

# GET UP AND GO GLOUCESTER

England & Wales · Charity number 1159640

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2014-12-16

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** 54 Jersey Road  
Gloucester  
GL1 4DQ

**Phone** 07960771974

## Activities

---

**Objects:** TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF GLOUCESTER AND THE SURROUNDING AREA THE PROVISION OF FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES OR FOR THE PUBLIC AT LARGE IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE PHYSICAL AND MENTAL WELL-BEING AND THE CONDITION OF LIFE OF THE SAID INHABITANTS.

**Activities:** We are a grassroots charitable incorporated organisation (CIO) that works across the city of Gloucester, but with a focus on the city centre and deprived inner city wards. We offer a wide range of activities/events/training for different interests e.g. Football, Cricket, Badminton, Athletics, Walking, Cycling etc in order to increase participation in sport and physical activity by local people.

## Classification

---

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Recreation
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

---

- Gloucestershire

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 |         | £0          | £0     | -         |
| 2024-03-31 |         | £0          | £0     | -         |
| 2023-03-31 |         | £500        | £0     | -         |
| 2022-03-31 | £10,000 | £10,000     |        | -         |
| 2021-03-31 | £0      | £0          |        | -         |

## Trustees

| Name                  | Role | Appointed  |
|-----------------------|------|------------|
| ANDREW PAUL BURFORD   |      | 2014-07-31 |
| FEROZ GOGA            |      | 2014-08-31 |
| NEIL NICHOLAS CHATTEN |      | 2014-07-31 |

**GET UP AND GO GLOUCESTER**

England & Wales - Charity number 1159640

---

# Accounts

---



Lost your get up and go...  
***so get up and get it!***

# **Get Up and Go Gloucester Annual Report 2024/2025**

## **Chairman's Report to the Trustees**

Welcome to our annual report for 2024/25. In my capacity as Chairman and Trustee, it is my responsibility to direct the charity's strategy, manage day to day operations, oversee finances and be accountable for overall performance. I am duly supported by Neil Chatten and Andrew Burford in their respective roles as Secretary and Treasurer.

Last year was our tenth anniversary and our eleventh year was very much of consolidation and rebuilding. An alternative business model had been under consideration i.e. working to commission, instead of relying on external grant funding, as done historically. However, after much deliberation, we considered that this would have entailed too great a loss of control to commissioners and, furthermore, the amount of funding received from commissioners to providers has significantly declined in recent years. Thus, we would have been required to do more with less, and so rejected this.

In terms of new projects, it had been planned a few years back to undertake a road safety project in the Barton and Tredworth ward of Gloucester i.e. the distribution of helmets, lights and locks to low income cyclists. Some funds were raised locally; however, another funding application to raise the

remaining funds made to a national organisation was unsuccessful, and we were not notified of this promptly. Consequently, a delay in the project was experienced, which was put back to this past financial year. Unfortunately, we have still been unable to complete the project due to not being able to raise the remainder of the funds required and also not being able to receive a quote for the equipment from someone who we had until now considered a reliable partner organisation. Despite these setbacks, we are confident that the outstanding balance can be raised and the equipment sourced in the coming year to successfully deliver the project. Many of our service users are from low income and deprived backgrounds, and cycling is their only mode of transport for work and personal journeys. They are counting on us and we will not let them down again.

Although our finances are rather low at just under £1000, they are, nevertheless, stable. We do not have any salary costs or overheads to meet. We are quite aware of the requirement to increase our reserve funds, which would shield us against any unforeseen financial issues or concerns. Additionally, even if we had gone down the commissioning route, we would not have forgone completely external grant funding and would have carried on applying for this type of funding on a case by case basis.

The charity's governance arrangements are robust with a suite of policies in situ for harassment and bullying, complaints, confidentiality, equality and diversity, financial management and control, health and safety, lone working, safeguarding adults, social media, trustee conduct, volunteers and whistle blowing. However, these have not been reviewed and updated for a significant amount of time, and so there is a need to do this to reflect current national legislation and so ensuring that very robustness. Also, in order to ensure good governance, there is a clear need to recruit new trustees and volunteers going forward. We as a collective trustee board feel that a change in leadership or new trustees joining could bring a fresh impetus and new ideas to the charity.

