Sport England Active Ageing grant		£100,000	£(100,000)	£0
Sport England Together Fund grant		£43,279	£(43,279)	£0
	<u>£3,069</u>	<u>£320,584</u>	<u>£(323,619)</u>	<u>£34</u>

Nature and purpose of restricted funds

The Gymnastics Enterprises Ltd grant is to fund work in the areas of: promoting disability gymnastics, promoting gymnastics in schools, providing assistance to those in poverty who may wish to participate in gymnastics, creating opportunities through gymnastics to bring real improvements to the lives of people and communities most in need and to support a fund-raising plan that will enable further investment in these areas.

The Sport England Active Ageing grant is to fund work on the Love to Move programme.

Analysis of movements in unrestricted funds

	Funds brought forward 01/04/2022	Incoming resources	Resources Expended	Funds carried forward 31/03/2023
Unrestricted income funds	£183,656	£52,114	£(120,882)	£114,888
	£183,656	£52,114	£(120,882)	£114,888

Nature and purpose of unrestricted fund

The Unrestricted Income Funds represents the “free reserves” of the Charity.

17. Analysis of net assets between funds

	Restricted funds	2023 Unrestricted funds	Total	Restricted funds	2022 Unrestricted funds	Total
Fixed assets	£4,935		£4,935	£16,039		£16,039
Debtors	£28,061		£28,061	£7,175		£7,175
Cash at bank	£121,176	£114,888	£236,064	£92,646	£183,656	£276,302
Creditors: amounts falling due within 12 months	£(154,138)		£(154,138)	£(107,710)		£(107,710)
Creditors: amounts falling due after more than 12 months	£0		£0	£(5,081)		£(5,081)
	£34	£114,888	£114,922	£3,069	£183,656	£186,725

Accounts



Report and financial statements
for the year ended 31 March 2022

Chair's report

On behalf of the Board of Trustees, I am very pleased to present this, our 7th report, reflecting the year to 31st March 2022.

As for all charities, the ongoing impact of the covid pandemic has brought continued challenges for our Foundation, especially in raising funds, but this has not significantly detracted from our ability to maintain the momentum and further develop the delivery of our key projects in support of the communities we are committed to support through gymnastics activities.

I would like to give special thanks and recognition to four trustees who retired from the Board during the year, having extended their tenure to help us through the main period of pandemic disruption.

Ray Phillips was our Chair from the inception of the Foundation in 2014 and his leadership in steering us through those early years cannot be overstated. Ray was instrumental in guiding us in strategy development and his focus on excellent governance processes has given us a very firm foundation on which we are building for the future. I would like to record my personal thanks to Ray for his wise counsel and support as I took over as Chair during the initial challenges of the pandemic.

Michelle Fulford, Simon Keary and Nicola Bolton all served extended terms, having been Trustees from the start of British Gymnastics Foundation and their diverse experiences, energy and enthusiasm for the Foundation during those early years produced the platform for both project delivery and future strategy that epitomises British Gymnastics Foundation. I know that they share a continued interest in the development and success of British Gymnastics Foundation in transforming lives through gymnastics and can be called upon for advice and support whenever needed. We were delighted to welcome four new Trustees who joined us during the year. Alex Laybourne, Jessica Cook, Chisara Nwabara and Laura Salt have wide-ranging and diverse backgrounds and have had an immediate impact in reviewing our strategic direction and in making direct contributions to the range of projects we are delivering. I am sure that British Gymnastics Foundation's governance and focus on our priority projects will be in excellent hands with our new Trustees alongside the experience of the rest of the Board.

I am pleased to confirm that we are well down the track of putting in place all the changes needed to take us from Tier 2 to Tier 3 of the Sport England and UK Sport Code for Sports Governance, which will give us the opportunity to apply for more substantial grants in future.

We are very grateful to all our partners who support British Gymnastics Foundation through funding and direct activity in delivering projects, without whom our impact in helping those groups in need of the benefits gymnastics can bring would be severely curtailed and would also like to thank all those who have participated in a wide range of fundraising activities.

We have been fortunate this year to enjoy the extended financial support of Sport England for our flagship Love to Move programme and now boast over 600 trained deliverers and 7 assessors. The challenges of the pandemic which we met through, for example, online training courses and delivery has meant that Love to Move has increased in momentum and real benefits are being seen as we widen our target communities and show how Love to Move can benefit a very broad range of participants. Our expectations for the Love to Move programme are boundless and I would like to record a very, very special thanks to Louise Roberts, who has expertly led the Love to Move Team, and to all those involved in steering and delivering a programme which was born with some trepidation several years ago and has proven how a focussed project, well lead with energy and unlimited enthusiasm can break through challenges like funding and a pandemic and really change lives through gymnastics.

One ongoing impact of the pandemic was the need for financial support from our gymnastics community, which we saw evidenced in the continued applications for hardship grants. I am pleased to confirm that we were able to respond by awarding nearly 200 grants this year, which means nearly 1000 individuals have been supported by this programme in recent years and you can read below how we have been able to demonstrate the importance of these awards. Of special significance was the immense support we very gratefully received from the Peter Harrison Foundation which allowed us to run a hardship grant process focussed exclusively on disabled members within our gymnastics community.

We have also recognised the value of our Inspirational Experiences programme in offering support beyond direct financial awards and have elevated Inspirational Experiences in our strategic priorities to give them more focus.

Limitless is the new name for our leadership programme, which had been delayed by covid, but now has new momentum and we are very grateful for the support we are receiving from the Hiscox Foundation in both funding and providing mentors for our participants.

Our Special Schools programme had to be deferred during the pandemic, giving us the opportunity to develop new partnerships to deliver this programme and focus is now on raising the funding to ensure that we can deliver this programme effectively on an ongoing basis.

In emphasising the importance of our partnerships in funding and delivering our strategic objectives, I am very pleased to confirm that Pearl Ewing won the Hazel Green Award for the outstanding contribution from a Love to Move deliverer and the Methodist Housing Association (MHA) won our award as Best Collaborative Partner.

Finally, I would like to recognise and thank our executive team, lead by Patrick Bonner, who have shown amazing commitment, ingenuity and flexibility in finding ways to maintain the momentum and development of British Gymnastics Foundation during an extraordinarily challenging period in both raising funds and continuing to deliver our projects. As Trustees of British Gymnastics Foundation, we are very lucky to have such a dedicated and capable team.

A handwritten signature in black ink, appearing to read 'J. Tweddle'.

Jerry Tweddle
Chair of British Gymnastics Foundation

Report of the trustees for the year ended 31 March 2022

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2022. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, infirmity or disablement, poverty or social or economic circumstance or for the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: **"... to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need"**, and the values of the Charity are: **Caring, Inclusive, Ambitious, Accountable and Collaborative**.

Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.

This year, the Love to Move programme has gone from strength to strength. It has helped many people living with long-term health conditions integrate back into society following the horrendous isolation that the pandemic brought. Health conditions deteriorated during lockdown as people moved less and socialised less. Love to Move has helped those people to re-engage with others and improve their mobility, strength and flexibility.

Although many Love to Move sessions went back to face-to-face delivery this year, our training courses remained online. 28 courses were delivered during the year and by March 31st 2022, we had trained a total of 610 deliverers since the inception of the programme. We also increased the number of assessors to 7 to meet the demand of more people moving through to their final assessments.

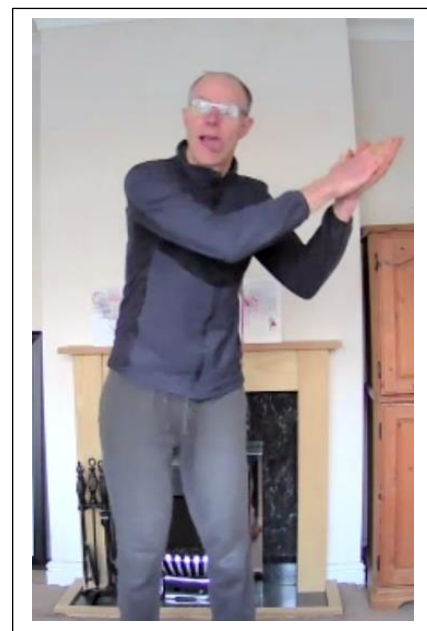
In addition to getting the core, seated Love to Move programme back up and running, work continued with the development of adapted versions of the programme. The Young Onset Dementia version of Love to Move set to 60's music has been tested and piloted with a small online group. This is a more ambulant session aimed at a younger audience with plenty of energy. It is hoped that it will help many people diagnosed with dementia at a younger age to maintain and regain fitness and functions.

The Parkinson's programme has been tested further and is set to 1950's music. A regular Monday morning Zoom session hosts people from all corners of the country to take part in this version of the programme. It can be adapted as a standing or seated session. A case study on the benefits for one of the participants can be found below.

Love to Move, 'positive' for Parkinson's

Ian is finding Love to Move is a positive and encouraging way to exercise as part of his Parkinson's treatment plan

Ian has been joining the Love to Move session for approximately 3 months. He discovered it through his local Parkinson's group in Bishops Stortford. He started with the regular Love to Move for Parkinson's zoom but was invited to what was the Young Onset Neuro session to see if that would stretch him further. Since then, he has very enthusiastically joined two sessions a week. He seems to be increasingly able to follow the classes and joins in whilst standing, others are seated. He has definitely mastered some of the bilateral asymmetrical movement patterns, which he was unable to carry out when we started just a short time ago. These movements help to activate both sides of the brain and have been found to help people regain functions they may otherwise have lost to the disease.



He has now requested a recording of the class so that he can carry it out more often and he shared today that he has 3 treatment plans to manage his Parkinson's- Medication, nutrition and exercise. He shared that Love to Move is a really 'positive and encouraging way to exercise'. He feels it has encouraged him to get on with life and that there is a life out there for him!

He also said that he recently moved house and has found the sessions invaluable regarding socialising and company too.

Ian recently emailed his Love to Move deliverer to say 'Thank you for your movement training just now, it left me on top of the world! I acknowledge the 1 to 1 support you gave me on zoom, [it] gave me a much-appreciated attitude for the rest of the day.'

He recommends Love to Move for other people living with Parkinson's, 'I've just finished the extra 'Love to Move' session [on zoom] It was great fun, I thoroughly enjoyed it. Sound systems were clear. Etc. Recommended.'

The work in hospitals continued during the year with several disrupted periods due to Covid lockdowns on the wards, however, our hospital physios passed their Love to Move assessments in November 2021 and are now looking to expand the programme in Cambridgeshire. Other Hospitals in the country are planning to utilise Love to Move in order to help patients keep their mobility whilst in hospital and speed up rehabilitation. We will continue to develop community sessions in the coming year in order to ensure there is a continuity for patients on discharge from hospital sessions.

Our evaluation partner, The University of Bradford's, Applied Dementia Research Unit, delivered a 2- hour online workshop for our selected deliverers to train them in the data collection for our long-term evaluation. The study received ethical approval from the University Ethics Board and data collection began in earnest. Survey's, physical tests and in- depth interviews are being used over an 18- month period to evaluate the longer-term impact of the Love to Move programme.

An e-learning module for Safeguarding Adults at Risk in Love to Move sessions was developed and distributed to Love to Move deliverers during the year. This goes into more depth following the initial safety introduction on the training course and will give deliverers the confidence to recognise Adults at Risk and how to raise concerns they may have.

Throughout the year we have worked closely with a range of health professionals, forging links with the Social Prescribing Network, NHS staff, GP's and CCG's. Some staff from within the sector have trained to become deliverers and other Love to Move deliverers have come from outside the sector and are now delivering within these areas. The case study below shows how one deliverer managed to link several organisations together to provide a fantastic service to their participants.

Nikki's Story

Mark Gettinby is the owner of Home Instead in Havant who specialise in care at home for the elderly. Nikki was working for Home Instead when she attended a Love to Move taster session. Being passionate about helping people living with dementia and following the taster session, Mark and Nikki both completed their Love to Move training in July and were ready to set up their community Love to Move group by September.

Nikki described 'First timers' to the session as having closed body language and being suspicious or 'not sure', but within 2-3 weeks that completely changed. *"One chap comes in a wheelchair and on the 3rd session he picked up his wife's arms and danced with her! Another participant couldn't clap and after 3 weeks was clapping again."*

Within weeks there is a difference!

Feedback from families has been unreservedly positive and carers and loved ones enjoy it as much as the participants. ***"They get just as much from the session as the people they bring. Different people's skills and abilities flourish in different sections of the sessions."*** It was so successful that they soon had a waiting list.

Nikki is now working as an NHS Dementia Coach, supporting those who have not left the house in a long time to engage in the community Love to Move sessions, so Naomi from Home Instead and Rosanna are now running the sessions.



Naomi said, *“it is a vibrant, busy class. We have found that the attendees have greatly improved their fine motor skills and language/memory recall. The community centre manager always comments: ‘**This is miracle work! Some of the people start the class barely able to talk and within weeks there is a difference.**’”*

“There is one lady in particular who we feel has shown amazing growth during her time with us. When she started, she didn’t say a word and couldn’t do many of the activities and now she is fully engaged, tries really hard and is a regular contributor to the alphabet activity.”

Effective link between the care sector and medical services

Nikki is full of praise for Naomi and Rosanna *“having such warmly positive deliverers is essential to the successful running of this class”* and she feels that the achievements in the class are in part due to the effective link between the care sector and medical services. *“Both Home Instead and the GP practices are keen to keep people safe and socially connected whilst living at home”.*

“As a Dementia Coach having a class to direct patients towards is a fantastic way of encouraging social engagement and purposeful safe physical activity. Having Love to Move strengthens the ‘umbrella of care and safety net of support’ for patients with memory concerns within this area.”

Improving abilities and cognition pathways through Love to Move is a very important element in keeping participants happy and well.

Nikki says ***“Love to Move is like an awakening of enjoyment – Delivering it is the most incredible high, richly, joyously positive. You really change people’s emotional state – getting smiles back and engagement has been a complete privilege”.***

Nikki Shepherd, Love to Move deliverer and NHS Lead Health & Wellbeing Specialist Dementia Coach & Educator, Havant & Waterlooville Primary Care Network.

