



Report and financial statements
for the year ended 31 March 2023

Chair's report

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

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

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

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

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

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

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

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

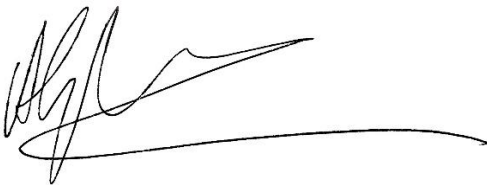
The programme is gaining some real momentum and we are excited to see what will come of the programme as it moves forwards. It is worth noting how much work has gone into this programme, as the Executive team see the huge potential it has on bringing real improvements to the lives of people and communities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

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

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

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

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

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

Alex Laybourne
Chair of British Gymnastics Foundation

Report of the trustees for the year ended 31 March 2023

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

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

Charitable objectives

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

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

Core purpose and values

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

Public benefit

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

LOVE TO MOVE

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

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

Care Home residents feel the benefit of Love to Move:

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

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

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



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

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

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



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

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

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

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





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

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

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





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

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

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

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



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

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



Royal invite for Love to Move Deliverers Cherry & Anna

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

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

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

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



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

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

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

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

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

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

The Social benefits of Love to Move



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

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

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

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

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

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

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



Di and Ted

HARDSHIP GRANTS

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



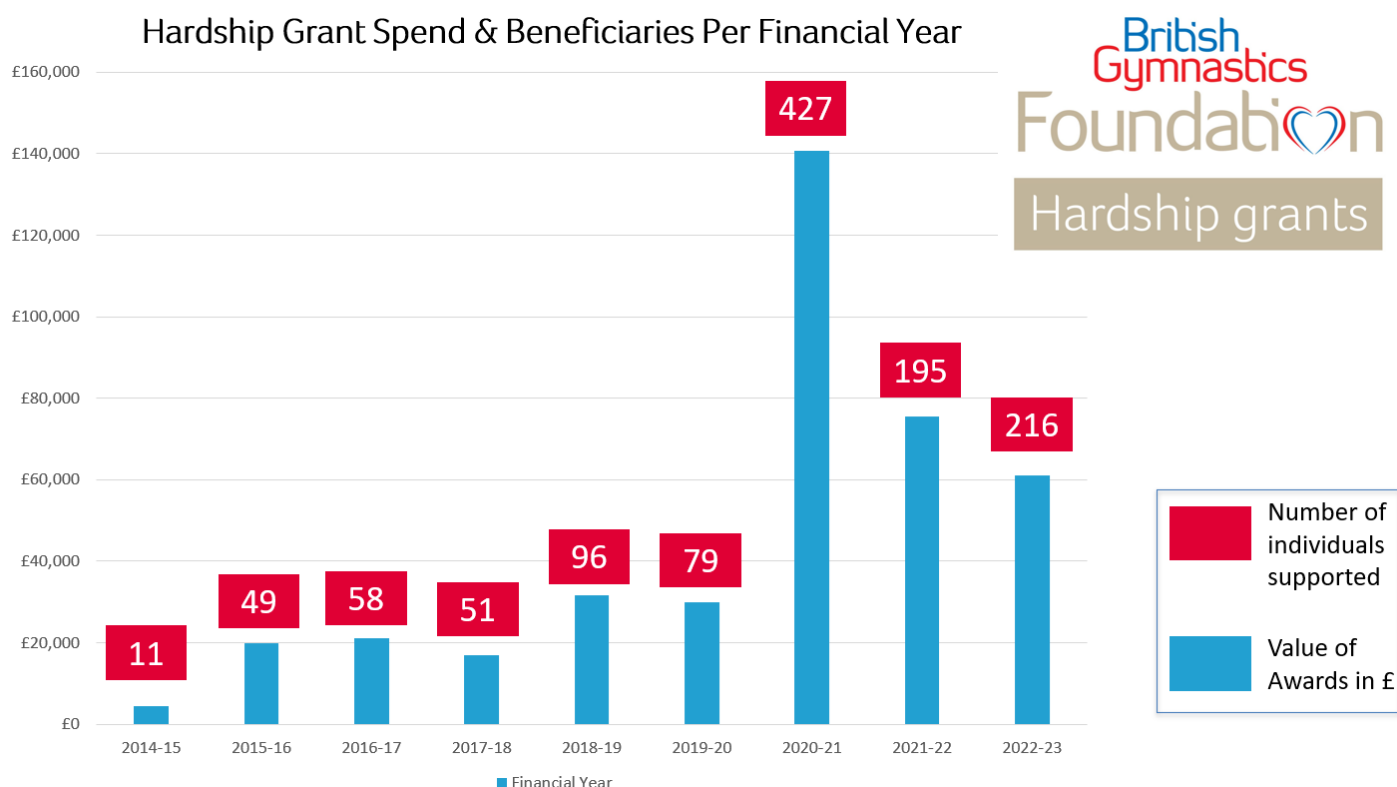
We were extremely proud to be able to respond to the demand for grants and were able to run three grant rounds, awarding a total of 216 hardship grant awards, helping 216 British Gymnastics members to stay in the sport they love, through times of significant financial hardship and family crisis.

