

Registered Charity Number: 1160043

FITNESS WITHOUT BOUNDARIES

RECEIPTS AND PAYMENT ACCOUNTS

STATEMENT OF ASSETS AND LIABILITIES

AND TRUSTEES REPORT

YEAR ENDING 31 DECEMBER 2021

FITNESS WITHOUT BOUNDARIES

FINANCIAL STATEMENTS AND ANNUAL REPORT FOR THE YEAR ENDING 31 DECEMBER 2021

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FITNESS WITHOUT BOUNDARIES

**FINANCIAL STATEMENTS AND ANNUAL REPORT
FOR THE YEAR ENDING 31 DECEMBER 2021**

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Registered Charity Number: 1160043

Registered Address: 15 Thorpeville
Moulton
Northampton
Northamptonshire
NN3 7TS

Trustees: A. Bonar
C Davighi
R Davighi
R Goulborne
R Taiby-Corcoran
C Townsend

Bankers: NatWest Bank
41 The Drapery
Northampton
NN1 2EY

Independent Examiners: CVS Northamptonshire
32-36 Hazelwood Road
Northampton
NN1 1LN

FITNESS WITHOUT BOUNDARIES

FINANCIAL STATEMENT AND ANNUAL REPORT FOR THE YEAR ENDING 31 DECEMBER 2021

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The members of the Board of Trustees of Fitness Without Boundaries present their report together with Financial Statements for the year ended 31 December 2021. The accounts have been prepared on a Receipts and Payments Accounts and Statement of Assets and Liabilities basis.

Structure, Governance

The charity operates in line with its governing constitution.

Trustees are appointed each year at the AGM. Candidates are elected by a majority vote at the AGM. Each of the trustees shall retire with effect from the conclusion of the annual general meeting next after his or her appointment. Retiring members are eligible for re-election unless they have already served on the Board in any capacity for ten consecutive years.

Objectives & Activities

The aims and objectives of Fitness Without Boundaries are to enable community access to exercise for people with a disability or suffering from a long-term illness. The main objects are:

- To promote fitness and sports to people living and working in Northampton wishing to gain a Healthier lifestyle.
- To encourage participation in sport and Health activities in a safe and social environment.
- Improve the quality of life for those suffering from physical disabilities by encouraging the use of fitness equipment and facilities.
- To co-operate with local authorities NHS, GP surgeries and the local university in providing Fitness sessions to those who are referred and individual who wish to pursue a more active lifestyle.

- **Public Benefit Statement:**
- All activities provided by Fitness without Boundaries (FwB) are undertaken with the tenet that the activities offered are being done to benefit certain members of the public who reside in Northampton and the surrounding areas.
-
- Also in pursuing this aim the Trustees have due regard to the Charities Commission's guidance in section 4 of the Charities Act 2011.

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Achievements and Performance

2021 has, so far, proven to be the most challenging year on record for the charity, not only because of the Coronavirus, but also because of all the hygiene measures required to be in place to reopen. This has seen a reduction in clientele and income as customers turned to other providers for services.

Thankfully, we were able to secure new grants, and additional financial support from the National Lottery Community Fund. This funding was a lifeline, and enabled us to keep in contact with clients and begin the process of offering video calls and online exercise sessions. This method of keeping in touch has shown to be popular, and our in-house team of instructors continue to provide these services on a regular basis. Some clients have even started requesting bespoke training sessions for which they are willing to pay.

The relaxation of the rules surrounding meeting in public, saw trustees agree to increase spending on marketing services. This has seen an increase in the number of people attending our rehabilitation sessions in the Wellness studio, which is averaging 56 clients a week (224 a month), representing growth of 20% on pre Coronavirus levels. The number of instructors were increased during the year to respond to demand, and to avoid cancellation of classes due to COVID. Some of the funding received during the year enabled the charity to increase opening times from 20 hours per week to 25 hours per week from September onwards.

Despite its challenges faced during the year, such as loss of income, employees being furloughed and contractual agreements, a huge "thank you and kudos" to the staff, the numerous (on average 7) volunteers, and trustees for their ongoing commitment to the charity.

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FINANCIAL STATEMENTS AND ANNUAL REPORT FOR THE YEAR ENDING 31 DECEMBER 2021

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The charity was successful in obtaining additional support from the National Lottery Community Fund to acquire digital services, and from the Community Foundation for the purchase of personal protective equipment (ppe) and supplies to help prevent the spreading of the coronavirus, as and when community facilities could be used. The Government's help in providing support through the 'Job Retention Support' scheme has proved to be invaluable in helping the charity through these uncertain times, especially as there are no reserves to rely upon.

