



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**

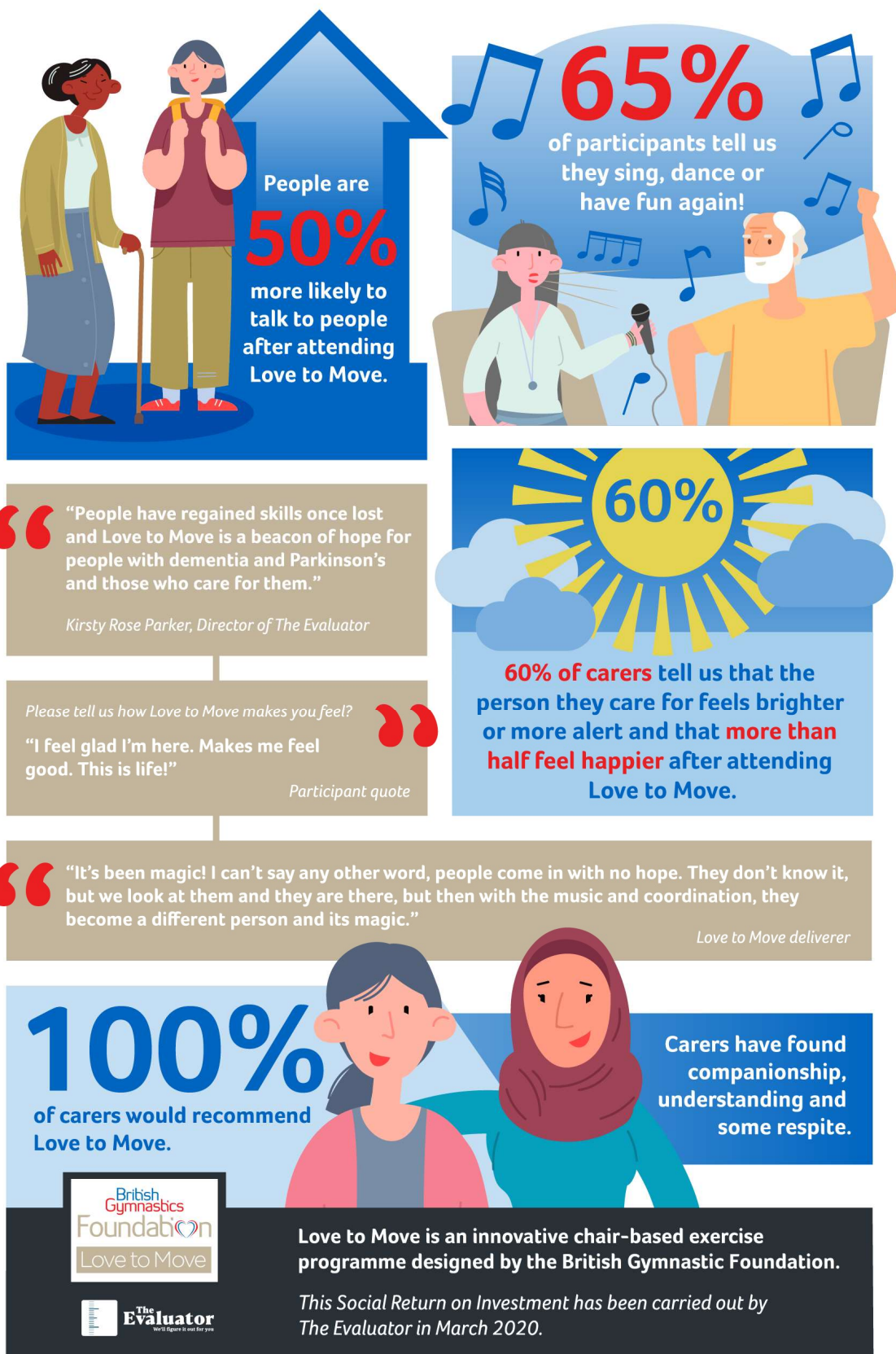
The average age of those attending is **74 years old.**



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.