The trustees' work and personal commitments have increased greatly. Therefore, we unfortunately have not been able to give as much time to the charity as we could have liked. Each of the trustees have unique skills and qualities that they bring to the charity, for example, community development, contract management, health and safety management etc.

As Chairman, I give my personal assurance to our service users, partners, funders and the wider community that we are not dissolving the organisation. We have done a thorough and detailed internal review, and consulted with the community that we serve. We shall indeed be continuing and although we may have lost our get up and go, but we will get up and get it!

**Feroz Goga**  
**Chairman**  
**Get Up and Go Gloucester**

Balance Sheet

**Get Up and Go Gloucester Accounts - 2024/2025**

|                                   |                      |
|-----------------------------------|----------------------|
| Balance – 1/4/2024                | <b>885.36</b>        |
| Accumulated fund at 1/4/2024      | <b>885.36</b>        |
| Excess of income over expenditure | <b>0.00</b>          |
| Accumulated Fund at 31/3/2025     | <b><u>885.36</u></b> |

Represented by:

Current Assets

|                                   |                      |
|-----------------------------------|----------------------|
| Bank Current Account at 31/3/2025 | <b>885.36</b>        |
| Cash in hand                      | <b>0.00</b>          |
|                                   | <b><u>885.36</u></b> |

I agree these figures reflect correctly the bank statements.

**F. Goga**

01/03/26

Profit & Loss

| <b>Opening Balance at 1/4/24</b>  | <b>Amount</b> |
|-----------------------------------|---------------|
| Cash in bank                      | 885.36        |
| <b>Total</b>                      | <b>885.36</b> |
| <b>Income</b>                     |               |
| <i>Grants</i>                     | 0.00          |
| <b>Total Income</b>               | <b>0.00</b>   |
| <b>Expenditure</b>                |               |
| <i>Project Costs</i>              |               |
| <b>Total</b>                      | <b>0.00</b>   |
| <b>Total Expenditure</b>          | <b>0.00</b>   |
| Excess of Income Over Expenditure | 0.00          |
| <b>Closing Balance at 31/3/25</b> | <b>885.36</b> |

**GET UP AND GO GLOUCESTER**

England & Wales - Charity number 1159640

---

# Accounts

---



Lost your get up and go...  
***so get up and get it!***

# **Get Up and Go Gloucester Annual Report 2023/2024**

## **Chairman's Report to the Trustees**

Welcome to our annual report for 2023/24. As Chairman and Trustee, I have the responsibility for the organisation's strategic direction, day to day operations, financial management, governance processes and overall performance. I receive able support by Neil Chatten and Andrew Burford as Secretary and Treasurer respectively.

As we approach our tenth anniversary, there is much to celebrate; three outdoor gyms established in and around the city centre and deprived wards; Football, Cricket, Athletics, Golf, Badminton tournaments successfully held; Athletics, Tennis, Rowing, Cycle training/coaching well arranged; walking group, cycle rides joyfully participated in etc. We have successfully brought together people from different ethnicities, ages and genders through the medium of sport and physical activity. We have succeeded in our aim of contributing to improve community health and wellbeing. We have worked in effectively in collaboration with other local charity/community groups, community volunteers and local sports venues. Thus, we can be satisfied with our achievements over the past ten years.

Subsequently, having proved our resilience in recovering from the Covid-19 pandemic, we have struggled in the post-pandemic period. Although, we developed a robust recovery plan, we have been

unable to sustain meeting our recovery objectives e.g. delivering events online or virtually, developing new funding streams. We had considered an alternative business model i.e. instead of a reliance on external grant funding, as we have historically done, we considered working to commission. However, we were unable to develop new and different relationships with commissioners, which we knew would be challenging. Furthermore, we could not identify the appropriate individuals to join us trustees and volunteers.

As regards new projects, we had previously planned a road safety project in the Barton and Tredworth ward of Gloucester i.e. distributing helmets, lights and locks to cyclists on a low income. Some of the funds needed to deliver this project were raised, but unfortunately another funding application was unsuccessful, and we were not notified of this decision in a timely fashion. This unfortunately led to a delay in the project, which was put back to this financial year, but we unable to revisit this project and complete it.

The charity's finances are stable, if somewhat low, at just under £1000; however, we have no overheads to meet. We are well aware of the need to increase our reserve funds, which would insulate us against any unexpected financial "shocks". Even if we had pursued the commissioning route, we would not have fully abandoned external grant funding and would have continued to apply for such funding on a case by case basis.