Financial Review

Unrestricted Income achieved for the year ending 31 December 2021 totaled £6,132 (2020: £16,895) and expenditure for the same period was £14,864 (2020: £5,598) giving a loss for the year of £8,732 (2020: £11,297 surplus). This loss was due to entering into a new 'Rental Agreement' and increased expenditure in hiring 'Instructors,' software and marketing costs.

During the same period Restricted Income achieved totaled £36,995 (2020: £66,984) and expenditure incurred was £53,788 (2020: £39,964) giving a loss for the year of £16,793 (2020: £27,020 surplus).

The generated surplus is the result of significantly reduce 'Administrative costs and expenditure on PPE equipment.'

There were no pay increases during 2021, and all employees continue to be paid above the minimum wage.

The charity's medium term strategy remains working toward having 1-years unrestricted reserves to enable it to continue in the event of loss of contracts or grants. The level of reserve required is estimated to be £45,500.

The charity continues to hold a long-term loan from a member of the trustee board of £10,000. Accrued interest on the loan for 2021 totalled £215 making the total interest payable at the year-end £969 (2020: £754).

Reserve Policy

The charity is striving towards having 1-years unrestricted income in reserve, which is estimates to be £45,500 based on 2020 activities. This will enable the charity to continue during a downturn while alternative funding / income streams are established. This policy is reviewed annually

Risk Assessment

The trustees have assessed the major risks to which the charity is exposed, particular those related to finance, the provisions of classes and the 'safeguarding of vulnerable clients. There are systems and procedures in place to mitigate exposure to these risks.

FITNESS WITHGOT BOUNDARIES

FINANCIAL STATEMENTS AND ANNUAL REPORT FOR THE YEAR ENDING 31 DECEMBER 2021

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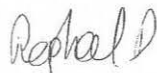
What's next?

Fundraising will continue to underpin our ambition for growth in 2022 with the aim of becoming less reliant of grants within the next 2-years. Trustees will continue to explore new ways of engaging with clients who are will to pay for sessions and/or one-to-one support.

During January to September 2022; we aim to gradually increase opportunities for people with a disability or disabilities and/or long term illness to have access to training sessions.

Trustees continue to be mindful of the challenges of managing everyday price increases in the present economic climate, and of the impact this might have on income and our plans for growth. To mitigate some of these financial pressures we aim to make better or alternative use of the 'Wellness studio.' In addition to this, work is underway to explore opportunities for working in partnership with a private sector company so that the goals contained in the charity's five year plan can be realised sooner. Trustees are also open to considering moving to cheaper alternative premises to reduce costs.

Presented and approved by the board of trustees at a committee meeting held on 13th July 2022 and signed on their behalf.



Raphael Davighi Chair/Trustee

To the Trustees:

FITNESS WITHOUT BOUNDARIES

Registered Charity Number: 1160043

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INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Responsibilities and basis of report.

I have Independently Examined the Financial Statements on Pages 7 - 13, for financial year ending 31st December 2021.

Respective responsibilities of Trustees and Examiner

As the charity's trustees, you are responsible for the preparations of the accounts in accordance with the requirements of the Charities Act 2011 ("the 2011 Act"). The charity's Trustees consider an audit is not required for this year under section 144(2) of the Charities Act 2011 or under the Charities Regulation 2008 and that an independent examination is needed.

I report on my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act and under Charity Accounts Regulations 2008.

Basis of Independent Examiner's Report

My examination was carried out in accordance with general Directions given by the Charity Commission and in accordance with section 145 of the Charities Act 2011. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you the trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view', and the report is limited to those matters set out in the next statement.

Independent Examiner's Statement

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

- the accounting records were not kept in accordance with section 130 of the 2011 Act: or
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities (Accounts and Reports) Regulation 2008 other than any requirements that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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.