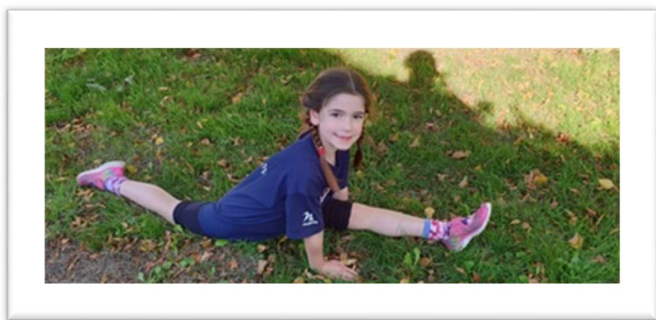
"It was Sophie's deputy head teacher at her school who suggested that we look on the website at the Hardship Grants Programme to see if we were eligible for any of the funds.

"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."

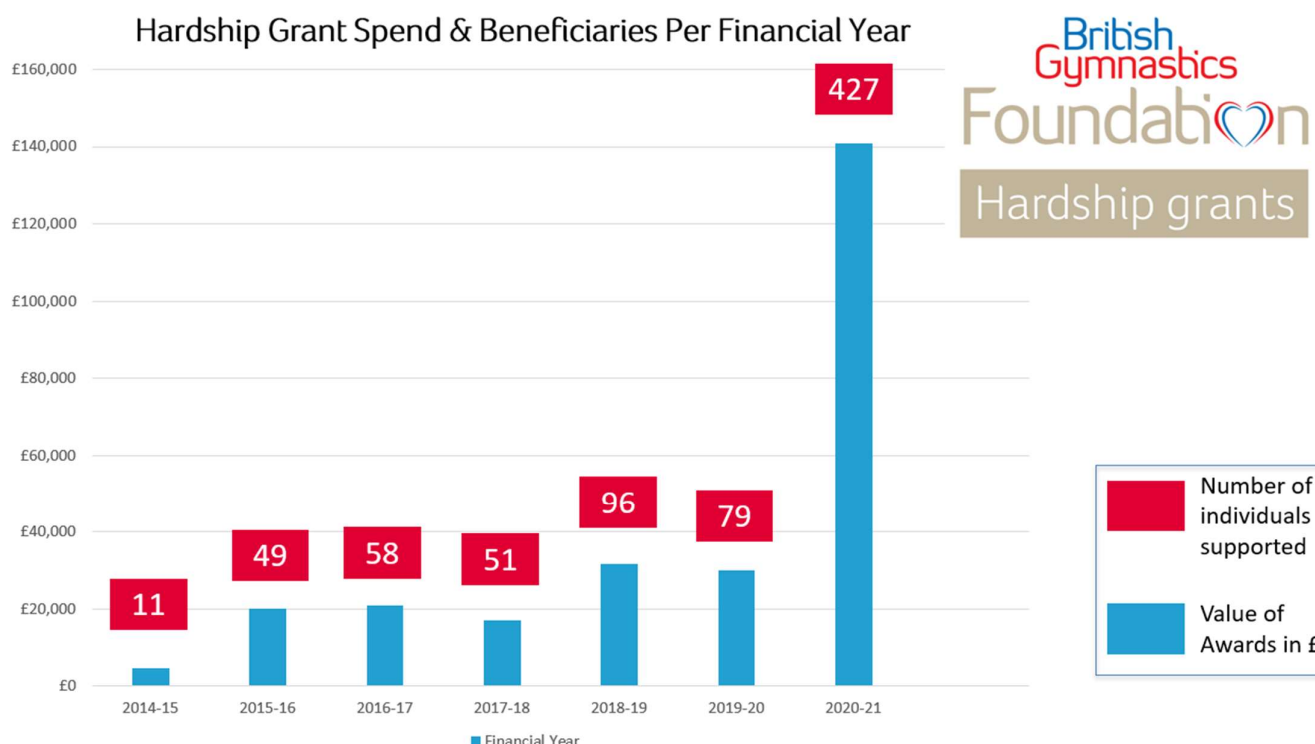
With support from the Hardship Grant, Jo can cover the fees for Charlie to continue training and she can buy the specialist equipment he needs, such as trampoline and Double-Mini Trampoline shoes.

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 Tweddle 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.

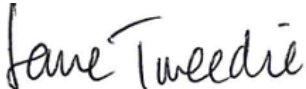
Independent examiner's statement

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>