The Love to Move Deliverers Licence was launched at the end of March. The Licence will support us to ensure the deliverers and workforce continue to provide a high-quality service, informed by current best practice through regular Continual Professional Development (CPD). This quality assurance is important to the Foundation and our practitioners and partners. The Licence recognises and distinguishes those British Gymnastics Foundation Love to Move deliverers who are qualified, trained and committed to good practice. It also helps us to keep engaging and offering on-going support to all those deliverers who maintain their Licence.

As part of the World Artistic Championships to be held in Liverpool in October 2022, Love to Move is being developed across the city as a legacy project for the event. The aim is to train 20 deliverers from Care Homes in Liverpool, however this has been expanded to community delivery, and during the year some community deliverers have been trained, as well as Care Home staff. Two very successful community sessions have been established in Church halls with over 30 people already attending the one at St Mary’s; the feedback being tremendously positive.

Love to Move is designed to get older people moving and functioning better. It has been particularly effective in helping people to recover from the pandemic; to get out and about again in a safe space; and to reap the many benefits the programme has to offer. Below is another case study to demonstrate the amazingly positive impact the sessions have had on our participants this year.

Sport For Confidence & Love to Move

Sport for Confidence Occupational Therapists and Coaches in Essex are transforming the lives of those living with dementia through their Love to Move sessions at Basildon Sporting Village.



Background

Sport for Confidence staff first trained as Love to Move deliverers during lockdown back in November 2020. Both health professionals and specialist coaches attended the online training with the British Gymnastics Foundation and went on to quickly pass their final assessments enabling them to set up Love to Move sessions in Leisure Centres across Essex and London.

Their highly skilled and enthusiastic deliverers have shown how Love to Move can benefit a wide range of people with differing needs, and Louise Roberts, Head of Programmes for British Gymnastics Foundation went to visit one of their sessions specifically for people living with dementia and older adults with learning disabilities. The session has been running for 6-8 months now and many of the participants are bussed in from an activity centre called Peaceful Place, which aims to give people living with dementia, often diagnosed with young-onset dementia, sport, and exercise at least twice per week.

Impact/Outcomes – Key success factors

There are 24 participants in the session ranging in age from 35 up to 90 years old and most of them are up on their feet dancing by the end of the session. Since coming to the Love to Move session, Liz, a staff member at Peaceful Place said, “it’s given them their independence back, it’s given them their lives back”. When asked, what changes she has seen in the participants, she said “they have increased confidence, self-assurance, mental recall, and they are more emotionally positive”. “Their finger co-ordination is growing” which means it is having a knock-on effect on “their art, and their creativity” as a result. “People are joining in with things in general more because their self-esteem is growing”

Liz explained that when her group return to Peaceful Place after a Love to Move session, they chat more and socialise more with each other, the mood is “upbeat” but also calmer in general. She said, “it’s not just uplifting for them [the participants], it lifts the staff up as well – we’ve seen the journey they have made”.

Megan, an Occupational Therapist, and the lead deliverer for the session today, said “I’ve noticed a difference in their physical ability and cognition, they have the ability to follow along better and do more movements”. Pat has been

coming to the session with her carer for 4 weeks and has progressed from, refusing to come into the room in her wheelchair on week one, to taking part for some of the session in her wheelchair in week two, to now walking through the door without a wheelchair and fully participating.

Jo has young onset dementia and Huntingdon's disease and has been coming to the sessions for 6 months. Before, she was struggling to keep her arms and legs still, but now she has more control over them. Her confidence has grown so much, she participates fully in the whole session and even gets up to dance in the centre of the circle.



After the session, Jo came over to me because she wanted to tell me “I love it here, I love coming here!”. When asked how Love to Move makes her feel, she said “happy!” with a massive beaming smile.

Future developments

Sport for Confidence hope to set up more Love to Move sessions over the coming months and have now trained the majority of their staff to deliver the programme.

HARDSHIP GRANTS

With the continued impact of Coronavirus restrictions affecting many people in the gymnastics community, this year we continued to see a huge demand for hardship grants. Although the demand was not as high as the peak of applications that were received at the start of the pandemic, this year we received 235 applications for Hardship Grants.

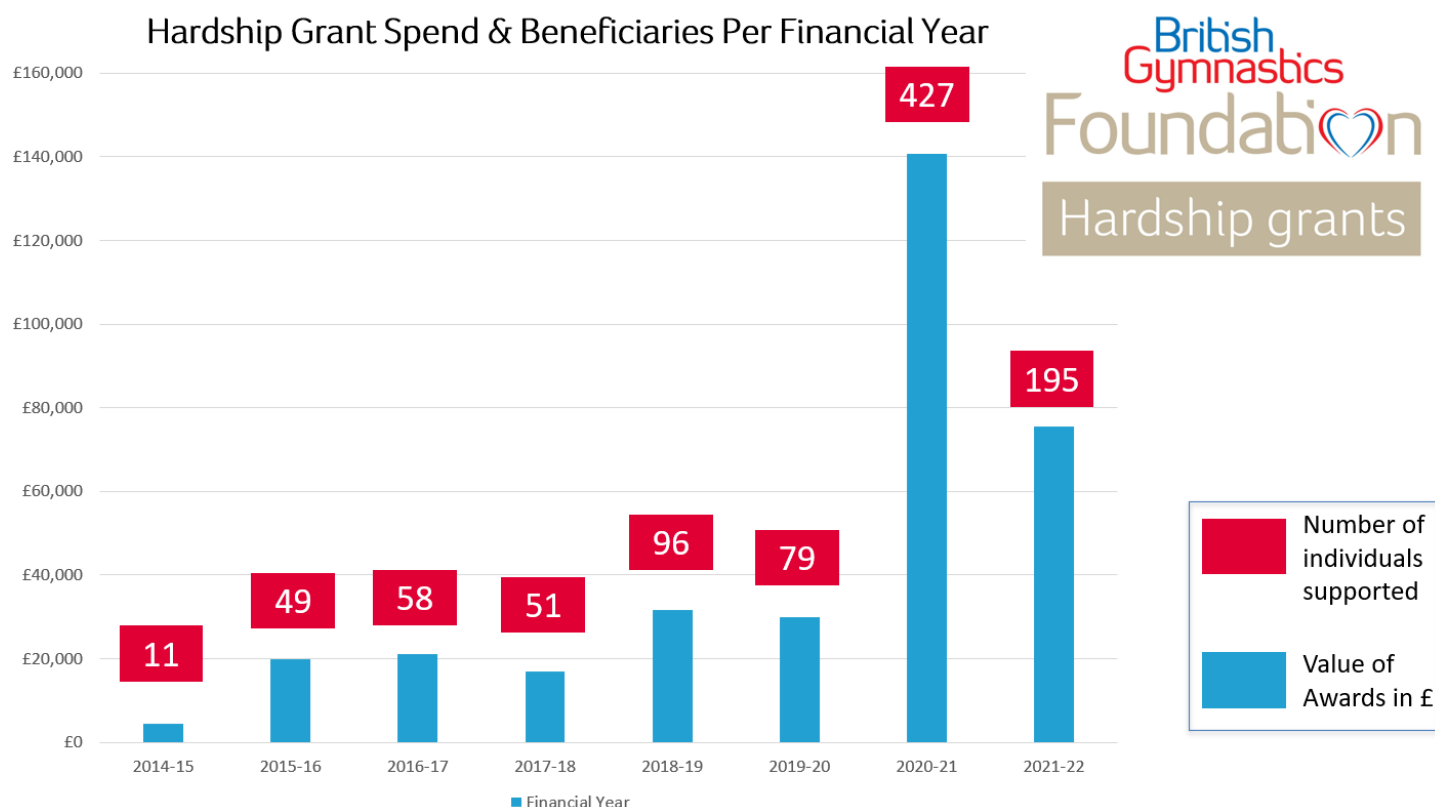


During the course of the year, we ran two Hardship Grants rounds and awarded a total of £74,904, benefitting 195 individual British gymnastics Members who were experiencing significant financial hardship. The average grant awarded was £384.

In making the above awards, the Trustees acknowledged that the amount required to keep the successful applicants in the sport would take our Charity to £7,654 above that of its annual budget for Hardship Grants. The Trustees therefore had to make a decision between reducing all awards in the final round of 2022 by 20.8%, or to take the additional money required from its unrestricted reserves. The Trustees voted unanimously to fund the overspend from its unrestricted reserves. This was not an easy decision to make in such times of financial difficulty, however, we were very proud to take the brave decision to utilise some of our unrestricted reserves, as it undoubtedly kept more beneficiaries in the sport and has certainly changed the lives of all those who received the additional funding.

To date, since 2014, we are extremely proud to have supported 966 individuals in the Hardship Grants Programme, spending a total of £331,570.

The chart below shows the number of Hardship Grants awarded since the start of this programme back in 2014.



We are extremely grateful to the Peter Harrison Foundation, which awarded us a grant of £25,000 in the last financial year (March 2021). The grant was awarded to us to use in our Hardship Grants Programme, specifically to support disabled people to stay in gymnastics through times of financial crisis. This financial year, we are very pleased to say that we were able to utilise just over £12.5k of these funds, which supported 34 disabled people to stay in the sport of gymnastics. Below is the story of Marty, who was one of the disabled gymnasts that the Peter Harrison Foundation grant supported:

Marty's Story



Marty with his British Disability Masters 2022 Medal and Trophy

Marty says “I need the gym in my life. It helps me stay regulated and helps with my social skills.”

Marty attends Lincoln Gymnastics Club. He told us “As a young person with ASD (Autism Spectrum Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) I need the gym in my life. It helps me stay regulated and helps with my social skills.”

Marty has experienced great success, winning the 2021 British Disability Championships’ Junior Title. Marty also went on to become the High Bar champion at the British Disability Masters Championships 2022.

Marty’s Mum Marina said, “After he won the junior British Championship, his club offered him more hours which has been a God send! Marty is reliant on the gym to help him cope with everyday life and it’s one of his only means of meeting people.”

Marina is a full-time carer for Marty and Marty’s father who has a brain injury.

“The Hardship Grant will go toward the increased fees so we can’t thank you enough. Without the help towards his fees, it would have been such a struggle, especially with all the rises in the cost of living.”

The remaining grant funding from the Peter Harrison Foundation will be used to support a further 41 disabled people to stay in gymnastics, with awards to be paid to beneficiaries early in the next financial year.

During the year, our charity also received a kind donation of £3,500 from Welsh gymnastics, to support the Hardship Grants Programme. We also received over £1,700 in legacies to support the Hardship Grants Programme, and we are extremely grateful for these kind donations.

Huge thanks must go to all our Trustees who volunteered very many hours to participate in 6 Awards Panel Meetings during the year to review all 235 applications. We simply couldn’t have achieved what we did without their collective effort and support.

This year again, our Hardship Grants Programme also sparked a number of British Gymnastics members to do something extremely special to help support gymnasts most in need.

"Thank you to Secret Santa for my beautiful leotard- I love it!"
😊 Áine

Over Christmas, Áine and many other children were gifted with donated leotards through a Secret Santa set up thanks to a lovely idea from a British Gymnastics member ❤️



The Impact of the Hardship Grant Programme

In 2021, a feedback and impact survey was sent to all post-pandemic Hardship Grant recipients who received grants up to the end of 2020. The end of 2020 was our cut off for beneficiaries in this survey as it meant that we could assess the impact of recipients’ grants 1-year after they had received them. This has enabled us to analyse ‘12 month+’ drop out amongst grant recipients, which is one of our key success indicators for the Hardship Grants Programme.

It is pleasing to see that post-pandemic, we are still seeing that 96% of grant recipients are still participating in gymnastics 12 months after receiving a Hardship Grant.

It is also extremely pleasing to see that our Hardship Grants programme continues to have a significantly positive effect on the lives of the grant recipients.

Table showing the personal and family impact for Hardship Grant recipients in 2020

Statement	Agree or Strongly agree
It made a positive impact on my life	92%
It made a positive impact on my family’s life	90%
It helped me to keep participating in gymnastics	92%
It was likely I would have dropped out of gymnastics if I had not received the grant	69%

An additional analysis of the feedback and impact of the Special Performance Pathway Hardship Grants Round in March 2021 showed a 100% retention of elite gymnasts who had received a Hardship Grant.

Here are just some of the positive comments and thanks received from hardship Grant beneficiaries:

"During an incredibly difficult time with covid, lockdown and some personal family complications this grant gave my daughter the ability to remain in gymnastics. It has helped to keep her mental health in a more positive space as well as ours. It took pressure off us when we were in a really difficult situation physically and financially."

"I find this question very difficult to answer succinctly. The grant has been the difference between Mia being able to continue and not. Her gymnastics is a crucial part of Mia's resilience, physical and mental health. Truly lifechanging. Thank you!!"

"I had lost my job due to Covid restrictions. My daughter does trampolining and gymnastics and I just couldn't afford it. She would have had to have stopped both, but this grant helped pay for the gymnastics fees."

"If it wasn't for the ongoing support of British Gymnastics Foundation, my daughters could not have continued training and competing as gymnasts. This support has allowed my eldest daughter to continue training, and she is now part of the GB Team Gym Squad and is going to represent GB in Portugal in Dec 2021. As a single parent, the funding available is life changing and I can't thank you enough. Thank you!"

"The grant has helped us a lot. During the pandemic I have not been able to earn as normal. The grant has allowed me to pay for Megan's gymnastics lessons. She has special needs, so it has helped her to be able to leave the house, socialise and keep active during this pandemic. It has given her something to look forward to!"

"The grant has kept my daughter involved within the sport she lives to do. Trampolining is the only sport that takes her anxiety away. When she's trampolining all her worries go away and she is a different character. I can't thank you enough for the hardship grant. It has kept me and my daughter happy and healthy more than you could know!"

"My children love gymnastics; it is their favourite thing to do. I had lost two jobs over the pandemic period and wasn't able to pay for it at all. The gymnastics club my children attended suggested that I approach yourselves. I was taken through a very simple application process and to my delight awarded a grant for all three of my children. My son is autistic and heavily relies on routine, thanks to the British Gymnastics Foundation, he and his siblings could continue doing something they love!"

Finally, we were very pleased to see hardship grant recipient, Naana Oppon, achieving a silver medal at the 2021 World Tumbling Championships in Azerbaijan. Congratulations Naana, we are extremely proud of you and your achievements!