Brenda Peers-Ross

Brenda Peers-Ross FMAAT ACIE

Date: 2nd September 2022

RECEIPTS AND PAYMENTS ACCOUNT

For the Period 31st December 2021

	Notes	Unrestricted £	Restricted £	2021 £	Unrestricted £	Restricted £	2020 £
Receipts							
Donations - Local Giving	2	500	-	500	500	-	500
Loan		-	-	-	-	-	-
Grants	1	1,080	34,583	35,663	12,730	57,175	69,905
Other income	2	4,552	2,412	6,964	3,665	9,809	13,474
Total receipts for the Year		6,132	36,995	43,127	16,895	66,984	83,879
Payments							
Charitable activities	3	14,864	53,788	68,652	5,598	39,964	45,562
		-	-	-	-	-	-
Total Payments for the Year		14,864	53,788	68,652	5,598	39,964	45,562
Net Receipts/(Payments)		(8,732)	(16,793)	(25,525)	11,297	27,020	38,317
Total funds brought forward		21,605	39,753	61,358	10,308	12,733	23,041
		-	-	-	-	-	-
Total funds carried forward		12,873	22,960	35,833	21,605	39,753	61,358

STATEMENT OF ASSETS AND LIABILITIES

For the Period 31st December 2021

As At 31st December 2020

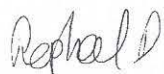
	Notes	Unrestricted	Restricted	2021	Unrestricted	Restricted	2020
		£	£	£	£	£	£
Assets:							
Cash at bank and in hand	4	12,873	22,960	35,833	21,605	39,753	61,358
Debtors		-	-	-	-	30	30
		12,873	22,960	35,833	21,605	39,783	61,388
Liabilities							
Creditors: other		360	120	480	-	-	-
creditors: HMRC		-	-	-	-	37	37
Creditors: accrual		-	720	720	-	920	920
Creditor: Loan plus interest		10,969	-	10,969	10,754	-	10,754
		11,329	840	12,169	10,754	957	11,711
Net Assets		1,544	22,120	23,664	10,851	38,826	49,677

Reconciliation of Funds

Unrestricted/Designated Reserves

General reserve	6	12,873	-	12,873	21,605	-	21,605
Restricted reserve	5	-	22,960	22,960	-	39,753	39,753
		12,873	22,960	35,833	21,605	39,753	61,358

Presented and approved by the Trustees at a committee meeting held on 13th July 2022
and signed on their behalf.



Raphael Davighi

Trustee/Chair

FITNESS WITHOUT BOUNDARIES

NOTES TO THE ACCOUNTS

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For the Period 31st December 2021

	Unrestricted £	Restricted £	2021 £	Unrestricted £	Restricted £	2020 £
Note 1						
Grants						
Big Lottery	-	34,583	34,583	-	39,145	39,145
Big Lottery - Covid-19 Support	-	-	-	-	18,030	18,030
NCC - Tackling Inequalities	1,080	-	1,080	2,480	-	2,480
NCF - Queens Fund	-	-	-	10,250	-	10,250
Other income	-	-	-	-	-	-
	1,080	34,583	35,663	12,730	57,175	69,905

Note 2

Other income

Donations - Local Giving	500	-	500	500	-	500
Other income - JRS	-	2,412	2,412	-	9,809.00	9,809
Other - Go Cardless	563	-	563	-	-	-
Other - Income	411	-	411	-	-	-
Fees and charges	3,578	-	3,578	3,665	-	3,665
	5,052	2,412	7,464	4,165	9,809	13,974

Note 3 Charitable Activities

Payments :

Salaries	2,520	4,102	6,622	-	17,564	17,564
DBS checks	52	-	52	-	-	-
Protective clothing	-	-	-	375	-	375
Printing, stationery	26	260	286	2	-	2
Administration support	1,050	3,619	4,669	186	1,703	1,889
Drop box	-	-	-	-	10	10
Telephones	1,433	1,674	3,106	1,160	1,268	2,428
Equipment	2,954	-	2,954	961	-	961
Planning	-	-	-	-	3,000	3,000
General Subscriptions	242	-	242	-	96	96
Website, internet video	-	2,746	2,746	339	256	595
CSN Lodge Farm rent	-	-	-	-	150	150
CSN rents	-	6,433	6,433	1,913	1,969	3,882
Premises hire	367	3,128	3,495	-	-	-
Books	-	-	-	30	-	30
Insurance	-	1,453	1,453	-	1,427	1,427
Training expenses	-	40	40	120	140	260
Training volunteers	-	-	-	-	150	150

