



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 7<sup>th</sup> report, reflecting the year to 31<sup>st</sup> 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 31<sup>st</sup> 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 3<sup>rd</sup> 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.

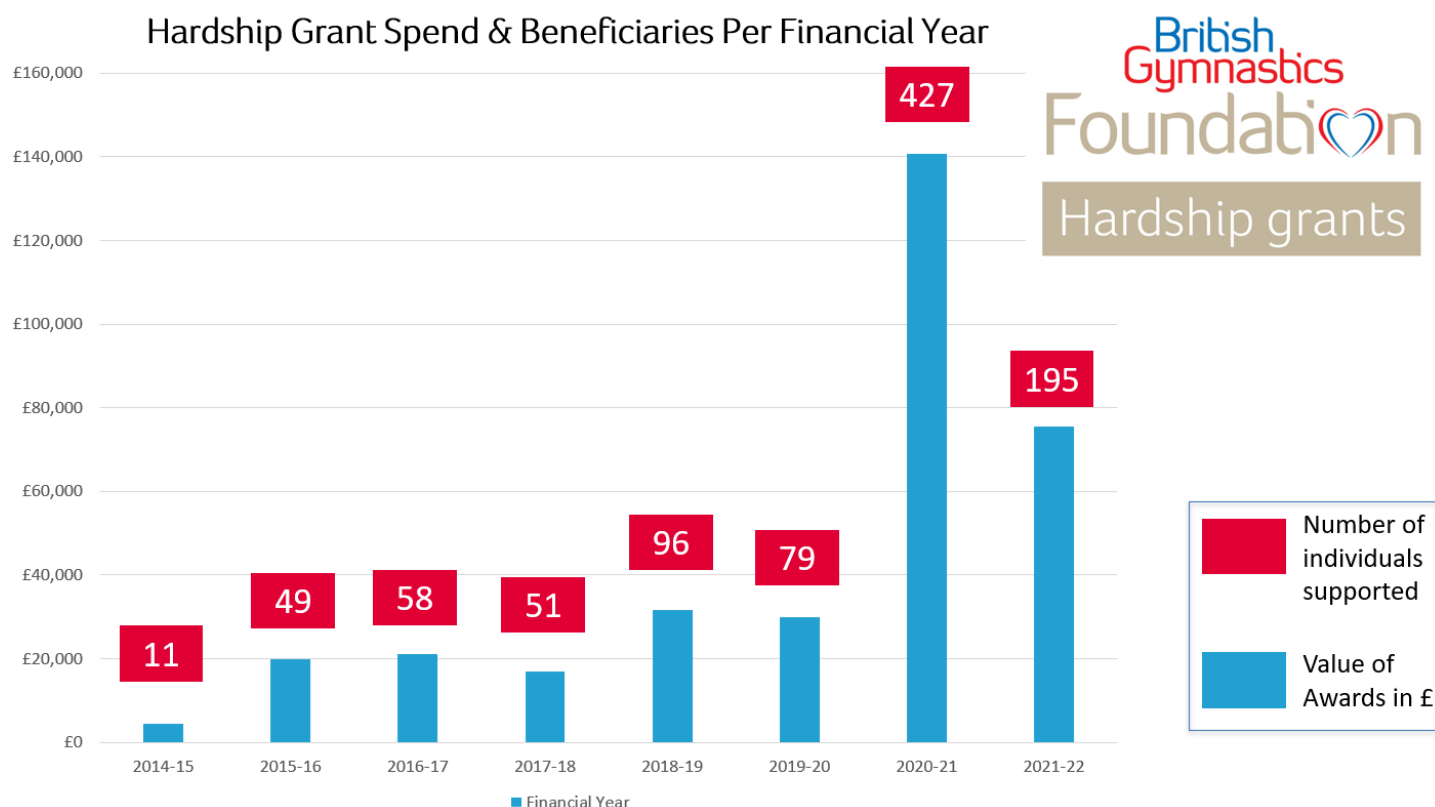


During the course of the year, we ran two Hardship Grants rounds and awarded a total of £74,904, benefitting 195 individual British gymnastics Members who were experiencing significant financial hardship. The average grant awarded was £384.

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.