INSPIRATIONAL EXPERIENCES

Our Inspirational Experiences programme gives children experiencing hardship, family crisis, or life changing situations, a motivational experience to help them through hard times.

This year we have increased this programme to support 11 young people aged between 5 and 15 years old. For most of the beneficiaries, their circumstances are such that we cannot disclose details about them or their situation, however the experiences ranged from personal video calls with their Gymnastics idols such as Bryony Page and the Gadirova twins, to placements at several gymnastics clubs across the country with initial fees funded, and a trip to the British Gymnastics Championships at M&S Bank Arena Liverpool and the 'Best seats in the house' VIP experience.

One case study we have permission to share is the story of Lily Gair, a 7-year-old girl who lives with her Grandma and Great Grandma in the North East. Lily was referred to Inspirational Experiences when unable to qualify for a hardship grant due to being in gymnastics for less than six months. Great Grandma is now receiving palliative care and can no longer contribute to gymnastics costs. As they live rurally, they were having to spend money on taxis to and from the gym club on top of gym fees, which was unsustainable. It would have meant Lily would miss out on gymnastics which had been a welcome outlet for her given her family circumstances.

Gymnastics fees have been covered by the Foundation for Lily to attend Tumble Gymnastics and Activity Centre and Lily's Grandma was delighted as it meant Lily could continue with the sport she loves. Without the funding, she would have had to withdraw her from the club and gymnastics had made such a positive impact on Lily and the family.

Lily was shy and lacked confidence before starting gymnastics so Grandma was worried whether she would become overwhelmed. As soon as she got there, Lily made friends immediately with other gymnasts and the coaches and wore a beaming smile. Grandma said the support "has made such a difference. Thank you from the bottom of our hearts."

We checked back in with the family in February 2022 and Grandma said "She's doing great and enjoys every session. This has helped Lily to remain doing Gymnastics and we're very grateful for this."



Lily with her Coaches at Tumble Gymnastics and Activity Centre, Newcastle



All the coaches involved with Lily's classes have noticed how gymnastics has contributed to positive changes in Lily.

Coach, Libby commented; "Since starting at Tumble, I feel like Lily has come a long way with her confidence. When she first arrived, she was very shy and quiet but now she gets involved with the other children during sessions. She also always gives new skills a try even when she is unsure about them. Lily has progressed with her gymnastics very much and it's lovely to see."

LIMITLESS.

TRANSFORMING LIVES THROUGH GYMNASTICS

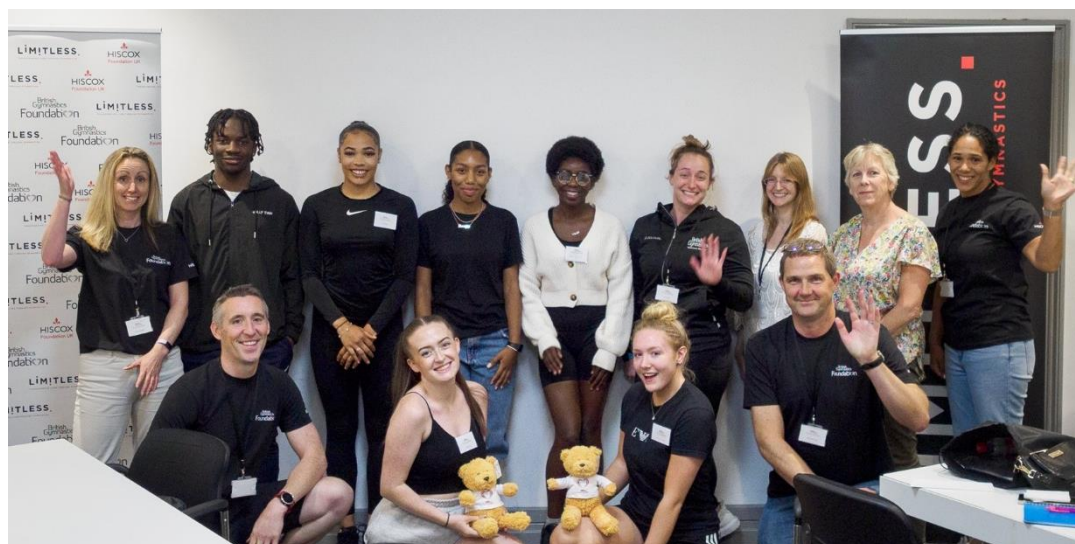
Our Leadership Programme now has a new name, Limitless. The aim of the Limitless programme is to increase the confidence, well-being and employability of the young people taking part. The learners will be taken through gymnastics leadership and coaching qualifications with the support of tutors, mentors and life coaches. The programme was postponed for over 18 months due to the pandemic as face- to- face courses were on hold during this time.

The Hiscox Foundation UK have generously funded our first year of the programme and we are very grateful for their support given the need to postpone the start date several times.

We are pleased to say that this year, we were able to get started on this exciting new venture and Mentor training, led by Moving-Ahead, took place on the 20th of January, with 12 Hiscox staff and 10 British Gymnastics Staff in attendance.

Recruitment of learners followed, and we concentrated on the London areas of Hackney and Islington. Several new partners engaged with us to find our first cohort, including Badu Sports, Sport England Local Delivery Partners- Hackney Council, London Gymnastics, Resurgo and Hackney Young Ambassadors.

The programme will officially launch later in 2022 where mentors will be matched with mentees and learners will begin their qualifications, including the Helpers Award for under 18's and the Gymnastics Activity Instructors award for over 18's.



Our first learner and mentor group on the Limitless Programme, Hackney & Islington 2022



Special schools

During the year we began to develop a new programme to increase the accessibility of gymnastics to young people with disabilities and to support the integration of these young people from school into their communities.

We worked with The Design Council on a Sport England funded programme called Ideas To Action which challenged us to think in different ways, from looking at the problem to be solved, through to insight collection and design of the programme. As part of the process, we worked with our own design team including staff, a Trustee, British Gymnastics Foundation staff, British Gymnastics staff and the Activity Alliance, as well as joining up with 6 other organisations who were part of the Ideas To Action programme. This gave us a wide range of perspectives to check and challenge us at every step.

During the year we embarked on insight gathering which involved pulling together insights already available from previous work or studies in this area, but also some new interviews with parents of young disabled people and some 'day in the life of' visits.

Working with the Equality Lead for British Gymnastics, further insight forums are planned and a partnership with Severndale Specialist Academy in Shrewsbury has been brokered to test initial ideas and gather further insight as the programme develops.

We will be seeking funding in the year ending March 31st 2023 to support the development of this programme.



Participants enjoying our Special School Gymnastics Programme in previous years

Fundraising

Fundraising has been incredibly challenging for the second year running. Due to Covid-19 and the restriction on events and face-to-face contact for large parts of the year, our Foundation had limited opportunity to fundraise at events, leaving a huge gap in our ability to raise funds.

Annually, we also rely on events such as British Gymnastics' competitions and awards evening, to raise funds. It was such a sad year to see that so many events were unable to take place as thousands of gymnasts were left with limited outlet for their talents and we had limited opportunity to fundraise.

For the majority of the year, we had a Maternity Cover Fundraising Officer in place, and with all the disruption to live events, we had to turn our attention to virtual fundraising.

Over the course of the summer, we delivered a virtual fundraising campaign called '10,000 Steps for Dementia'. The aim of the campaign was to raise awareness of our Love to Move programme and its positive impact for people living with dementia, and to raise funds to support the continued work of the Foundation. The campaign engaged around 20 fundraisers and generated just over £2,000.

We had a number of very exciting initiatives planned for the latter part of 2021 and beyond, but sadly due to a number of factors, some related to Covid restrictions, we had to cancel most of the fundraising initiatives. One such initiative was our very own fundraising version of the TV gameshow, 'Taskmaster'. We had a number of high-profile athletes and presenters lined up, but Covid restrictions made it impossible to fit in the filming to run our show, which would have been live streamed to thousands of fans and supporters. This is something we can try again in future years.

We were pleased to have some charity runners in the Great North Run, London Marathon and the Vitality Big Half Marathon, and we thank all those who ran to raise funds for our charity!



**One of our fantastic fundraisers, Mushahid Kadir, raising funds for us at the Vitality Big Half.
Thank You Mushahid! 😊**

We were in an unlucky position to be without a Fundraising Officer for several months from October 2021 to February 2022. This unfortunately impacted on our ability to deliver several fundraising campaigns over the winter period, resulting in little fundraising income being generated for the activities which were being planned during the summer and autumn.

In November 2021, we teamed up with EasyFundraising, an e-commerce donations platform. In doing so, we were able to connect a number of British Gymnastics clubs in our fundraising group, so that their club members could raise increased funds for their own clubs, as well as supporting the British Gymnastics Foundation.

Finally, during the year, we were sad to lose a keen supporter of our Charity. We are, however, extremely grateful that they donated over £1,700 to British Gymnastics Foundation as a gift in their Will. The funds have undoubtedly changed the lives of many gymnasts who have received awards through our Hardship Grants Programme.

Governance

This year has been a huge transition year for the British Gymnastics Foundation. Our Charity has been succession planning for its Board for quite some time, and this year saw four of our founding Trustees retire from the Board in December 2021, having each served on the Board since May 2014. Our retiring Trustees are: Hugh Raymond Phillips BEM (inaugural Chair and Latterly, Trustee); Michelle Fulford; Simon Kearey; and Dr Nicola Bolton. We give our most heartfelt and sincere thanks to all four of our departing Trustees for their most dedicated service.

Retiring Trustees



Hugh Raymond Phillips
BEM



Michelle Fulford



Simon Kearey



Dr. Nicola Bolton

Our Charity is committed to diversity and inclusion and takes every opportunity to further diversify its Board of Trustees. With the knowledge that four founding Trustees would be retiring in December 2021, we started working with Perrett Laver at the start of 2020. Perrett Laver are a diverse board recruitment partner of Sport England, and they have been supporting us to plan our recruitment of diverse and talented, new Trustees. Working with Perrett Laver and with our other industry contacts, we have been very pleased to be able to recruit four excellent new Trustees in July 2021. Our four new Trustees have already made a very positive impact this year, helping us to develop our programmes further with welcome new ideas and fresh thinking. We extend a very warm welcome to our four new Trustees: Chisara Nwabara; Laura Salt; Jessica Cook; and Alex Laybourne.

Our New Trustees



Chisara Nwabara



Laura Salt



Jessica Cook



Alexander Laybourne

This year, our Chair, Jerry Tweddle has led us in his second year as Chair of the Foundation. For a second successive year, many of our beneficiaries have lived with Covid restrictions and experienced even further disruption to their lives and well-being with the cost of living starting to increase week on week. Jerry and the excellent group of Trustees at the Foundation have responded to the challenges faced by its beneficiaries and has steered the Foundation through a difficult and unpredictable period. This has resulted in increased delivery of public benefit by the Foundation, in a time when many charities have struggled and shrunk.

British Gymnastics Foundation continued to maintain all relevant governance requirements sufficiently to comply with tier 2C of the Code for Sports Governance (As required by Sport England as a condition of our Active Ageing grant). This means that although our Foundation is deemed to be a 'Small Charity' by the Charity Commission, our governance is such, that it satisfies the requirements of 'Large Charities.' In a period where there is low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding. Being extremely passionate about our good governance, our Board has also started to develop a plan to achieve tier 3 of the Code for Sports Governance.

Our Charity's Strategy Framework was extended to 2022. The Board made the important decision to continue with the current strategy for an additional year, into 2022, considering that our charitable programmes were making good progress and delivering considerable public benefit. This decision was made considering many factors, one of which being the unprecedented levels of uncertainty across all sectors. This decision to effectively 'freeze' our strategy, gave us stability and greater agility to grow and react to the needs of our beneficiaries as we moved through the year. This year we have also made progress on developing our next strategy, which will be agreed and published in the next financial year and will run from 2022 – 2026.

This year, our Board of Trustees were very pleased to be able to have some of its meetings back face-to-face. Although the virtual online Board meetings which were necessary during the height of the pandemic, were undeniably cheaper, our organisation is seeing considerable value in being able to resume some of its governance and Board activity via in-person meetings this year; we are after all, human, and the human instinct to connect and collaborate with others, ultimately helps us to better serve those who need us most.

Operations

Our CRM system, now in its second year of use, has been well tested again with 235 applications for Hardship Grant funding being processed through the system. The system has also been further developed to process the licences required for Love to Move Deliverers, and our first licences were processed through the system in March 2022.

Our Staff Team who are office based at Lilleshall, spent most of the year working from home again, due to Coronavirus restrictions and caution around spreading the virus. However, late in 2021, our team was very pleased to be reintroduced to office working, which gave a boost to all of us in the Charity.

Awards

Once again this year, the British Gymnastics Awards Evening had to be cancelled due to Covid-19 restrictions. However, we were delighted to be able to make two awards in recognition of outstanding service in support of our Charity's programmes. We then publicised the awards via our social media channels.

The first award given was The Hazel Green Award, which is a new award for this year. The award is given in the memory of Hazel Green and recognises an outstanding contribution from a Love to Move deliverer who has gone 'above and beyond' in their delivery to help participants benefit from the programme.

The Hazel Green Award winner for 2021 is **Pearl Ewing**.

Pearl has been supporting Love to Move from the early days at Hunters Down Care Home in Huntingdon. She attended the first training course back in October 2018 and passed her assessment in March 2020. She has been promoting and supporting the programme throughout the Excel Care Homes across Cambridgeshire and encouraging many staff to train and deliver the programme.

During lockdown, Pearl was confined to one Care Home, but she quickly set up outdoor sessions which she streamed on Facebook so that all Excel Care Homes could benefit from the sessions.

She has really gone above and beyond in ensuring Love to Move benefits as many people as possible.



Pearl Ewing and a Love to Move participant enjoying exercising together

Our second award presented this year was the Best Collaborative Partner Award. This award recognises an outstanding contribution from a partner involved in the delivery of British Gymnastics Foundation projects.

The Best Collaborative Partner Award winner for 2021 is **MHA**

Methodist Housing Association (MHA) is a UK-wide company with 3 strands: Care Homes, Residential Settings and Community Living. They became involved in Love to Move just before the first lockdown and quickly gathered momentum and booked two courses in, the first of which ran face to face in Leeds in March 2020. Lockdown did not deter them and to date they have put 92 members of staff through the Love to Move training course.