The governance arrangements of the charity are robust with policies in place for harassment and bullying, complaints, confidentiality, equality and diversity, financial management and control, health and safety, lone working, safeguarding adults, social media, trustee conduct, volunteers and whistle blowing. However, these have not been reviewed and updated for some considerable time to reflect current national legislation.

The work and personal commitments of the trustees have significantly increased. Thus, we have not been able to devote as much time to the charity as we could have otherwise. All the trustees have singular skills and attributes that they bring to the organisation i.e. community development, contract management, health and safety management etc. However, we will do our best to try to proactively recruit the right people, both as trustees and volunteers. It is felt that a change in leadership or new trustee joining could give a new drive to the charity moving forward.

I would like to give personal assurance to our service users, partners, funders and the wider community that we are disbanding. However, we will have to do a detailed, thorough and extensive consultation with the community before deciding whether to continue with our work to effectively "mothball" the charity until we can increase our capacity to deliver services.

**Feroz Goga**  
**Chairman**  
**Get Up and Go Gloucester**

**Get Up and Go Gloucester Accounts – 2023/24**

|                                   |                      |
|-----------------------------------|----------------------|
| Balance – 1/4/2023                | <b>885.36</b>        |
| Accumulated fund at 1/4/2023      | <b>885.36</b>        |
| Excess of income over expenditure | <b>0.00</b>          |
| Accumulated Fund at 31/3/2024     | <b><u>885.36</u></b> |

Represented by:

Current Assets

|                                   |                      |
|-----------------------------------|----------------------|
| Bank Current Account at 31/3/2024 | <b>885.36</b>        |
| Cash in hand                      | <b>0.00</b>          |
|                                   | <b><u>885.36</u></b> |

I agree these figures reflect correctly the bank statements.

**F. Goga**

11/16/24

| <b>Opening Balance at 1/4/23</b>         | <b>Amount</b> |
|--|---------------|
| Cash in bank                             | 885.36        |
| <b>Total</b>                             | <b>885.36</b> |
| <b>Income</b>                            |               |
| <i>Grants</i>                            | 0.00          |
| <b>Total Income</b>                      | <b>0.00</b>   |
| <b>Expenditure</b>                       |               |
| <i>Project Costs</i>                     |               |
| <b>Total</b>                             | <b>0.00</b>   |
| <b>Total Expenditure</b>                 | <b>0.00</b>   |
| <b>Excess of Income Over Expenditure</b> | <b>0.00</b>   |
| <b>Closing Balance at 31/3/24</b>        | <b>885.36</b> |

**GET UP AND GO GLOUCESTER**

England & Wales - Charity number 1159640

---

# Accounts

---



Lost your get up and go...  
***so get up and get it!***

# **Get Up and Go Gloucester Annual Report 2022/2023**

## **Chairman's Report to the Trustees**

Welcome to our annual report for 2022/23. As Chairman and Trustee, I am responsible for the strategic management of the organisation, day to day tasks, finances and funding raising, governance arrangements and overall performance. I am adeptly supported by Neil Chatten and Andrew Burford in their respective roles as Secretary and Treasurer.

We proved our resilience in recovering from the Covid-19 pandemic and have largely met our recovery objectives: Community re-engagement, Covid-19 safe events, new ways of delivering events e.g. online or virtual yoga/book clubs/home workouts etc, identify post Covid-19 "build back better" funding streams, improve community health after 18 months of restrictions/lockdown, help support people getting off lockdown induced alcohol and drug issues through sport and physical activity, focus on outdoor gyms as being Covid-19 safe in comparison with indoor gyms, promote the charity by trustees to do some publication relations and media work.

In terms of new projects, we planned a road safety project in the Barton and Tredworth ward of Gloucester i.e. distributing helmets, lights and locks to cyclists on a low income. We raised some of the funds needed to deliver this project, but unfortunately another funding application was unsuccessful, and we were not notified of this decision in a timely manner. This unfortunately led to a delay in the project, which will have to be put back to the next financial year. We will revisit this project and intend to complete it.