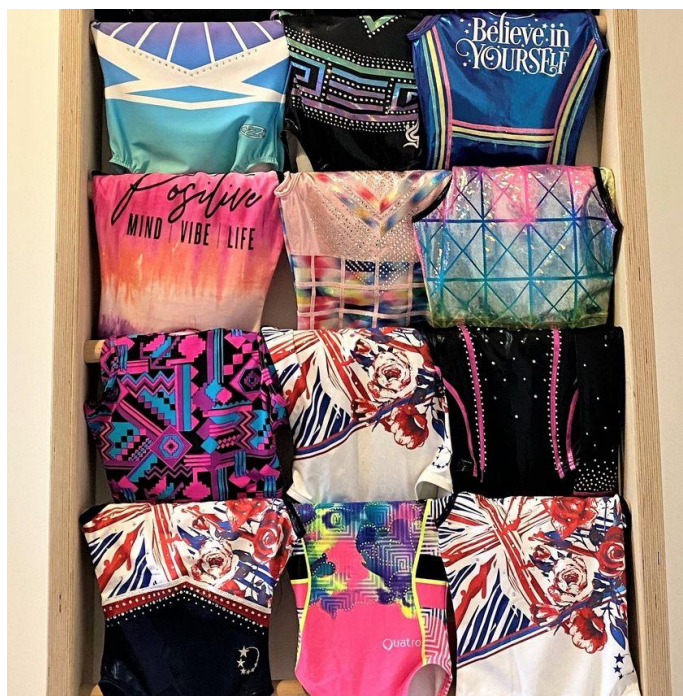
Huge thanks must go to all our Trustees who volunteered very many hours to participate in 6 Awards Panel Meetings during the year to review all 235 applications. We simply couldn't have achieved what we did without their collective effort and support.

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

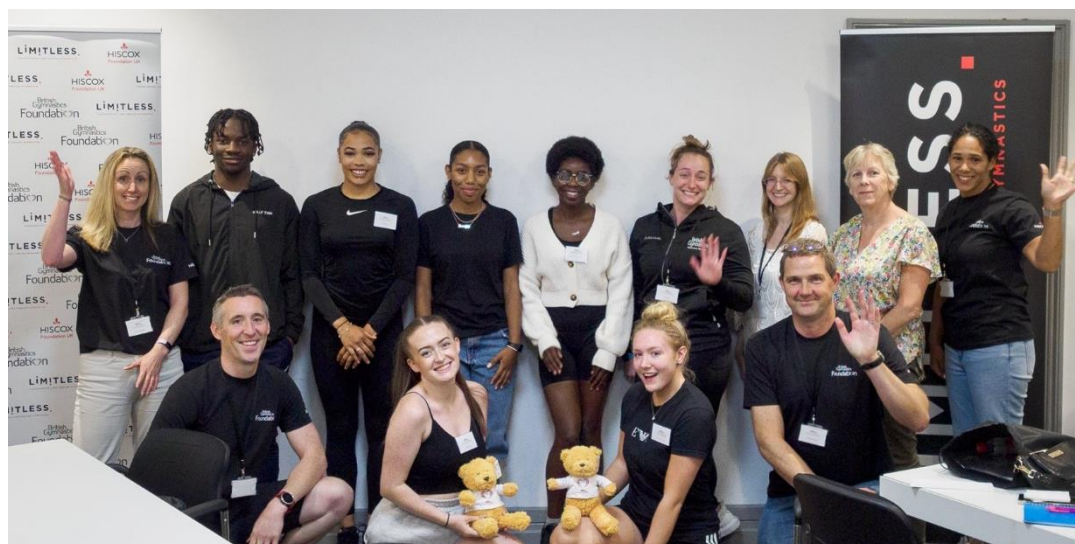
Our Leadership Programme now has a new name, Limitless. The aim of the Limitless programme is to increase the confidence, well-being and employability of the young people taking part. The learners will be taken through gymnastics leadership and coaching qualifications with the support of tutors, mentors 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 20<sup>th</sup> 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 31<sup>st</sup> 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 31<sup>st</sup> March 2022, the Charity's unrestricted reserves total £183,656, which represents the free reserves. The approved budget for the year ending 31<sup>st</sup> 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 28<sup>th</sup> May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7<sup>th</sup> July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 11<sup>th</sup> 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 (*Retired 7<sup>th</sup> December 2021*)  
Trustee and Director: Michelle Fulford (*Retired 7<sup>th</sup> December 2021*)  
Trustee and Director: Dr Nicola Bolton (*Retired 7<sup>th</sup> December 2021*)  
Trustee and Director: Simon Kearey (*Retired 7<sup>th</sup> December 2021*)  
Trustee and Director: Louise Fawcett  
Trustee and Director: David Marshall  
Trustee and Director: Alexander Laybourne (*Appointed 16<sup>th</sup> July 2021*)  
Trustee and Director: Chisara Nwabara (*Appointed 16<sup>th</sup> July 2021*)  
Trustee and Director: Jessica Cook (*Appointed 16<sup>th</sup> July 2021*)  
Trustee and Director: Laura Salt (*Appointed 16<sup>th</sup> 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: 13<sup>th</sup> 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