They have acted as fantastic advocates of the programme in the Care Sector and worked with us tirelessly to help and encourage their staff through mentoring to get to their final assessments. Many of their staff are now delivering Love to Move in their workplaces and benefitting hundreds of participants.

Risk management

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

Financial review

During the year to 31 March 2022:

- The Charity received total income of £311,766 consisting of restricted income of £234,018 (including a grant of £150,000 from Gymnastics Enterprises Ltd), and other unrestricted income of £77,748.
- The Charity spent £422,295 consisting of fundraising costs of £41,427 and expenditure on charitable activities of £380,868.

At the end of March 2022:

- The Charity had total charity funds of £186,725 (£3,069 restricted and £183,656 unrestricted).

Reserves Policy and going concern

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £125,000. As at 31st March 2022, the Charity's unrestricted reserves total £183,656, which represents the free reserves. The approved budget for the year ending 31st March 2023 records unrestricted reserves of £118,089, which is £6,911 below the target of £125,000.

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2023. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

The Charity like the country, has been impacted by the Covid-19 pandemic. The Trustees have assessed the potential impact on the future operations of the charity, taking into account its underlying financial resources and strength. They have taken proactive steps to manage the financial consequences to help ease the impact of the Coronavirus outbreak. The Trustees consider the charity to be well positioned to manage the current situation and secure operations into the future.

Structure, governance and management

Structure and governing document

British Gymnastics Foundation was incorporated on 28th May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7th July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 11th March 2019.

Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

Reference and administrative details

Charity name: British Gymnastics Foundation
Charity number: 1157747
Company number: 09060595
Registered Office: Lilleshall National Sports Centre, Nr Newport, Shropshire, England TF10 9AT

Advisers

Independent examiners: WR Partners, Belmont House, Shrewsbury Business Park, Shrewsbury SY2 6LG
Bankers: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
Solicitors: Bates, Wells and Braithwaite, 10 Queen Street Place, London EC4R 1BE

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees serving during the period and since the year end were as follows:

Trustee and Director (Chair): Jerry Twedde
Trustee and Director: Hugh Raymond Phillips BEM (*Retired 7th December 2021*)
Trustee and Director: Michelle Fulford (*Retired 7th December 2021*)
Trustee and Director: Dr Nicola Bolton (*Retired 7th December 2021*)
Trustee and Director: Simon Kearey (*Retired 7th December 2021*)
Trustee and Director: Louise Fawcett
Trustee and Director: David Marshall
Trustee and Director: Alexander Laybourne (*Appointed 16th July 2021*)
Trustee and Director: Chisara Nwabara (*Appointed 16th July 2021*)
Trustee and Director: Jessica Cook (*Appointed 16th July 2021*)
Trustee and Director: Laura Salt (*Appointed 16th July 2021*)

Trustees/Directors Responsibilities

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The charitable company also confirm that they have made all necessary enquires and taken such steps as they ought to ensure that they become aware of any relevant independent examination information and that they confirm that the charitable company's accountants have been made aware of such information.

In preparing this report, the directors have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Approved and authorised for issue by the Board of Trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'J. Tweddle', written over a light blue horizontal line.

Jerry Tweddle
Chair

Date: 13th September 2022

Independent Examiner's Report to the Trustees of British Gymnastics Foundation ('the Charity')

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 25 to 33.

Responsibilities and Basis of Report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute for Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed.......... Dated.....5 October 2022.....

J Tweedie BSc FCA DChA

WR Partners

Chartered Accountants

Belmont House

Shrewsbury Business Park

Shrewsbury

SY2 6LG

British Gymnastics Foundation**Statement of Financial Activities (including income and expenditure account)****Year ending 31st March 2022**

	Note	Restricted Funds ye 31st March 2022	Unrestricted Funds ye 31st March 2022	Total Funds ye 31st March 2022	Restricted Funds ye 31st March 2021	Unrestricted Funds ye 31 March 2021	Total Funds ye 31st March 2021
Income							
Donations and legacies	3	£41,726	£12,938	£54,664	£1,000	£36,478	£37,478
Income from charitable activities	5	£192,292	£64,243	£256,535	£312,508	£41,462	£353,970
Income from other trading activities	6	£0	£500	£500	£0	£0	£0
Income from Investments	7	£0	£67	£67	£0	£583	£583
Total incoming resources		£234,018	£77,748	£311,766	£313,508	£78,523	£392,031
Expenditure							
Expenditure on raising funds	8	(£41,427)	£0	(£41,427)	(£30,679)	£0	(£30,679)
Expenditure on charitable activities	9	(£282,631)	(£98,237)	(£380,868)	(£298,979)	(£7,008)	(£305,987)
Total expenditure		(£324,058)	(£98,237)	(£422,295)	(£329,658)	(£7,008)	(£336,666)
Net income and net movement in funds for the period		(£90,040)	(£20,489)	(£110,529)	(£16,150)	£71,515	£55,365
Reconciliation of Funds							
Total Funds brought forward		£93,109	£204,145	£297,254	£109,259	£132,630	£241,889
Total Funds carried forward		£3,069	£183,656	£186,725	£93,109	£204,145	£297,254

The Statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

British Gymnastics Foundation
Balance Sheet as at 31st March 2022

	Notes	31st March 2022	31st March 2021
Fixed Assets	13	£16,039	£25,553
Current Assets			
Debtors, Prepayments and Stock	14	£7,175	£22,465
Cash at bank		£276,302	£365,977
Total Current Assets		£283,477	£388,442
Liabilities			
Creditors: amounts falling due within 12 months	15	(£107,710)	(£107,303)
Net current assets		£175,767	£281,139
Total assets less current liabilities		£191,806	£306,692
Creditors: amounts falling due after more than 12 months		(£5,081)	(£9,438)
Net Assets		£186,725	£297,254
The funds of the charity:	16		
Unrestricted income funds		£183,656	£204,145
Restricted income funds		£3,069	£93,109
Total charity funds		£186,725	£297,254

The notes on pages 27 to 33 form part of the financial statements.

The Trustees consider that the charitable company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charitable company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees of the Charity acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of accounts.

The financial statements were approved by the Board of Trustees and signed on its behalf by:



Jerry Tweddle, Chair
British Gymnastics Foundation
Company limited by guarantee, company number 9060595

Date: 13th September 2022

1. Statement of accounting policies

a. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

b. Preparation of the accounts on a going concern basis

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2023. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

c. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- Any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- There is sufficient certainty that receipt of the income is considered probable; and
- The amount can be measured reliably.

d. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

e. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Restricted funds are grants which the donor has specified are to be solely used for particular areas of the charity's work.

f. Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on raising funds comprise the costs of developing a strategy for future fundraising by the charity, together with the associated support costs of raising funds;

- Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office administration, finance and governance costs which support the Charity's activities. These costs have been allocated between expenditure on raising funds and expenditure on charitable activities on the basis of the percentage of estimated staff time spent on each area.

h. Fixed assets

Fixed assets are recorded at cost less depreciation. Depreciation has been computed to write off the cost of the tangible fixed assets over their expected useful lives, on a straight-line basis, as follows:

IT equipment	over 5 years
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i. Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount repaid net of any trade discounts due.

j. Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k. Stock

Stock is shown at the lower of cost / net realisable value.

2. Legal status of the charity

British Gymnastics Foundation is a charitable company, limited by guarantee and incorporated in England and Wales. It has just one member, British Gymnastics Association, and the liability of its member in the event of winding-up is limited to £1.

3. Non-exchange transactions

Donated services for the Leadership programme and the Inspirational Experiences programme are included in Donations and Expenditure on Charitable Activities at estimated value of £Nil.

4. Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

5. Income from charitable activities

Project Name	Restricted		Unrestricted		FY 2022	FY 2021
	FY 2022	FY 2021	FY 2022	FY 2021		
INCOME-Sport Eng LTM	(£42,292)	(£162,508)	£0	£0	(£42,292)	(£162,508)
INCOME-NI LTM Pilot	£0	£0	£0	£0	£0	£0
LTM - income from courses for deliverers	£0	£0	(£64,243)	(£41,462)	(£64,243)	(£41,462)
GEL Grant	(£150,000)	(£150,000)	£0	£0	(£150,000)	(£150,000)
	(£192,292)	(£312,508)	(£64,243)	(£41,462)	(£256,535)	(£353,971)

6. Income from other trading activities

	Unrestricted Funds	
	2022	2021
Branding Fee	£500	£0
Sale of Teddy Bears	£0	£0
Misc Trading Income	£0	£0
	£500	£0

7. Investment income

All of the charity's investment income arises from money held in interest bearing deposit accounts.

8. Analysis of expenditure on raising funds

	Restricted Funds	
	2022	2021
Fundraising staff costs	£34,565	£26,559
Other fundraising costs	£115	£684
Governance costs (see note 10)	£2,469	£1,057
Support costs (see note 10)	£4,278	£2,379
	£41,427	£30,679

9. Analysis of expenditure on charitable activities

	Restricted Funds		Unrestricted Funds		All
	2022	2021	2022	2021	
Hardship Grants programme (see below)	£104,733	£90,040			
Inspirational expenses	£7,759	£1,750			
Gymnastics leadership prog. In a deprived area	£20,890	£0			
Love to Move: dementia/age-friendly gymnastics prog	£102,087	£175,539	£103,682	£12,453	
Charitable programmes communications: salaries	£11,557	£10,778			
Governance costs (see note 10)	£3,704	£1,586			
Support costs (see below and note 10)	£31,901	£19,286	(£5,445)	(£5,445)	
	£282,631	£298,979	£98,237	£7,008	

Hardship Grants are payable to individuals

10. Analysis of support and governance costs

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between the cost of raising funds and expenditure on charitable activities in the year. Refer to note 1(g) for the basis for apportionment. The analysis of support costs is given in the table below:

Analysis of support costs

	2022	2021	2022	2021	2022	2021
	Raising funds	Raising funds	Charitable Acts	Charitable Acts	Total	Total
Governance	£2,469	£1,057	£3,704	£1,586	£6,173	£2,643
Salaries and related costs	£3,395	£2,096	£30,557	£18,861	£33,952	£20,956
Sport England/SNI grant towards support costs						
Marketing and comms (awards night)	£0	£0	£0	£0	£0	£0
Finance	£24	£0	£56	£0	£80	£0
General office	£859	£283	£1,288	£425	£2,147	£708
Legal and other professional fees					£0	£0
Other business meetings					£0	£0
Grant income received towards staff and core costs	£0	£0	(£5,445)	(£5,445)	(£5,445)	(£5,445)
	£6,747	£3,436	£30,160	£15,426	£36,907	£18,863

Governance costs comprise:

	2022	2021
Costs of Trustees meetings	£4,227	£1,734
Independent Examination fees	£1,933	£896
Legal and other professional fees	£13	£13
	£6,173	£2,643

Net income for the year

This is stated after charging:

	2022	2021
Depreciation	£10,574	£10,574
Independent Examination fees	£1,933	£896

11. Analysis of staff costs and trustee remuneration and expenses

Staff working for the Charity in the year ended 31 March 2022 were employed by British Gymnastics and seconded to the Charity.

The Charity trustees were not paid and did not receive any other benefits from the Charity. Eight trustees received reimbursement for costs they incurred in carrying out their duties and, where required, trustees had Board meeting accommodation and subsistence expenses paid direct by the Charity. The value of travel, accommodation and subsistence expenses paid to or on behalf of trustees totalled £2,113.

12. Related party transactions

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2019, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intention to make a grant of £150,000 to the Charity for the year to 31 March 2022. During the year ended 31 March 2022, the Charity received £150,000 in respect of this grant.

Under a MOU and secondment agreement signed in 2019, British Gymnastics agreed to provide various services to the Charity in return for a management fee. These services include the provision of seconded staff. During the year ended 31 March 2022, British Gymnastics charged a management fee of £281,321.36

13. Fixed assets

Cost

Cost at 1st April 2021	£51,304
Additions	£1,060
Cost at 31st March 2022	£52,364

Depreciation

Accumulated depreciation at 1st April 2021	(£25,751)
Charge for the year	(£10,574)
Accumulated depreciation at 31st March 2022	(£36,325)

Net book value at 31st March 2022	£16,039
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Net book value at 31st March 2021	£25,553
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14. Debtors

	2022	2021
Stock	£1,787	£1,879
Trade debtors	£1,500	£16,420
Sport England Active Ageing Grant	£0	£0
Sport Northern Ireland Grant	£0	£0
Amounts owed by connected entities	£0	£0
Giftaid	£0	£0
Prepayments	£3,888	£4,166
	£7,175	£22,465

15. Creditors

Note 15a - Creditor due within 1 year

	2022	2021
Trade creditors	£1,449	£1,075
Amounts due to connected entities	£0	£23,300
Deferred income	£2,632	£3,721
Taxation and social security	(£32)	£464
Other creditors and accruals	£103,661	£78,743
	£107,710	£107,303

Note 15b - Creditor due > 1 year

	2022	2021
Accruals and Deferred income	£5,081	£9,438

16. Analysis of charitable funds

Analysis of movements in restricted funds

	Funds brought forward 1/4/2021	Incoming resources	Resources expended	Funds carried forward 31/3/2022
Gymnastics Enterprises Ltd grant	£93,109	£191,726	(£281,766)	£3,069
Sport England Active Ageing grant	-	£42,292	(£42,292)	-
	£93,109	£234,018	(£324,058)	£3,069

Nature and purpose of restricted funds

The Gymnastics Enterprises Ltd grant is to fund work in the areas of: promoting disability gymnastics, promoting gymnastics in schools, providing assistance to those in poverty who may wish to participate in gymnastics, creating opportunities through gymnastics to bring real improvements to the lives of people and communities most in need and to support a fund-raising plan that will enable further investment in these areas.

The Sport England Active Ageing grant is to fund work on the Love to Move programme.

Analysis of movements in unrestricted funds

	Funds brought forward 1/4/2021	Incoming resources	Resources expended	Funds carried forward 31/3/2022
Unrestricted income funds	£204,145	£77,748	(£98,327)	£183,656
	£204,145	£77,748	(£98,327)	£183,656

Nature and purpose of unrestricted fund

The Unrestricted Income Funds represents the “free reserves” of the Charity.