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

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

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

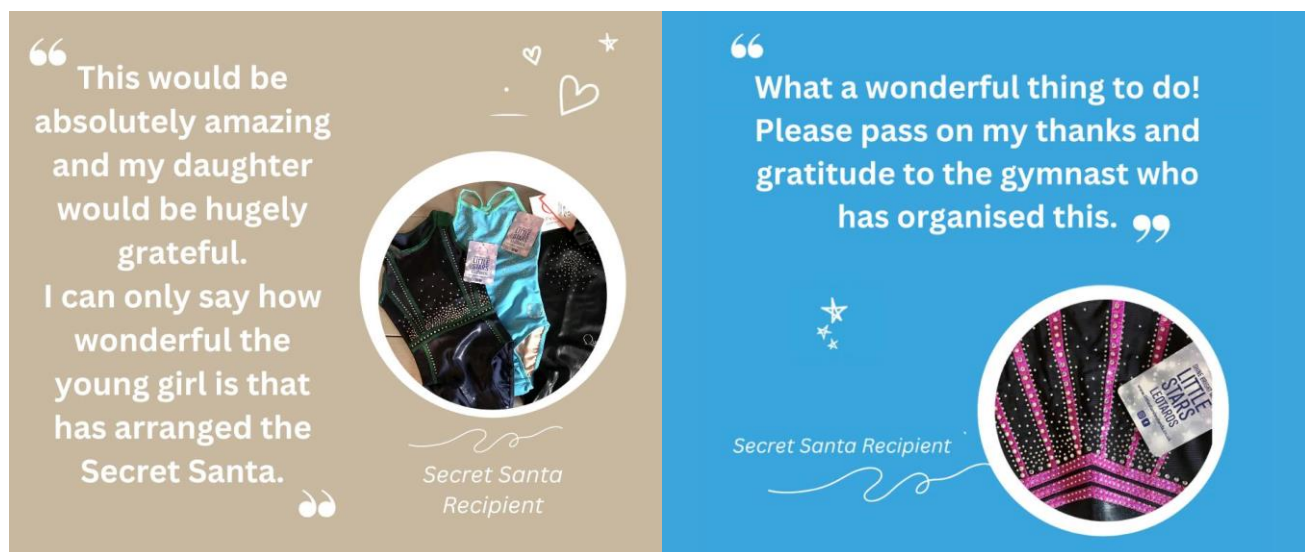
The chart below shows the number of Hardship Grants awarded since the start of this programme back in 2014.



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

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

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



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

Hardship Grants: Meet Leo

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



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

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

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

Photo: Leo and his Dad, Alex.

Success on The Big Stage for our Hardship Grant Recipients

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

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

Congratulations Naana!

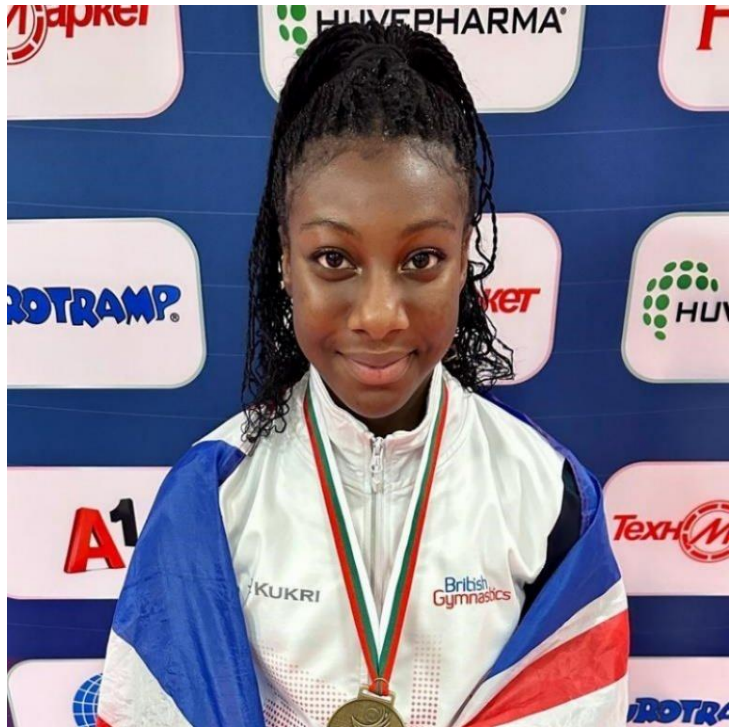


Photo: Naana Oppon



Photo: Abigail Martin

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

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

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

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



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

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



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

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

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

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

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



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

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

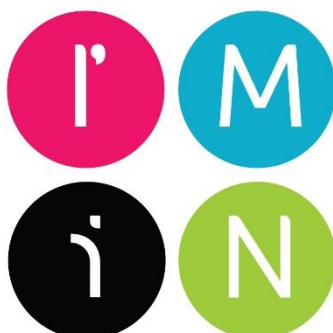
Due to the learners coming from all over the country this time, it was decided to hold the launch and main Gymnastics Activity Instructor course as a residential at Lilleshall National Sports Centre.