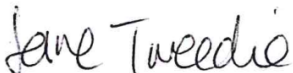
Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute for Chartered Accountants in England and Wales, which is one of the listed 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 31<sup>st</sup> 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
<b>Income</b>							
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
<b>Total incoming resources</b>		<b>£234,018</b>	<b>£77,748</b>	<b>£311,766</b>	<b>£313,508</b>	<b>£78,523</b>	<b>£392,031</b>
<b>Expenditure</b>							
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)
<b>Total expenditure</b>		<b>(£324,058)</b>	<b>(£98,237)</b>	<b>(£422,295)</b>	<b>(£329,658)</b>	<b>(£7,008)</b>	<b>(£336,666)</b>
<b>Net income and net movement in funds for the period</b>		<b>(£90,040)</b>	<b>(£20,489)</b>	<b>(£110,529)</b>	<b>(£16,150)</b>	<b>£71,515</b>	<b>£55,365</b>
<b>Reconciliation of Funds</b>							
Total Funds brought forward		£93,109	£204,145	£297,254	£109,259	£132,630	£241,889
<b>Total Funds carried forward</b>		<b>£3,069</b>	<b>£183,656</b>	<b>£186,725</b>	<b>£93,109</b>	<b>£204,145</b>	<b>£297,254</b>

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
<b>Fixed Assets</b>	13	£16,039	£25,553
<b>Current Assets</b>			
Debtors, Prepayments and Stock	14	£7,175	£22,465
Cash at bank		£276,302	£365,977
<b>Total Current Assets</b>		£283,477	£388,442
<b>Liabilities</b>			
Creditors: amounts falling due within 12 months	15	(£107,710)	(£107,303)
<b>Net current assets</b>		£175,767	£281,139
<b>Total assets less current liabilities</b>		£191,806	£306,692
<b>Creditors: amounts falling due after more than 12 months</b>		(£5,081)	(£9,438)
<b>Net Assets</b>		<b>£186,725</b>	<b>£297,254</b>
<b>The funds of the charity:</b>	16		
Unrestricted income funds		£183,656	£204,145
Restricted income funds		£3,069	£93,109
<b>Total charity funds</b>		<b>£186,725</b>	<b>£297,254</b>

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: 13<sup>th</sup> 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
--------------	--------------

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)
	<b>(£192,292)</b>	<b>(£312,508)</b>	<b>(£64,243)</b>	<b>(£41,462)</b>	<b>(£256,535)</b>	<b>(£353,971)</b>

#### 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
	<b>£500</b>	<b>£0</b>

#### 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
	<b>£41,427</b>	<b>£30,679</b>

## 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)	
	<b>£282,631</b>	<b>£298,979</b>	<b>£98,237</b>	<b>£7,008</b>	

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)
	<b>£6,747</b>	<b>£3,436</b>	<b>£30,160</b>	<b>£15,426</b>	<b>£36,907</b>	<b>£18,863</b>

### 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
	<b>£6,173</b>	<b>£2,643</b>

### 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)

<b>Net book value at 31st March 2022</b>	<b>£16,039</b>
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<b>Net book value at 31st March 2021</b>	<b>£25,553</b>
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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
	<b>£7,175</b>	<b>£22,465</b>

## 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
	<b>£107,710</b>	<b>£107,303</b>

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)	-
	<b>£93,109</b>	<b>£234,018</b>	<b>(£324,058)</b>	<b>£3,069</b>



### 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