17. Analysis of net assets between funds

	2022			2021		
	Restricted funds	Unrestricted funds	Total	Restricted funds	Unrestricted funds	Total
Fixed assets	£16,039	-	£16,039	£25,553	-	£25,553
Debtors	£7,175	-	£7,175	£22,465	-	£22,465
Cash at bank	£92,646	£183,656	£276,302	£161,832	£204,145	£365,977
Creditors: amounts falling due within 12 months	(£107,710)	-	(£107,710)	(£107,303)	-	(£107,303)
Creditors: amounts falling after more than 12 months	(£5,081)		(£5,081)	(£9,438)		(£9,438)
	£3,069	£183,656	£186,725	£93,109	£204,145	£297,254

Accounts



Report and financial statements
for the year ended 31 March 2021

Chair's report

On behalf of the Board of Trustees, I am pleased to present this, our 6th report reflecting the year to 31st March 2021.

The covid pandemic has meant that this has been a very challenging year for all charities, and we have had many of our fundraising events cancelled, but we have found innovative ways to maintain the momentum of delivering our charitable objectives, which you will see described in the full report below.

Three trustees were due to retire from the board in March 2020, Ray Phillips, Michelle Fulford and Simon Keary and we were extremely grateful to all of them for volunteering to extend their tenure by eighteen months to help steer us through this difficult period.

Our focus on excellent governance standards has been maintained with all policies reviewed and updated, risk management processes continued, and our level of reserves increased to ensure the long-term security of the foundation. Whilst we are defined as a small charity in Charity Commission terms, our governance processes meet the requirements of a large charity and we will be focussing on moving to tier 3 of the Code of Sports Governance, which should facilitate access to larger grant applications in the future.

The covid pandemic created enormous difficulties for our gymnastics community and we were able to respond to this by an immediate and very significant uplift in our Hardship Grants process, with all trustees involved in running a large number of panels during the year, benefitting over 400 applicants, significantly more than the total number we had been able to support in the first 6 years of the Foundation. Research we have done this year demonstrates that we are reaching many people in the most deprived areas of the UK.

We are enormously grateful for the support of our partners in providing increased funding for these awards and have developed a new relationship with one partner, the Peter Harrison Foundation, directed specifically to address inequality by an additional fund for awards to the disability community.

Our experience with the hardship awards process this year has made us recognise that money is not the only way to support individuals in need and we will therefore be upgrading our Inspirational Experiences focus to a key priority for the Foundation, which will enable recipients to, for example engage directly with their gymnastics idols, whether via zoom calls or visits to training venues or competitions.

Our Love to Move programme moved online during the pandemic, both for training of deliverers and delivery of the programme, with over a quarter of a million participants involved during the period and YouTube videos viewed 10's of thousands of times, with outstanding results and credit should be recorded to Louise Roberts and her team for the speed and effectiveness with which they responded to the covid challenges. Through the online process, we have seen participants accessing LTM resources from all over the world and now have international participants joining deliverer training courses online.

Despite the restrictions of the pandemic, we have been able to extend the reach of LTM and have pilots running in a hospital, in addition to the well-established community and care home environments and the trustees are very appreciative of the energy, passion and drive displayed by the whole LTM team. Our Leadership programme was delayed by covid, but this has given us the opportunity to develop even closer relationships with our partners like the Hiscox Foundation and Move Ahead and we are excited to be able to roll out this strategic priority, now called "Limitless" in the coming months, initially in the Manchester area.

Like all charities, fundraising has been an enormous challenge for the Foundation this year, but we have found ways to maintain our flow of income and we have also taken the opportunity to develop a wide range of new contacts and partners, often specific to our priority programmes, which remain our core focus for the next period and we look forward to the renewed opportunities of running events in the coming months.

This challenging year has demonstrated our ability to deliver the independence of the Foundation but work exceptionally closely and be supported by excellent British Gymnastics staff and the British Gymnastics Board, for which we are extremely grateful.

Finally, let me record our thanks to the outstanding executive staff at British Gymnastics Foundation, led by Patrick Bonner, who have stepped up and enhanced the reputation and delivery of our Foundation in the most difficult of circumstances.

A handwritten signature in black ink, appearing to read 'J. Tweddle'.

Jerry Tweddle
Chair of British Gymnastics Foundation

Report of the trustees for the year ended 31 March 2021

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2021. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, infirmity or disablement, poverty or social or economic circumstance or for the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: "... **to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need**", and the values of the Charity are: **Caring, Inclusive, Ambitious, Accountable and Collaborative**.

Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.

Activities, achievements and operations

Charitable programmes

LOVE TO MOVE

Our Love to Move programme aims to help some of the older and most vulnerable people in our society, so when the pandemic hit in March 2020, our first concern was; how do we ensure we can still reach the beneficiaries when they need it most?

Face to face sessions were not an option during lockdown, so we quickly moved as much as we could online and supported as many participants as possible to access sessions through Facebook Live, YouTube videos and Zoom sessions. During the year to March 31st 2021, Love to Move sessions were streaming live, every weekday sometimes receiving over 1,000 views with a total reach during the year of 250,000. The YouTube videos were viewed over 31,000 times. The result was, we were able to keep older, vulnerable people; many of whom living with dementia; active, stimulated and engaged from the safety of their own homes. We were also able to reach many new participants not only all over the UK but all over the world. New Zealand, Malaysia, USA, Canada, Puerto Rico, the Marianna Island of Guam, and South Africa are just some of the countries, we know of, where participants have joined in from.

Training courses for new deliverers went on hold for the first quarter of the year and many people who had trained were not able to practice with participants or go through to their final assessments. By July however, we had moved the whole training course online and after a successful pilot course, we launched our virtual Love to Move Deliverers course. During the year, 19 online courses were successfully delivered bringing the total number of deliverers trained to 400.

The virtual course has increased accessibility (learners have joined us from Malaysia, USA and all parts of the UK) and has enabled us to reach many staff working in Care Homes during an immensely difficult year for staff and residents. Methodist Housing Association (MHA), continue to be a leading organisation, rolling out Love to Move in their Care Homes, Residential settings and Communities. 11 of their staff have qualified as deliverers and a further 80 trained online during the year.

Energize Shropshire, Telford & Wrekin (which are an Active Partnership) were successful in a Tackling Inequalities bid which secured places for 50 Care Home staff across the area to be trained as Love to Move deliverers. The bid involved 'Partners in Care', a not-for-profit organisation representing approximately 240 independent Nursing, Residential, Supported Living and Domiciliary Care companies in Shropshire and Telford & Wrekin.

Sport for Confidence place health professionals and specialist coaches into leisure centres, to provide inclusive sporting opportunities to people who face barriers to participation. 15 of their occupational therapists and coaches have trained to deliver Love to Move and are successfully delivering to people in need across Essex and London, including those with learning disabilities, dementia, autism, and physical impairments. Their highly skilled and enthusiastic deliverers have shown how Love to Move can benefit a wide range of people with differing needs.

Dementia UK and their Admiral Nurses have been a continued support to Love to Move deliverers, participants and their families. Admiral Nurses provide the specialist support that families need to face dementia; therefore, this partnership is really important to ensure more people are helped through awareness of Dementia UK at Love to Move sessions.

Despite the pressure the NHS has been under this year, we were still able to begin our hospital pilot, delivering Love to Move on the wards of Stamford's covid-secure hospital in Cambridgeshire. The feedback has been really good and the physiotherapists working with our deliverer have noticed how much brighter and stronger the patients look after just one or two sessions of the programme.

Love to Move is designed to get older people moving and functioning better, integrating the use of gymnastic foundation skills, bilateral asymmetric movement patterns, cognitive stimulation therapy and social interaction

activities. Even though, for the majority of the year, delivery has had to be mainly online, many benefits have still been realised as some of the case studies below show.

Mike and Lesley's Love to Move story

After a year of doing Love to Move, Mike from Cambridgeshire has managed to develop his speech through regular engagement in the programme.

Mike, who was diagnosed with early onset dementia seven years ago, lives with his wife, Lesley near Huntingdon. The couple started our Love to Move programme just after the first national lockdown in 2020. They took part in weekly online sessions with one of our deliverers, Kim Hall who noticed a considerable improvement with Mike's speech and physical abilities. "Initially, Mike was very limited in what he could do," Kim began. "He struggled with the rhythm, coordination and bilateral asymmetry sections. However, he was still really engaged with the programme and with help from Lesley, he followed along with my sessions." "After a few months of taking part in sessions a few times a week, Mike began to verbalise in sections of the class. He began to sing some of the songs and began repeating words that Lesley and myself were saying. Mike then developed into being able to say words independently during the class. He began to find words for each letter of the alphabet particularly focusing on names and then countries and he can now independently say a word for every letter sometimes even managing two words. A few weeks ago, Mike actually said 'I cannot find a word for that letter', the first time I have heard him say a sentence!" "Mike has now really improved physically. Lesley was previously a PE teacher, so her support and input has been extremely valuable as we have pushed the boundaries physically with Mike." Lesley added: "Over the last few months, it has been noticeable that my husband is responding more to certain parts of the programme." "He actively listens to when the group are chatting; this being one of the few opportunities he has to 'socialise'." "His enjoyment of the programme is evident in his concentration and his efforts to replicate the movements, actions and words. He has always been a physically active person and this programme is helping to maintain this when other activities he used to participate in are no longer possible."



Chris and George's Love to Move story



Before and during lockdown, the benefits of Love to Move have been felt by a couple in Cambridge. George and Chris first started taking part in Love to Move in 2017, as part of a community class introduced in St Ives, Cambridgeshire. The seated programme helps people to keep active and healthy as they age; promoting mental wellbeing by enabling friendship to reduce social isolation; and creating opportunities for all to enjoy an activity through supportive networks. At the time they joined the class, George was living with dementia and struggled physically and verbally. "At first George couldn't follow me at all so I would frequently

work one to one with him during the session, working directly in front of him" said deliverer, Kim. "This gradually began to change and eventually George did try and mirror the movements that he was able to do." Over time George grew to love the sessions that he and Chris attended regularly, often arriving early to chat and share stories with the other carers and individuals living with dementia within the group. When Covid-19 hit in March last year, the Love to Move sessions moved online. With no device available to access the

classes, George and Chris were unable to take part. It wasn't until five months later that Kim was able to resume contact with them. With lockdown still taking place, Kim decided she would take matters into her own hands and look for a safe solution to help: "I sadly discovered that George had deteriorated a great deal during the lockdown. "I arranged to visit George and Chris at their home, working with George from his back garden, so as to maintain a safe distance from them, without any physical contact with them both. Chris would sit George on a chair by the patio doors and I sat in the garden to work with him. "Chris was overjoyed when we found that despite George's deterioration over the lockdown and the fact, I hadn't seen him for five months, that he reacted to the music from the sessions and the movements. Despite a break of five months, he remembered so much. "We continued the weekly sessions from the garden despite the weather, with me sitting in the rain in a pop-up tent!" George then unfortunately deteriorated further before testing positive for Covid where he was admitted to hospital for a month. Incredibly, George pulled through and is now back home, reunited with Chris, albeit on palliative care. During the month in which they couldn't see one another, Kim worked with Chris to help master Zoom, so that she could continue to take part in online Love to Move classes. This also meant that when George returned home, he too was able to listen to the sessions. Love to Move has been shown to offer great benefits for those in palliative and end of life care, particularly for someone who has a real connection with the sessions. "Chris initially propped the iPad up on the end of Georges bed so he could see and hear. At the beginning of the class George waved to everyone and joined in with little sections, even making some of the letters of the alphabet section with his arms managing the letter 'L' and the letter 'T' showing a 'thumbs up sign'. "To see them both smiling and sharing something positive with each other and others has been a very humbling experience."

Lead Love to Move Deliverer, Kim Hall getting creative and using a pop-up tent to shield from the rain whilst delivering a Love to Move session in the garden



Jan and Martin's Love to Move story

Jan and Martin from Northwich, Cheshire are enjoying the benefits of Love to Move. The couple have been part of a pilot scheme with the Alzheimer's Society in Cheshire where Love to Move sessions have been running during the winter lockdown over Zoom. Love to Move particularly benefits people living with dementia or other cognitive disease and Martin lives with early onset dementia (PCA) which affects his sight. "Initially I was unsure whether he would be able to participate in the programme and whether it would be beneficial for him," said Jan. "He did find the first session quite challenging, and it made me more aware of some limitations he had – particularly in relation to fine motor skills and upper body flexibility. "Our course leader, Nicole was quick to recognise his difficulties and worked with us on a 1:1 basis to overcome these. "With Nicole's constant praise and encouragement, Martin soon gained in confidence, and we were able to work at our own pace adopting mirroring to aid his sight difficulties". Despite early difficulties, Jan started to see Martin progress over the weeks with

improvements with certain exercises along with his timing of movements with music. “In such a short time, Martin has made really good progress with the activities which has had a knock-on effect in his everyday living. I have noticed how it has become easier for him to raise his arms when dressing and he is now able to fasten some smaller buttons. It also has a mood enhancing effect. On occasions we might have had a stressful start to the day, but Martin always leaves the session with a smile on his face! “I enjoy the sessions too! They have really challenged my own thinking and I love sharing some of the activities with friends and family!” Nicole, one of the British Gymnastics Foundation’s Love to Move deliverers added: “It has been a pleasure working with Martin and Jan. “They join my class every week and they continue to practice in their own time different parts of the Love to Move programme. “The encouragement and positivity from Jan helped Martin gradually build the flexibility and coordination skills needed to make everyday tasks easier.”



Love to move

Love to Move is a movement programme for physical and mental health and the all-round wellbeing of people.

It's aimed at people with memory issues, but suitable for anyone.

Most of all it's fun!



1424              

In March 2020; 1424 people are currently taking part in a weekly Love to Move session across the United Kingdom and attendees are split almost 50/50 between residential care homes and community groups.

It will only continue to grow as Louise Roberts, head of programmes at British Gymnastics Foundation explains "it's a sustainable model now."