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

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

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



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

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

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

INSPIRATIONAL EXPERIENCES

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

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



Fundraising

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

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

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

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

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



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

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

Governance

Jerry Tweddle Retires from the Board



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

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

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

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

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

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

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

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

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

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

Our New Charity Chair, Alex Laybourne

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

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

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



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

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

Our New Trustees

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



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

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

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

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

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



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

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

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

Operations

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

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

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

Awards

Cherry Tolcher wins the Hazel Green Award

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

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

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

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

Risk management

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

Financial review

During the year to 31 March 2023:

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

At the end of March 2023:

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

Reserves Policy and going concern

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

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

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

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

Structure, governance and management

Structure and governing document

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

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

Appointment of Trustees

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

Reference and administrative details

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

Advisers

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

Directors and Trustees

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

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

Trustees/Directors Responsibilities

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

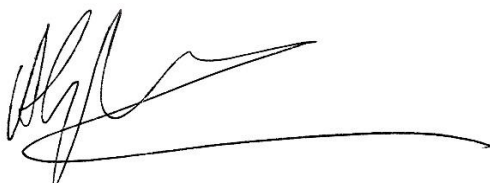
- select suitable accounting policies and then apply them consistently,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements,
- prepare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

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

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

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

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

A handwritten signature in black ink, appearing to be 'AL' followed by a long horizontal stroke.

Alex Laybourne

Chair

Date: 13th November 2023

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

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2023 which are set out on pages 26 to 34.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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



Signed:

Dated: 18 October 2023

S J Tweedie BSc FCA DChA

WR Partners

Chartered Accountants

Belmont House

Shrewsbury Business Park

Shrewsbury

SY2 6LG

British Gymnastics Foundation

Statement of Financial Activities (including income and expenditure account)

Year ending 31st March 2023

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

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

All income and expenditure derive from continuing activities.

British Gymnastics Foundation
Balance Sheet as at 31st March 2023

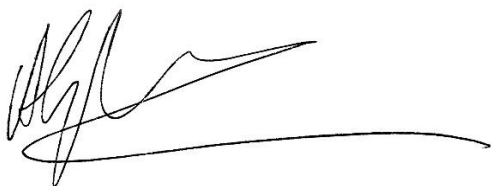
	Notes	31st March 2023	31st March 2022
Fixed Assets	13	£4,935	£16,039
Current Assets			
Debtors, Prepayments and Stock	14	£28,061	£7,175
Cash at bank		£236,064	£276,302
Total Current Assets		£264,125	£283,477
Liabilities			
Creditors: amounts falling due within 12 months	15	(£154,139)	(£107,710)
Net current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

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

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

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

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



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

Date: 13th November 2023

1. Statement of accounting policies

a. Basis of preparation

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

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

b. Preparation of the accounts on a going concern basis

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

c. Income recognition policies

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

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

d. Interest receivable

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

e. Fund accounting

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

f. Expenditure and irrecoverable VAT

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

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

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

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

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

g. Allocation of support costs

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

h. Fixed assets

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

IT equipment	over 5 years
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i. Debtors

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

j. Cash at bank and in hand

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

k. Stock

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

2. Legal status of the charity

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

3. Non-exchange transactions

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

4. Financial instruments

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

5. Income from charitable activities

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

6. Income from other trading activities

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

7. Investment income

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

8. Analysis of expenditure on raising funds

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

9. Analysis of expenditure on charitable activities

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

All Hardship Grants are payable to individuals

10. Analysis of support and governance costs

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

Analysis of support costs

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

Governance costs comprise:

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

Net income for the year

This is stated after charging:

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

11. Analysis of staff costs and trustee remuneration and expenses

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

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

12. Related party transactions

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

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

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

13. Fixed assets

Cost

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

Depreciation

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

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

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

15. Creditors

Note 15a - Creditor due within 1 year

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

Note 15b - Creditor due > 1 year

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

16. Analysis of charitable funds

Analysis of movements in restricted funds

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

Nature and purpose of restricted funds

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

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

Analysis of movements in unrestricted funds

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

Nature and purpose of unrestricted fund

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

17. Analysis of net assets between funds

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