NOTES TO THE ACCOUNTS

For the Period 31st December 2021

	Unrestricted £	Restricted £	2021 £	Unrestricted £	Restricted £	2020 £
Note 3 Charitable Activities						
Payments : continued						
Trustees expenses	170	-	170	-	-	-
Supplies and services	-	-	-	512	310	822
Education and training	-	-	-	-	40	40
Instructors	6,050	9,931	15,981	-	9,935	9,935
Internet	-	638	638	-	-	-
Software	-	6,874	6,874	-	-	-
Publicity and marketing	-	11,974	11,974	-	1,946	1,946
Independent Examination	-	918	918	-	-	-
	14,864	53,788	68,652	5,598	39,964	45,562

Note 4**Cash at Bank**

Nat West current account	10,969	-	10,969	10,931	-	10,931
Nat West Business account	1,904	22,960	24,864	10,674	39,753	50,427
	-	-	-	-	-	-
	12,873	22,960	35,833	21,605	39,753	61,358

Note 5**Restricted Funds**

	01.01.21 Opening Balance	Incoming Resources	Resources Expended	Transfer Between Funds	31.12.21 Closing Balance
Big Lottery - Covid-19 Support	-	-	-	-	-
Big Lottery	39,753	34,583	(53,788)	-	20,548
JRS claims, other	-	2,412	-	-	2,412
	39,753	36,995	(53,788)	-	22,960

Big Lottery - Covid 19 - to provide support for the Charity because of activity interruptions due to the pandemic.
 Big Lottery - to provide the community a specialised place for disabled and people with long-term illness to exercise.

Note 6**Unrestricted / Designated reserves**

	01.01.21 Opening Balance	Incoming Resources	Resources Expended	Transfer Between Funds	31.12.21 Closing Balance
	£	£	£	£	£
General Reserve	11,355	5,052	(4,634)	-	11,773
Designated: NCC Tackling Inequalities	-	1,080	-	-	1,080
Designated: NCF Queens Fund	10,250	-	(10,230)	-	20
Designated: NCC - Get Up and Go	-	-	-	-	-
	21,605	6,132	(14,864)	-	12,873

NCC grant - is to restart 'Get-up and Go' classes after Covid 19.
 NCF Queens Fund - to provide a provision of 'Wellness Sessions ' both on and offline for cancer and other rehab patients.

Tackling Inequalities - to pay for room hire and hygiene products which helps to reduce the spread of Covid

NOTES TO THE ACCOUNTS

For the Period 31st December 2021

Note 7

Ultimate Controlling Party

The charity is under the direct control of it's board of Trustees, the names of whom are shown at the beginning of the Trustee's Report.

PRINCIPAL ACCOUNTING POLICIES**For the Period 31st December 2021**

Accounting Policies

The financial statements have been prepared under the historical cost convention.

The financial statements of the Charity, which is a public benefit entity under FRS102, have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice SORP (FRS102) issued on 1st October 2020, applicable UK Accounting Standards and the Charities Act 2011.

Format

The Charity has taken advantage of the provisions of the Charities Act 2011 and presented an income and expenditure account in the form of a Receipts and Payments, and Statement of Assets and Liabilities basis for small entities .

Fund accounting

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

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated funds is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or which have been raised by the charity for particular purposes.

Incoming resources

All incoming resources are included in the Receipts and Payments account when received by the charity. Grants are brought into account on a when received.

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it has been received.

Resources expended

All expenditure is accounted for on an payable basis and has been classified under headings that aggregate all costs related to the category. Expenditure is stated inclusive of value added tax.

Tangible fixed assets and depreciation

Depreciation is calculated to write down the cost of all tangible fixed assets by instalments over the expected useful lives. The period generally applicable are:

Freehold property	50 years	straight line method
Motor vehicles	4 years	straight line method
Fixtures and fitting	5 years	straight line method
Computer and IT equipment	3 year	straight line method

PRINCIPAL ACCOUNTING POLICIES

For the Period 31st December 2021

Intangible income

Intangible income, in the form of donated facilities and voluntary help etc., is not included in the financial statements since it is not considered practicable to quantify such income.

Reserves

The current reserve policy is to maintain sufficient cash flow for known commitments, and the replacement of certain assets. Not all grants/course income are received at the beginning of the financial others are received in arrears.

Risk

The trustees do not believe the Charity is subject to any substantial risk beyond those disclosed in the Annual Report and Accounts.

The organisation has employer and public liability insurance to protect it in the case of a claim.