An alternative business model, which was under consideration anyway, but gained fresh impetus by this inability to secure external grant funding and also the Covid-19 pandemic. Instead of a reliance on external grant funding, as we have historically done, we are considering working to commission. This will involve developing new and different relationships with commissioners, and so would be challenging in itself. Inevitably, this will result in somewhat of a loss of control and may give commissioners more sway over us as a provider. Equally, we, ourselves, could act as a commissioner and arrange for work to be undertaken on our behalf, both in terms of management and service delivery.

Our finances are stable, if somewhat low, at just under £1000; however, we have no overheads to meet. As discussed above, if we are able to secure commissions, then this would put us on a stronger financial footing. We are acutely aware of the need to increase our reserve funds, which would insulate us against any unforeseen financial 'shocks'. Should we decide to go down the commissioning route, we would not fully abandon external grant funding and would continue to apply for such funding on a case by case basis.

The governance arrangements of the charity are robust with policies in place for harassment and bullying, complaints, confidentiality, equality and diversity, financial management and control, health and safety, lone working, safeguarding adults, social media, trustee conduct, volunteers and whistle blowing. However, these will all need to be reviewed and updated to reflect current national legislation. In terms of gap analysis for policies, it is needed to have a data protection policy, even if this is to say that that we do not ordinarily gather personal information regarding participants. We hold professional contact details etc.

The work and personal commitments of the trustees have increased considerably. Therefore, we have not been able to dedicate as much time to the charity as we might have otherwise. All the trustees have unique skills and qualities that they bring to the organisation i.e. community development, contract management, health and safety management etc. However, we will continue to give our best efforts and try to actively recruit the appropriate people, both as trustees and volunteers. Indeed, a change to the leadership or new appointments to the trustee board could give a fresh impetus to the charity going forward.

I would like to give personal assurance to our service users, partners, funders and the wider community that we are committed to promoting sport and physical activity to the people of Gloucester. We have not lost our get up and go, so we will get up and get!

**Feroz Goga**  
**Chairman**  
**Get Up and Go Gloucester**

**Get Up and Go Gloucester Accounts - 2022/2023**

|                                   |                      |
|-----------------------------------|----------------------|
| Balance - 1/4/2022                | <b>385.36</b>        |
| Accumulated fund at 1/4/2022      | <b>385.36</b>        |
| Excess of income over expenditure | <b>500.00</b>        |
| Accumulated Fund at 31/3/2022     | <b><u>885.36</u></b> |

Represented by:

Current Assets

|                                   |                      |
|-----------------------------------|----------------------|
| Bank Current Account at 31/3/2023 | <b>885.36</b>        |
| Cash in hand                      | <b>0.00</b>          |
|                                   | <b><u>885.36</u></b> |

I agree these figures reflect correctly the bank statements.

F. Goga

25/03/24

|                                   |               |
|-----------------------------------|---------------|
| <b>Opening Balance at 1/4/22</b>  | <b>Amount</b> |
| Cash in bank                      | 385.36        |
| <b>Total</b>                      | <b>385.36</b> |
| <b>Income</b>                     |               |
| <i>Grants</i>                     | 500.00        |
| <b>Total Income</b>               | <b>500.00</b> |
| <b>Expenditure</b>                |               |
| <b>Total Expenditure</b>          | <b>0.00</b>   |
| Excess of Income Over Expenditure | 500.00        |
| <b>Closing Balance at 31/3/23</b> | <b>885.36</b> |

**GET UP AND GO GLOUCESTER**

England & Wales - Charity number 1159640

---

# Accounts

---



Lost your get up and go...  
***so get up and get it!***

**Get Up and Go  
Gloucester  
Annual Report  
2020/21 &  
Covid-19 Recovery  
Objectives  
2021/2022**

Welcome to our annual report for 2020/21. As Chairman and Trustee, I am responsible for the organisation's strategic direction, operational management, diligent financial management, robust governance arrangements and overall performance. I am aptly supported by Neil Chatten and Andrew Burford in their roles as Secretary and Treasurer respectively.

It is fair to say that the past 12 months have been the most challenging and difficult that we have experienced to date. Unfortunately, due to the Covid-19 pandemic, the charity has been involuntarily inactive. The nature of our work involves close contact between organisers, participants and volunteers and; therefore, as a result of the government lockdown and social distancing restrictions, we have been unable to organise any activities, events or launch any new projects in 2020/21.