For every

£1

invested in Love to Move, there is a Social Return on Investment of **£28.74**

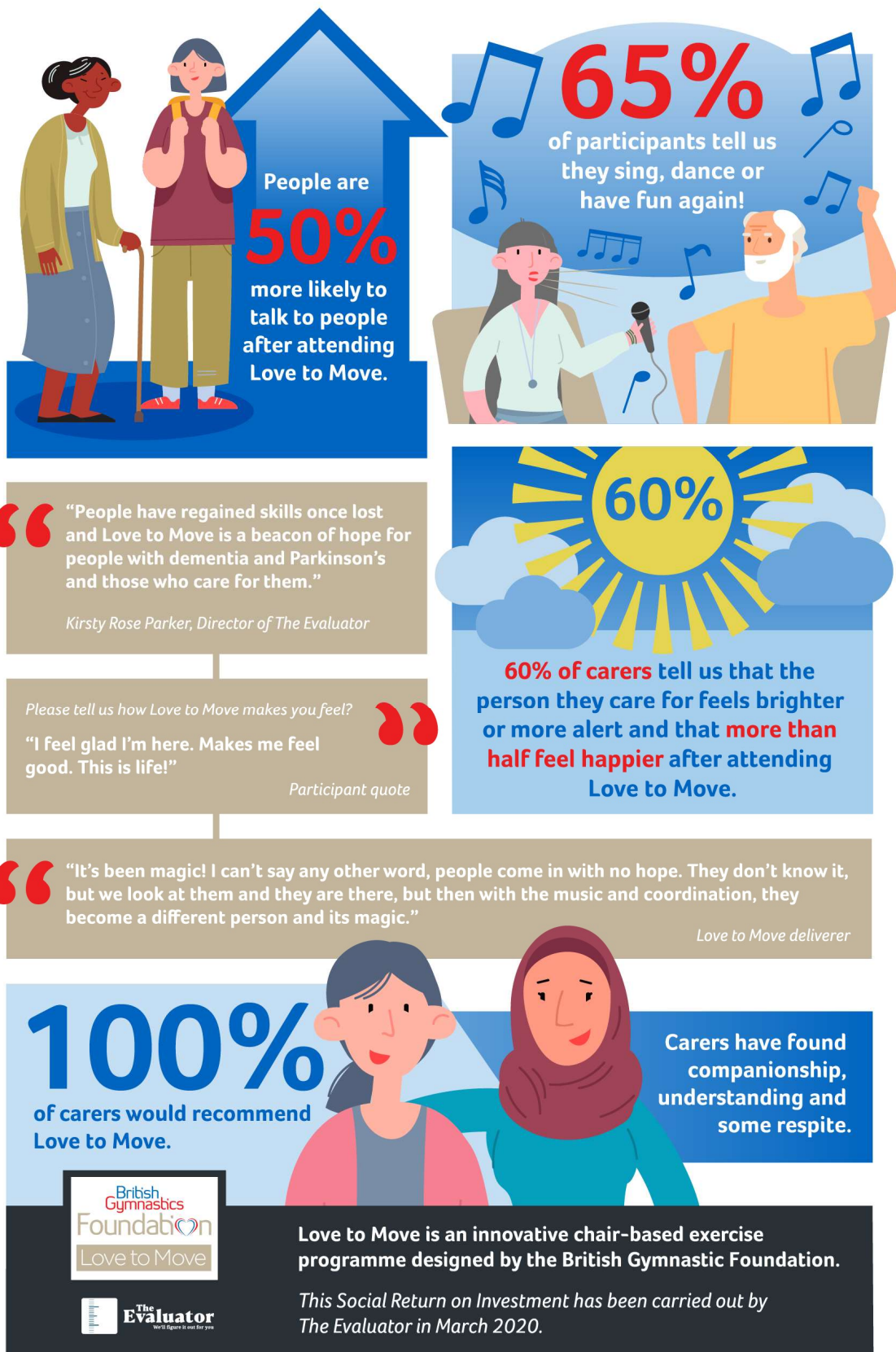
The average age of those attending is **74 years old.**



78%   
of participants feel happy after attending Love to Move.

““They’ve made friends! They have something to get out of bed for and it’s benefiting them all around - physically and emotionally.”

Love to Move deliverer



HARDSHIP GRANTS

With the start of Coronavirus restrictions upon us and an inevitable economic impact to follow, we started our year within the Hardship Grants Programme, preparing our online application system to help us support more people in hardship over the course of the next 12 months. Having transitioned from a paper-based application system to an online application system in the previous year, we now needed this automation more than ever if we were to cope with the expected increase in hardship amongst our gymnastics community.

We worked swiftly with our partners to raise more funds to support the Hardship Grants Programme which formed one part of the wider recovery package for the sport. We immediately set about launching a special Covid-19 Hardship Grant round which was open for applications from the 1st of July until the 31st of August 2020. The funding pot available to British Gymnastics members experiencing significant financial hardship as a result of Covid-19, aimed to ensure that no British Gymnastics member dropped out of the sport they love due to financial and family/personal crisis' in these difficult times.

September and October 2020 were very intensive months for us as we worked to review all 778 applications for funding which had been submitted. In the previous couple of years, we would usually receive around 30 applications in any one quarter, and run one Hardship grants panel Review Meeting, so to have an increase in applications of just under 2,600% demonstrates the unprecedented levels of need in the gymnastics community. The sheer number of applications meant that in this 1st Covid-19 Hardship Grants Round, we ran a total of 13 Hardship Grant Review Panel Meetings.

The table below shows the applications and awards figures for the Covid-19 1st Grants Round:

Metric	Number	Applications Value (£)	Value Awarded (£)
Total number of applications in the system	778	£252,490	£125,463
English applications	630	£207,335	£102,834
Scottish applications	80	£24,566	£9,882
Welsh applications	47	£14,095	£4,009
Northern Ireland applications	21	£6,494	£1,880
Applications from Performance Pathway gymnasts	36	£18,365	£19,779
Grants Panels run	13	£168,710	£125,463
Grants Awarded	365		£125,463
Total Number of Individuals Supported	396		

The total spend on this hardship grant Covid round was £125,463, which supported 396 individuals to stay in the sport of gymnastics in a time of great personal crisis for them all. We couldn't have achieved this scale of support to the community without the financial contributions of some key partners; so a great thanks must go to each partner organisation for their financial contributions, which were as follows: British Gymnastics contributed £50,002; UK Sport contributed £19,779 in support of applicants on the gymnastics performance pathway; and Sport Northern Ireland contributed £1,880 in support of applicants living in Northern Ireland. Ourselves, the British Gymnastics Foundation committed £53,802 of our own funds to support the Hardship Grants round.

During the hardship grant round, our Charity received £18,774 from its gymnastics equipment auctions, so we were able to increase the budgeted funds we had allocated to the grants round. This money was put towards the funding gap; and at its October Board Meeting, the British Gymnastics Foundation Trustees agreed that the remaining funding gap for Hardship Grants was to be funded from the Charity's unrestricted reserves.

Huge thanks must go to all our Trustees who all volunteered very many hours to participate in Awards Panel Meetings, which made for the success of the Covid-19 Hardship Grants Round. We are also very grateful to British gymnastics for its financial support and ongoing operational support, which enabled us to fund an additional 158 individuals. We could not have achieved the success we did, without this collective effort! The

average spend was £315 per individual in this funding round, which has kept gymnasts in the sport for a period of 4-6 months, helping them to get through their time of crisis and stay in the sport that they love.

Following the 1st Covid-19 Hardship Grant Round, we received so many messages of gratitude and thanks. Some grant recipients have also started to do fundraising challenges to raise money for the British Gymnastics Foundation, such is their gratitude towards our Charity, for our support to them. A small group of individuals have also bought new leotards for Hardship Grant recipients; and we have worked with our recipients and donors to connect them in their giving. It was truly inspiring to see so much kindness in our gymnastics community arising from such adversity!



Sophie (pictured left) was one of thousands of children who was glad to be back at gymnastics after a tough few months away from the sport; but her situation could have been very different if it wasn't for her parents and the Hardship Grants Programme.

Sophie was one of the 396 individuals that received support through the 1st Covid-19 Hardship Grant Round.

Aged 6, Sophie has been doing gymnastics since she was 18 months old. Her club is like a second home. It's where she gets to see all her friends whilst doing her favourite activity.

"I love gymnastics!" Said Sophie. "Not just because it's fun and I enjoy it but also because I get to exercise and see my friends."

When the country went into lockdown Sophie was unable to go to gymnastics and there were doubts from her mum, Lucy, as to whether Sophie would be able to go back due to their financial situation.

Lucy explained: "We had to have a really difficult talk with Sophie to say that she might have to stop."

"For Sophie, gymnastics is not just a hobby. For her, gymnastics is part of her life. Her coaches, her teammates and even the gym itself – it's like a second home for her."

As well as being physically beneficial for Sophie, gymnastics is also an activity that her mum believes helps her mentally and emotionally.

"Sophie has anxiety at times. If she's worried about something or if something is upsetting her, gymnastics helps her to get those frustrations out."

After constant worry that Sophie would not be able to return to gymnastics due to financial difficulties, things started to change when Lucy was directed to the Hardship Grants Programme.

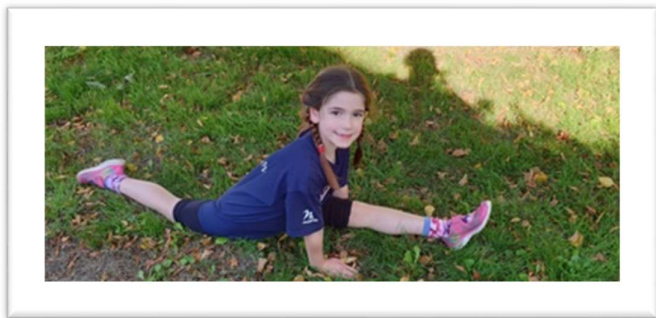
"It was Sophie's deputy head teacher at her school who suggested that we look on the website at the Hardship Grants Programme to see if we were eligible for any of the funds.

"I genuinely can't thank her enough for pointing us in that direction because if we hadn't, Sophie wouldn't be at gymnastics now."

After being successful with her application, Lucy was delighted to share the news with Sophie.

"When I received the email, I cried."

"Knowing that I could secure her place in her gymnastics squad and that I didn't have to tell her that she had to stop doing gymnastics made my year!"



Throughout December, Sophie kindly decided to complete her very own challenge, raising money for both the British Gymnastics Foundation and her club, Revolution.

Sophie completed a handstand challenge each day of the month, and filmed a special routine she created, when she got back to her gym following lockdown.

Sophie managed to raise a fantastic £105 from her challenge.



Gracie-Mae shows true kindness to another gymnast in need at Christmas.

Seven-year-old acrobatic gymnast, Gracie-Mae (pictured left) has, like many gymnasts, spent the year on Zoom calls with her gymnastics coaches.

In November, Gracie-Mae came home from school

with a flyer about donating gifts to children over Christmas. The family then contacted The British Gymnastics Foundation and asked if we knew of a young gymnast, the same age as Gracie-Mae, whose family might be going through a difficult time.

We put them in touch with Sienna, also a seven-year-old gymnast, who loves the sport and whose family has been going through a tough period.

Gracie-Mae chose a mermaid sparkly leotard with a matching hair bobble and shorts that are personalised with Sienna's name on that were sent in the post as a Christmas gift for Sienna. This is such a heart-warming story and one we're delighted to share.

Reneyah (Pictured right) is one of many Hardship Grant beneficiaries who is thriving in gymnastics after being given the opportunity to start trampolining by her school.

Created to help families on low incomes, Reneyah's school set up a programme that gives children the opportunity to try a new sport to stay active and learn new skills.

It took Reneyah some time to feel comfortable on the programme but her mum, Roxanne, believes it has helped her to overcome some of her anxiety.

"She absolutely loves being part of the trampolining programme – it has given her so much confidence," Roxanne began to explain.

"Prior to going to gymnastics, she suffered a lot with anxiety and was really withdrawn. I didn't even think I'd be able to get her to go to the trampolining lessons in the first place.

"I spoke to the school about my daughter's anxiety and the coach worked with her in different ways. As the weeks went by you could just see the smile come across her face."

During 2020, the impact of Covid-19 meant the family's finances had taken a turn for the worse. However, Roxanne soon discovered the Hardship Grants Programme and was thrilled to see that she was able to keep Reneyah on the programme.

"The support the grant has given us has been amazing. I don't think she would have been able to continue doing the trampolining without it. I really think this could be something she carries on with now for life. She's like a whole new person once she gets on a trampoline."

Dave Marshall, British Gymnastics Foundation Trustee added: "It's wonderful to hear the benefits that gymnastics has had on Reneyah – the sport provides a wonderful foundation for the development of young people. It is imperative that no child is left behind in gymnastics because of their financial situation and we will do all we can to support those in need to continue in the sport they love."





Eleven-year-old gymnast, Charlie (pictured above) loves nothing more than being on a trampoline at his club.

When lockdown began in March, Charlie's mum, Jo, was unable to carry on working. A self-employed baker and children's cookery teacher, the new government restrictions meant Jo stopped receiving an income for several months.

As a very sociable child who trains around five to six hours per week, it would have been difficult for Charlie to stop bouncing with his friends.

Despite this, during lockdown Charlie's club managed to keep everyone connected by setting up virtual sessions.

"Charlie's club were absolutely amazing. Within two or three weeks they set up exercises for them and strength and conditioning. This was amazing as it was all for free, keeping the kids really involved. Although they were not on the trampolines, they were still able to see their friends on the screen."

With the free sessions continuing throughout the summer, it really helped Charlie to be able to continue training with his club on some level. However, returning to the club would still be difficult with no income for the summer. Jo worried that Charlie would have to stop attending.

"He is so happy when he is doing trampolining, and to take that away from a child would not be very nice."

After the Head Coach at Charlie's club became aware of her difficult financial situation, they encouraged Jo to apply to the Hardship Grant Programme. Within a couple of weeks, Jo had been told that she had been chosen to receive a Grant.

"It has been fantastic; it has allowed Charlie to train for the next few months without us having to worry about where we are going to find the money."

"I felt very relieved that Charlie could continue to bounce – that is what he really wants to do."

"So many things have gone wrong in the last six months. It was such a positive thing to happen, and we are very grateful for the Hardship Grant."

