



End of Year Report  
April 2021 to April 2022

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## CHARITY DETAILS

Charity Number: 1160605 Registered In: England & Wales

Registered Office Address: 85 – 101 Sankey Street, Warrington, WA1 1SR

## BANK DETAILS

Name: Go Get You RCN 1160605

Account Number: 20318918 Sort code: 608301

## TRUSTEE DETAILS

Mr. Paul Shanahan

Mr. Andrew Dayman

Mr. Kane Dodgson

## MAIN CONTACT DETAILS

Name: Mr. Paul Shanahan

Telephone:

Email: paulshanahan@gogetyou.org

## STAFFING DETAILS

Employees: 1

Volunteers: 0



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## CHARITY ACTIVITIES

### Structure & Governance

Go Get You is a Charitable Incorporated Organisation (CIO), and is administered in accordance with the Charity Commission's standard CIO Foundation Constitution.

The trustees administer and manage the charity in accordance with the constitution, supported by the Chief Executive Officer.

### Objects

Go Get You is established to ensure the advancement of health including the prevention or relief of sickness, disease or human suffering, as well as the promotion of health. It seeks to achieve this by utilising complementary, alternative and holistic methods which are concerned with healing mind, body and emotional resilience in the alleviation of symptoms and the relief of illness. The services to be delivered by the charity seek to deliver therapeutic relief and are offered as a complement to conventional medicine.

### Activities

The charity has committed to the following activities during the financial period April 2018 to April 2019, in accordance with the organisation's aims and objectives

1. Wild Ox Walks – supporting people who have been isolated due to covid to engage in group walking sessions
2. Forest Qigong – supporting people to experience the healing benefits of nature through forest bathing, mindfulness and qigong exercise practice



	Charity Name			No (if any)	
	Go Get You			1160605	
	Receipts and payments accounts				
	For the period from	Period start date	To	Period end date	
06/04/2021		05/04/2022			
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Sponsorship, Contract, Commission	£ -	£ -	£ -	£ -	
Grants	£ -	£ 19,995.00	£ -	£ 19,995.00	£ 15,294.72
Donations		£ -	£ -	£ -	
Memberships	£ -	£ 93.66	£ -	£ 93.66	
Other	£ -	£ -	£ -	£ -	£ 3,555.88
			£ -	£ -	
Sub total(Gross income for AR)	£ -	£ 20,088.66	£ -	£ 20,088.66	£ 18,850.60

<b>A3 Payments</b>					
Refunds	£ -	£ -	£ -	£ -	£ -
Training	£ -	£ -	£ -	£ -	£ 1,100.00
Expenses	£ -	£ -	£ -	£ -	£ 173.01
Staff Salary	£ -	£ -	£ -	£ -	£ -
Staff NI & Tax	£ -	£ -	£ -	£ -	£ -
Staff Pension Contributions	£ -	£ -	£ -	£ -	£ -
Staff Donations	£ -	£ -	£ -	£ -	£ -
Employer NI Contributions	£ -	£ -	£ -	£ -	£ -
Employer Pension Contribution	£ -	£ -	£ -	£ -	£ -
Sessional Worker	£ -	£ 15,958.02	£ -	£ 15,958.02	£ 11,370.57
Recruitment	£ -	£ -	£ -	£ -	
Office Rent	£ -	£ -	£ -	£ -	
Rates	£ -	£ -	£ -	£ -	£ -
Maintenance & Repair	£ -	£ -	£ -	£ -	£ -
Local Venue Hire	£ -	£ 162.00	£ -	£ 162.00	£ 81.00
Utilities	£ -	£ -	£ -	£ -	£ -
Insurances	£ -	£ -	£ -	£ -	
Financial Management Charges	£ -	£ 161.57	£ -	£ 161.57	£ 126.96
Phone and Internet	£ -	£ -	£ -	£ -	£ 91.00
Equipment & Consumables	£ -	£ 704.55	£ -	£ 704.55	
Marketing	£ -	£ 908.92	£ -	£ 908.92	£ 4,649.47
Stationary/Postage	£ -	£ -	£ -	£ -	£ 3.00
VAT Payments			£ -	£ -	£ -
			£ -	£ -	£ -
	£ -	£ 17,895.06	£ -	£ 17,895.06	£ 17,595.01
<b>A4 Asset and investment purchases, (see table)</b>					
	£ -	£ -	£ -	£ -	£ -



	£ -	£ -	£ -	£ -	£ -
<b><i>Sub total</i></b>	£ -	£ -	£ -	£ -	£ -
<b><i>Total payments</i></b>	£ -	£ 17,895.06	£ -	£ 17,895.06	£ 17,595.01
<b><i>Net of receipts/(payments)</i></b>	£ -	£ 2,193.60	£ -	£ 2,193.60	£ 1,255.59