Regretfully, the charity was unable to actively fundraise over the past 12 months and our finances remain at a low but (with no overheads) stable level, with funds of less than £400 at the charity's disposal. Furthermore, my own personal and work commitments have increased and I was not able to dedicate as much time to the work of the charity as I would have liked. The pandemic has meant that we have been unable to recruit additional trustees and volunteers as we had intended, thus, increasing the pressure on the existing trustees.

Over the coming year, the trustees will develop a robust Covid-19 recovery plan as a basis for the phased introduction of fund raising and community activities, as the nation recovers from the pandemic. The charity accepts that Covid-19 may bring permanent changes to how we deliver its endeavours and that it may not be possible to resume some activities, for example, our walking club for older people, as they are considered to be in a particularly vulnerable group. I am keen to see the charity look at new delivery models for community events making greater use of ICT and smart phones or tablets using freeware applications; however, it is acknowledged that all community members may not have access to suitable ICT equipment to make these events a success.

Prior to recommencing any in-person community events, the charity shall ensure that detailed Covid-19 risk assessments are undertaken, in addition to its existing rigorous risk management processes, with measures identified, and put in place to ensure the activities are made as safe as possible for participants, trustees and volunteers.

Furthermore, the charity may also have to consider an alternative business model, depending on the extent of Covid-19 infections and social restrictions moving forward. Rather than relying upon external grant funding as we have done so historically, we will have to contemplate working to commission. This would involve developing new relationships with commissioners and would be a challenge in itself and inevitably result in a loss of control that we have not experienced hitherto.

As a consequence of the lockdown restrictions, people of all ages and backgrounds have become less active, with their physical and mental health inevitably being negatively impacted upon. This is of great concern to the charity and is an area where we can add considerable social value. This makes the reactivation of our work and our core community focused aims even more crucial as we aim to 'reactivate' and 're-engage' the local community.

Additionally, socio-economic factors such as the impact of Brexit, coupled with that of Covid-19, should not be underestimated. Voluntary sector funding will continue to be under pressure in the wake of reduced public spending and we should be patently aware of this and respond accordingly.

Despite the current state of affairs, we would like to give reassurance to our service users, partners, funders and the wider community that we are committed to promoting sport and physical activity to the people of Gloucester. We may have been 'knocked down', but we will 'get up and go'.

**Feroz Goga**  
**Chairman**  
**Get Up and Go Gloucester**  
**Covid-19 Recovery Objectives**

- Community re-engagement
- Covid-19 safe events
- New ways of delivering events e.g. ICT. Online or virtual yoga/book clubs/home workouts etc
- Identify post Covid-19 “build back better” funding streams
- Improve community health after 18 months of restrictions/lockdown
- Help support people getting off lockdown induced alcohol and drug issues through sport and physical activity
- Focus on outdoor gyms as being Covid-19 safe in comparison with indoor gyms
- Promote the charity by trustees to do some PR and radio work

**Get Up and Go Gloucester Accounts - 2020/21**

Balance - 1/4/2020 **385.36**

Accumulated fund at 1/4/2020 **385.36**

Excess of income over expenditure **0.00**

Accumulated Fund at 31/3/2021 **385.36**

Represented by:

Current Assets

Bank Current Account at 31/3/2021 **385.36**

Cash in hand **0.00**

**385.36**

I agree these figures reflect correctly the bank statements.

F. Goga

11/22/21

|  |               |
|--|---------------|
| <b>Opening Balance at 1/4/20</b>         | <b>Amount</b> |
| Cash in bank                             | 385.36        |
| <b>Total</b>                             | <b>385.36</b> |
| <b>Income</b>                            |               |
| <i>Grants</i>                            | 0.00          |
| <b>Total Income</b>                      | <b>0.00</b>   |
| <b>Expenditure</b>                       |               |
| <b><i>Project Costs</i></b>              |               |
| <i>Venue Hire</i>                        | 0.00          |
| <i>Equipment Purchase</i>                | 0.00          |
| <b>Total</b>                             | <b>0.00</b>   |
| <b>Total Expenditure</b>                 | <b>0.00</b>   |
| <b>Excess of Income Over Expenditure</b> | <b>0.00</b>   |
| <b>Closing Balance at 31/3/21</b>        | <b>385.36</b> |