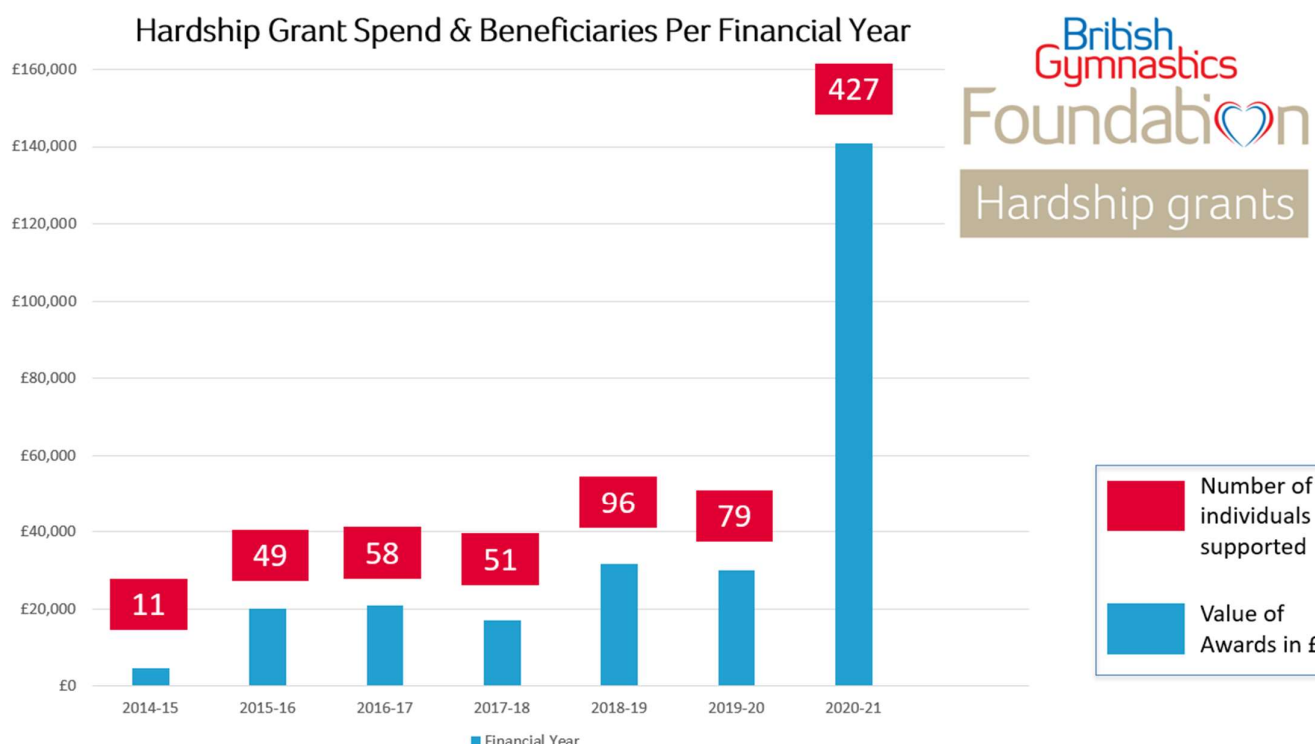
With support from the Hardship Grant, Jo can cover the fees for Charlie to continue training and she can buy the specialist equipment he needs, such as trampoline and Double-Mini Trampoline shoes.

Towards the end of the year, we were very fortunate to be given a further operational budget from UK Sport, via British Gymnastics, to support a special round of Hardship Grants (Covid-19 Round 2) for gymnasts who are on a British Gymnastics Performance Pathway. This funding round ran throughout February and resulted in the Foundation awarding a total of £15,300, which supported 30 gymnasts and 1 coach to help them to stay in the sport through extremely difficult times.

To date, since 2015, our Hardship Grant Programme has funded 752 individuals and spent a total of £255,962.

427 of those individual British Gymnastics members who were awarded grants, were funded during the special Covid Grants rounds 1 and 2, between September 2020 - March 2021, where the British Gymnastics Foundation awarded £140,763.

The chart below shows the huge increase in demand for Hardship Grants during this financial year, and our record-breaking year of providing essential grants to people who are most in need; keeping them in gymnastics through a time of crisis caused by Covid-19.



During the Hardship Grant Rounds this year, our Foundation Team has been working hard to collect research and insight to inform us on the true impacts of Covid-19, and to understand which people in society are being impacted the most. We found compelling evidence to show that disabled gymnasts are being affected much more by Covid-19 than non-disabled gymnasts, so we connected with the independent grant-making Trust, the Peter Harrison Foundation to apply for a grant to address the inequality. We were delighted and extremely thankful to be awarded £25,000 by the Peter Harrison Foundation to be used in support of disabled British Gymnastics members in Hardship in the next financial year.

Over the course of the year, our Foundation has carried out research on our Hardship Grant programme to better understand the impact our funding is having on beneficiaries; and although 40% of applications come from applicants living in the most deprived areas of England (Indices of Multiple Deprivation, IMD deciles 1-3), the trend of the Covid Hardship Grant rounds shows that financial hardship is affecting British Gymnastics members across all Indices of Multiple Deprivation. Pre Covid, around 90% of our grants were awarded to applicants living in the most deprived areas of the country (deciles 1, 2 and 3.)

The table and graph below show the distribution of grants per IMD (Indices of Multiple Deprivation) profile in England only, and demonstrates how the effects of Covid have impacted on the gymnastics community across all Indices of Multiple Deprivation:

% of total applications recieved	Index of Multiple Deprivation Decile
20%	1 (Most deprived 10%)
9%	2
11%	3
8%	4
11%	5
15%	6
8%	7
6%	8
9%	9
5%	10 (Least deprived 10%)

Finally, we were delighted to have been able to distribute over 300 items of donated gymnastics clothing and kit, such as leotards, to a great many Hardship Grant recipients who were struggling to afford the costs of kit for their sport. We are very grateful to Gymnastics Enterprises Ltd (British Gymnastics' Gymshop) for providing us with the kit which was high quality and very appreciated by our beneficiaries.

INSPIRATIONAL EXPERIENCES

With such an increase in demand for our support in the Hardship Grant and Love to Move programmes this year, and with face-to-face communications all but impossible for most of the year due to Covid-19 restrictions, we have not delivered any inspirational experiences this year. We have however, used the time of our Team towards the end of the year, to plan for the future within this programme. From our planning, we are very pleased to be able to announce that from April 2021, we will have a dedicated person working on this programme, making inspirational experiences possible once more. We look forward to initially delivering virtual inspirational experiences next financial year, connecting beneficiaries with once in a lifetime experiences with our elite Great Britain gymnasts and trampolinists.

LEADERSHIP PROGRAMME

This year the Leadership programme was unable to go ahead due to covid restrictions however we used the year to plan and develop the details and get ready to recruit our first cohort of Mentors and Mentees. We are extremely grateful to our funding partners, The Hiscox Foundation who have supported us with the delays and continue to engage with the mentoring side of the work.

The programme has been re-named 'Limitless' and aims to empower people from hard-to-reach communities through the delivery of a Leadership programme; increasing employment opportunities and raising the confidence of the individuals involved from deprived areas.

Through a series of workshops, course modules and mentoring sessions, the learners from the pilot area of Greater Manchester/ Bolton, will be taken on a journey with the end goal of gaining the Gymnastics Activity Instructor qualification and employment in the sport sector.

We are excited to be working with Moving Ahead, an organisation who specialise in mentoring, storytelling and research to improve diversity and inclusion. Moving Ahead will be supporting the training of our Mentors and Life Coaches who will in turn help our learners throughout the programme.

Fundraising

Fundraising has been incredibly challenging this year. Due to Covid-19 and the restriction on events and face-to-face contact for large parts of the year, our Foundation had 8 of its 14 planned fundraising events and initiatives cancelled, leaving a huge gap in our ability to raise funds. Additionally, we took the difficult but necessary action of furloughing our Fundraising Officer for a significant period, due to uncertainties in the charity fundraising sector.

Annually, we also rely on events such as British Gymnastics' competitions and awards evening, to raise funds. It was such a sad year to see that no events were able to take place as thousands of gymnasts were left with no outlet for their talents and we had nowhere to fundraise. We are hopeful that gymnastics events will make a return next financial year.

Thankfully in June 2020 our Board was able to make the decision for Our Fundraising Officer to be taken off Furlough and return to work; so, in July, and with all the disruption to live events, we had to turn our attention to virtual fundraising. We had done virtual fundraising in previous years, but we had never had such an emphasis and reliance on it as we would have this year.

Over the course of the summer, our Fundraising Officer delivered an awareness raising and fundraising campaign called 'Leave No One Behind'. The aim of the campaign was to raise awareness of our support for gymnasts experiencing hardship, and to raise funds to support more gymnasts in the future. The campaign reached almost 40,000 people and was shared and liked by many in the gymnastics community, but it unfortunately failed to raise any significant funds, raising just under £100.

Our Fundraising Officer supported an individual fundraiser training for the London Marathon, helping him to raise over £1,700 for the Foundation. We also had a regular donor donate throughout the year and had a donation of £500 for the Love to Move programme.

By far the most profitable fundraising event which took place this year, was the gymnastics equipment auction, which raised £18,774. The auction was hosted on Charity eBay, and we had many donated items to sell, including equipment kindly donated by the BBC (from their show 'Tumble'). A huge thanks must go to the BBC for their generosity in donating the gymnastics equipment from their television show; the sum of £18,774 raised from the proceeds of the equipment is estimated to have supported an additional 57 gymnasts in hardship to stay in sport.

In the last quarter of the year, we turned our attention to Trusts and Foundations as we made dozens of applications for much needed funding to get us back on track to be able to maximise our delivery of programmes into the next financial year. We were successful with three grant awards in the first part of 2021, worth a total of £41,000. We are extremely grateful to the three grant funders that awarded us money, it will certainly go a long way in helping us to transform more lives through gymnastics. The funders are as follows: Peter Harrison Foundation which granted £25,000 for disabled members' Hardship Grants; Michael Cornish Charitable Trust which gave a £1,000 unrestricted donation; and finally, the Garfield Weston Foundation, which gave a £15,000 unrestricted grant for use over the next 12 months.

In December we said goodbye and best wishes to our Fundraising Officer as she went on Maternity Leave. We welcomed a part-time Maternity Cover Fundraising Officer, who started with us mid-February 2021. She spent the last weeks of the year planning fundraising activities which would take place in the following financial year.

Governance

The start of this financial year saw Trustee, Jerry Twedde take up the position of Chair of the Board, as our out-going inaugural Chair, Hugh Raymond Phillips BEM, retired as Chair to take up the position of Trustee on the Board. Jerry has had a challenging year as Chair, but with the excellent support of all Trustees, has steered the Foundation through a difficult and unpredictable period. This has resulted in increased delivery of public benefit by the Foundation, in a time when many charities have struggled and shrunk.

British Gymnastics Foundation continued to maintain all relevant governance requirements sufficiently to comply with tier 2C of the Code for Sports Governance (As required by Sport England as a condition of our Active Ageing grant). This means that although our Foundation is deemed to be a 'Small Charity' by the Charity Commission, our governance is such, that it satisfies the requirements of 'Large Charities.' In a period where there is low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding. Being extremely passionate about our good governance, our Board has also started discussions about how we now develop to achieve tier 3 of the Code for Sports Governance.

Our Charity's Strategy Framework 2016-2020 came to an end during this year. However, the Board made the important decision to continue with the current strategy for an additional year, to the end of 2021. This decision was made considering many factors, one of which being the unprecedented levels of uncertainty across all sectors. This decision to effectively 'freeze' our strategy, gave us stability and greater agility to grow and react to the needs of our beneficiaries as we moved through the year.

Our Charity is committed to diversity and inclusion and has plans to further diversify its Board of Trustees. In the next financial year, three of the Charity's founding Independent Trustees, and one of its non-independent founding Trustees will be retiring from the Board. With this due to happen between September and December 2021, we started working with Perrett Laver at the start of 2020. Perrett Laver are a diverse board recruitment partner of Sport England, and they have been supporting us to plan our recruitment of diverse and talented, new Trustees. Although we will be officially recruiting our new Trustees in the next financial year, much of the groundwork to help us achieve a much more diverse Board, was done this year.

Our Board of Trustees operated its Board function entirely remotely this year, which although saved on the cost of Trustees' Meetings, proved to be a restrictive way of working. That said, the Board was able to execute all its work in an efficient and professional manner, moving the charity forward and increasing the positive impacts of its programmes throughout the year.

Operations

One of the biggest challenges for part of this financial year has been balancing our drive to transform as many lives as possible through gymnastics, with a reduced Team in the Charity. With two staff being furloughed due to financial and sector uncertainties, it has been tough to keep delivering on our ambitions for our beneficiaries.

Our one-year-old CRM system has been well tested with more than 800 applications for Hardship Grant funding. Although the system has required some maintenance and IT support during the year, it is a certainty that we couldn't have administered the levels of demand experienced in the Hardship Grants Programme without the CRM system and Hardship Grants user portal.

Our Staff Team who were office based at Lilleshall and not on Furlough, spent the entire year working from home. Whilst this created some difficulties in the way that we work, our Team continued to stay well connected, and continued to deliver high quality programmes remotely throughout the year.

Awards

This year the British Gymnastics Awards Evening had to be cancelled due to Covid-19 restrictions, therefore the British Gymnastics Foundation made the decision to not make any awards of special recognition to individuals or partner organisations. We do, however, look forward to resuming our special recognition awards in the next financial year once social distancing restrictions allow.

Risk management

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

Financial review

During the year to 31 March 2021:

- The Charity received total income of £392,031 consisting of restricted income of £313,508 (including a grant of £150,000 from Gymnastics Enterprises Ltd), and other unrestricted income of £78,523.
- The Charity spent £336,666 consisting of fundraising costs of £30,679 and expenditure on charitable activities of £305,987.

At the end of March 2021:

- The Charity had total charity funds of £297,254 (£93,109 restricted and £204,145 unrestricted).

Reserves Policy and going concern

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £125,000. As at 31 March 2021, the Charity's unrestricted reserves total £204,145, which represents the free reserves. The approved budget for the year ending 31st March 2022 records unrestricted reserves in excess of the target of £125,000.

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2022. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

The Charity like the country, has been impacted by the Covid-19 pandemic. The Trustees have assessed the potential impact on the future operations of the charity, taking into account its underlying financial resources and strength. They have taken proactive steps to manage the financial consequences to help ease the impact of the Coronavirus outbreak. The Trustees consider the charity to be well positioned to manage the current situation and secure operations into the future.

Structure, governance and management

Structure and governing document

British Gymnastics Foundation was incorporated on 28th May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7th July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 11th March 2019.

Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

Reference and administrative details

Charity name: British Gymnastics Foundation
Charity number: 1157747
Company number: 09060595
Registered Office: Lilleshall National Sports Centre, Nr Newport, Shropshire, England TF10 9AT

Advisers

Independent examiners: WR Partners, Belmont House, Shrewsbury Business Park, Shrewsbury SY2 6LG
Bankers: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ
Solicitors: Bates, Wells and Braithwaite, 10 Queen Street Place, London EC4R 1BE

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees serving during the period and since the year end were as follows:

Trustee and Director (Chair): Jerry Tweddle
Trustee and Director: Hugh Raymond Phillips BEM
Trustee and Director: Michelle Fulford
Trustee and Director: Dr Nicola Bolton
Trustee and Director: Simon Kearey
Trustee and Director: Louise Fawcett
Trustee and Director: David Marshall

Trustees/Directors Responsibilities

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The charitable company also confirm that they have made all necessary enquires and taken such steps as they ought to ensure that they become aware of any relevant independent examination information and that they confirm that the charitable company's accountants have been made aware of such information.

In preparing this report, the directors have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Approved and authorised for issue by the Board of Trustees and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'J. Tweddle', written in a cursive style.

Jerry Tweddle
Chair
Date: 10th November 2021

Independent Examiner's Report to the Trustees of British Gymnastics Foundation

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

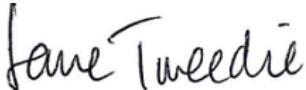
Independent examiner's statement

I have completed my examination. I confirm that no 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 company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Charitable Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charitable Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charitable Company and the Charitable Company's Trustees as a body, for my work or for this report

Signed  Dated 3 February 2022

S J Tweedie BSc,FCA, DChA

Belmont House

Shrewsbury Business Park

Shrewsbury

SY2 6LG

British Gymnastics Foundation**Statement of Financial Activities (including income and expenditure account)****Year ending 31st March 2021**

	Note	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds ye 31st March 2020	Unrestricted Funds ye 31st March 2020	Total Funds ye 31st March 2020
Income							
Donations and legacies	3	£1,000	£36,478	£37,478	£0	£23,601	£23,601
Income from charitable activities	5	£312,508	£41,462	£353,970	£299,472	£65,485	£364,957
Income from other trading activities	6	£0	£0	£0	£0	£555	£555
Income from Investments	7	£0	£583	£583	£0	£1,289	£1,289
Total incoming resources		£313,508	£78,523	£392,031	£299,472	£90,929	£390,401
Expenditure							
Expenditure on raising funds	8	(£30,679)	£0	(£30,679)	(£41,520)	£0	(£41,520)
Expenditure on charitable activities	9	(£298,979)	(£7,008)	(£305,987)	(£261,111)	(£55,243)	(£316,354)
Total expenditure		(£329,658)	(£7,008)	(£336,666)	(£302,631)	(£55,243)	(£357,874)
Net income and net movement in funds for the period		(£16,150)	£71,515	£55,365	(£3,159)	£35,686	£32,527
Reconciliation of Funds							
Total Funds brought forward		£109,259	£132,630	£241,889	£112,418	£96,944	£209,362
Total Funds carried forward		£93,109	£204,145	£297,254	£109,259	£132,630	£241,889

The Statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

British Gymnastics Foundation
Balance Sheet as at 31st March 2021

	Notes	31st March 2021	31st March 2020
Fixed Assets	13	£25,553	£36,127
Current Assets			
Debtors, Prepayments and Stock	14	£22,465	£16,284
Cash at bank		£365,977	£285,202
Total Current Assets		£388,442	£301,486
Liabilities			
Creditors: amounts falling due within 12 months	15	(£107,303)	(£79,389)
Net current assets		£281,139	£222,097
Total assets less current liabilities		£306,692	£258,224
Creditors: amounts falling due after more than 12 months		(£9,438)	(£16,335)
Net Assets		£297,254	£241,889
The funds of the charity:	16		
Unrestricted income funds		£204,145	£132,630
Restricted income funds		£93,109	£109,259
Total charity funds		£297,254	£241,889

The notes on pages 17 to 23 form part of the financial statements.

The Trustees consider that the charitable company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charitable company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees of the Charity acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of accounts.

The financial statements were approved by the Board of Trustees and signed on its behalf by:



Jerry Tweddle, Chair
British Gymnastics Foundation
Company limited by guarantee, company number 9060595

Date: 10th November 2021

Notes on the accounts

1. Statement of accounting policies

a. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

b. Preparation of the accounts on a going concern basis

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2022. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

c. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- Any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- There is sufficient certainty that receipt of the income is considered probable; and
- The amount can be measured reliably.

d. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

e. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Restricted funds are grants which the donor has specified are to be solely used for particular areas of the charity's work.

f. Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on raising funds comprise the costs of developing a strategy for future fundraising by the charity, together with the associated support costs of raising funds;

- Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office administration, finance and governance costs which support the Charity's activities. These costs have been allocated between expenditure on raising funds and expenditure on charitable activities on the basis of the percentage of estimated staff time spent on each area.

h. Fixed assets

Fixed assets are recorded at cost less depreciation. Depreciation has been computed to write off the cost of the tangible fixed assets over their expected useful lives, on a straight-line basis, as follows:

IT equipment	over 5 years
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i. Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount repaid net of any trade discounts due.

j. Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2. Legal status of the charity

British Gymnastics Foundation is a charitable company, limited by guarantee and incorporated in England and Wales. It has just one member, British Gymnastics Association, and the liability of its member in the event of winding-up is limited to £1.

3. Non-exchange transactions

Donated services for the Leadership programme and the Inspirational Experiences programme are included in Donations and Expenditure on Charitable Activities at estimated value of £Nil.

4. Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

5. Income from charitable activities

Project Name	Restricted		Unrestricted		FY 2021	FY 2020
	FY 2021	FY 2020	FY 2021	FY 2020		
INCOME-Sport Eng LTM	£162,508	£135,984	£0	£0	£162,508	£135,984
INCOME-NI LTM Pilot	£0	£10,988	£0	£0	£0	£10,988
INCOME-Cambs CF 2018 LTM to 30/4/19	£0	£0	£0	£0	£0	£0
INCOME-Luton CCG LTM yc 1 Oct 18	£0	£2,500	£0	£0	£0	£2,500
LTM - income from courses for deliverers	£0	£0	£41,462	£65,485	£41,462	£65,485
GEL Grant	£150,000	£150,000	£0	£0	£150,000	£150,000
	£312,508	£299,472	£41,462	£65,485	£353,970	£364,957

6. Income from other trading activities

	Unrestricted Funds	
	2021	2020
Branding Fee	£0	£500
Sale of Teddy Bears	£0	£0
Misc Trading Income	£0	£55
	£0	£555

7. Investment income

All of the charity's investment income arises from money held in interest bearing deposit accounts.

8. Analysis of expenditure on raising funds

	Restricted Funds	
	2021	2020
Fundraising staff costs	£26,559	£33,980
Other fundraising costs	£684	£515
Governance costs (see note 10)	£1,057	£2,414
Support costs (see note 10)	£2,379	£4,611
	£30,679	£41,520

9. Analysis of expenditure on charitable activities

	Restricted Funds		Unrestricted Funds	
	2021	2020	2021	2020
Hardship Grants programme (see below)	£90,040	£52,320		
Inspirational expenses	£1,750	£4,161		
Gymnastics leadership prog. In a deprived area	£0	£349		
Love to Move: dementia/age-friendly gymnastics prog	£175,539	£164,204	£12,453	£92,264
Charitable programmes communications: salaries	£10,778	£11,960		
Governance costs (see note 10)	£1,586	£3,622		
Support costs (see below and note 10)	£19,286	£24,496	(£5,445)	(£37,021)
	£298,979	£261,111	£7,008	£55,243

All Hardship Grants are payable to individuals.

Unrestricted income from charitable activities, £5,445, relates to contributions towards staff and core costs from the Sport England Active Ageing Grant and the Sport Northern Ireland Grant.

10. Analysis of support and governance costs

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between the cost of raising funds and expenditure on charitable activities in the year. Refer to note 1(g) for the basis for apportionment. The analysis of support costs is given in the table below:

Analysis of support costs

	2021	2020	2021	2020	2021	2020
	Raising funds	Raising funds	Charitable Acts	Charitable Acts	Total	Total
Governance	£1,057	£2,414	£1,586	£3,622	£2,643	£6,036
Salaries and related costs	£2,096	£2,624	£18,861	£23,618	£20,956	£26,243
Sport England/SNI grant towards support costs						
Marketing and comms (awards night)	£0	£1,428	£0	£0	£0	£1,428
Finance	£0	£48	£0	£111	£0	£159
General office	£283	£511	£425	£766	£708	£1,277
Legal and other professional fees		£0		£0	£0	£0
Other business meetings		£0		£0	£0	£0
Other support costs	£2,379	£4,611	£19,286	£24,496	£21,665	£29,107
Grant income received towards staff and core costs	£0	£0	(£5,445)	(£37,021)	(£5,445)	(£37,021)
	£3,436	£7,025	£15,426	(£8,903)	£18,863	(£1,878)

Governance costs comprise:

	2021	2020
Costs of Trustees meetings	£1,734	£4,169
Independent Examination fees	£896	£885
Legal and other professional fees	£13	£13
	£2,643	£5,066

Net income for the year

This is stated after charging:

	2021	2020
Depreciation	£10,574	£9,577
Independent Examination fees	£896	£885

11. Analysis of staff costs and trustee remuneration and expenses

Staff working for the Charity in the year ended 31 March 2021 were employed by British Gymnastics and seconded to the Charity.

The Charity trustees were not paid and did not receive any other benefits from the Charity. Three trustees received reimbursement for costs they incurred in carrying out their duties and, where required, trustees had Board meeting accommodation and subsistence expenses paid direct by the Charity. The value of travel, accommodation and subsistence expenses paid to or on behalf of trustees totalled £742.

12. Related party transactions

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2016, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intention to make a grant of £150,000 to the Charity for the year to 31 March 2021. During the year ended 31 March 2021, the Charity received £150,000 in respect of this grant.

Under a MOU and secondment agreement signed in 2016, British Gymnastics agreed to provide various services to the Charity in return for a management fee. These services include the provision of seconded staff. During the year ended 31 March 2021, British Gymnastics charged a management fee of £234,969.06.

13. Fixed assets

	CRM system
<u>Cost</u>	
Cost at 1st April 2020	£51,304
Additions	£0
Cost at 31st March 2021	<u>£51,304</u>
<u>Depreciation</u>	
Accumulated depreciation at 1st April 2020	(£15,177)
Charge for the year	(£10,574)
Accumulated depreciation at 31st March 2021	<u>(£25,751)</u>
Net book value at 31st March 2021	<u>£25,553</u>
Net book value at 31st March 2020	<u>£36,127</u>

14. Debtors

	2021	2020
Stock	£1,879	
Trade debtors	£16,420	£7,355
Sport England Active Ageing Grant	£0	£0
Sport Northern Ireland Grant	£0	£3,113
Amounts owed by connected entities	£0	£0
Giftaid	£0	£0
Prepayments	£4,166	£5,815
	£22,465	£16,284

15. Creditors

Note 15a - Creditor due within 1 year

	2021	2020
Trade creditors	£1,075	£7,277
Amounts due to connected entities	£23,300	£46,279
Deferred income	£3,721	£4,612
Taxation and social security	£464	(£139)
Other creditors and accruals	£78,743	£21,359
	£107,303	£79,389

Note 15b - Creditor due > 1 year

	2021	2020
Deferred income	£9,438	£16,335

The deferred income above represents the value of fixed assets that were funded by grants being depreciated beyond the current financial year.

16. Analysis of charitable funds

Analysis of movements in restricted funds

	Funds brought forward 1/4/2020	Incoming resources	Resources expended	Funds carried forward 31/3/2021
Gymnastics Enterprises Ltd grant	£109,259	£151,000	(£167,150)	£93,109
Sport England Active Ageing grant	-	£162,508	(£162,508)	-
Sport Northern Ireland grant	-	£0	£0	-
NHS Luton CCG	-	£0	£0	-
	£109,259	£313,508	(£329,658)	£93,109

Nature and purpose of restricted funds

The Gymnastics Enterprises Ltd grant is to fund work in the areas of: promoting disability gymnastics, promoting gymnastics in schools, providing assistance to those in poverty who may wish to participate in gymnastics, creating opportunities through gymnastics to bring real improvements to the lives of people and communities most in need and to support a fund-raising plan that will enable further investment in these areas.

The Sport England Active Ageing grant and crowdfunding donations are to fund work on the Love to Move programme.

The non-exchange transactions represent the notional cost of donated services received for the Leadership programme and Inspirational Experiences programme.

Analysis of movements in unrestricted funds

	Funds brought forward 1/4/2020	Incoming resources	Resources expended	Funds carried forward 31/3/2021
Unrestricted income funds	£132,630	£71,515	-	£204,145
	<u>£132,630</u>	<u>£71,515</u>	<u>-</u>	<u>£204,145</u>

Nature and purpose of unrestricted fund

The Unrestricted Income Funds represents the “free reserves” of the Charity.

17. Analysis of net assets between funds

	2021			2020		
	Restricted funds	Unrestricted funds	Total	Restricted funds	Unrestricted funds	Total
Fixed assets	£25,553	-	£25,553	£36,127	-	£36,127
Debtors	£22,465	-	£22,465	£16,284	-	£16,284
Cash at bank	£161,832	£204,145	£365,977	£152,572	£132,630	£285,202
Creditors	(£116,741)	-	(£116,741)	(£95,724)	-	(£95,724)
	<u>£93,109</u>	<u>£204,145</u>	<u>£297,254</u>	<u>£109,259</u>	<u>£132,630</u>	<u>£241,889</u>