

THE GOOD GYM

England & Wales · Charity number 1160988

Details

Other names	GOODGYM
Status	Registered
Legal form	Charitable company
Company number	06995775
Registered	2015-03-19
Register	View on the Charity Commission register

Contact

Address	33 Holborn London EC1N 2HT
Phone	02036420997
Email	getinvolved@goodgym.org
Website	http://www.goodgym.org

Activities

Objects: FOR THE PUBLIC BENEFIT TO PROMOTE GOOD CITIZENSHIP BY OFFERING OPPORTUNITIES TO COMBINE PHYSICAL EXERCISE WITH VOLUNTEERING, IN PARTICULAR ASSISTING LOCAL COMMUNITY PROJECTS WITH MANUAL LABOUR AND PROVIDING AD HOC AND ON-GOING SUPPORT TO ISOLATED, LONELY AND/OR VULNERABLE INDIVIDUALS.

Activities: GoodGym is a community of runners who combine exercise and volunteering. We run to help isolated older people and to do physical tasks for community projects.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Amateur Sport, Economic/community Development/employment
- **Who:** Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£676,235	£805,494	£288,556	14
2024-08-31	£596,693	£925,720	£417,815	15
2023-08-31	£821,987	£1,049,410	£746,842	15
2022-08-31	£887,930	£1,116,981	£975,285	15
2021-08-31	£1,327,382	£988,554	£1,205,618	13
2020-08-31	£1,712,344	£921,864	£866,790	14

Trustees

Name	Role	Appointed
Jane Rachel Ashcroft	Chair	2023-11-03
Abadesi Osunsade		2020-09-25
KEVIN CHARLES BOUNDS		2014-03-13
Mx Rebecca Julie-Anne McAlees		2024-03-13
PETER HAY		2017-09-20
Rhia Docherty		2020-09-25
Ruth Forbes		2020-09-25
Tamara Greene		2020-09-25

THE GOOD GYM

England & Wales - Charity number 1160988

Accounts

REGISTERED COMPANY NUMBER: 06995775 (England and Wales)
REGISTERED CHARITY NUMBER: 1160988

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2025
FOR
THE GOOD GYM

THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2025

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2025

The Trustees are pleased to present GoodGym's annual report and accounts for the year ended 31st August 2025.

In this period GoodGymers (GoodGym volunteers) carried out 10,086 group sessions and completed 2650 tasks and visits for 1,053 older people. We completed 35,896 good deeds in total.

During this year we started operating in Manchester, Merton, Nottingham, Sutton Coldfield, Reading, Canterbury, Crystal Palace and Bradford and continued operation in all the other existing areas.

At the start of the period GoodGym had 22,844 members and 137,583 signups. This grew to 25,234 members by 31 August 2025, with over 150,576 signups. A member is someone making a commitment to regular participation and a signup is someone who signs up to the website with a minimum of their name and email.

The Trustees confirm that the Annual Report and financial statements of the company comply with the Charity's trust deed, current statutory requirements, the requirements of the company's governing document and the provisions of the Financial Reporting Standard for Smaller Entities, applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES

Objectives and aims

GoodGym is a community of people who get fit by doing good. We provide social contact and practical help to older people, and practical volunteering support for community projects.

The Trustees confirm that GoodGym operates for the public benefit to promote good citizenship by offering opportunities to combine physical exercise with volunteering.

GoodGym's activities:

1. Group sessions: GoodGymers run, walk or cycle as a group or independently to work as a group to provide support to community organisations. We complete tasks such as clearing leaves in parks, sorting food bank donations or shifting woodchip in community gardens.
2. Social visits: GoodGymers are matched with an isolated and/or lonely older person in their area, where the GoodGymer stops for a weekly social visit during their exercise.
3. Missions: GoodGymers carry out one-off practical tasks such as changing smoke alarm batteries, moving furniture or clearing a garden, for isolated older people.

FINANCIAL REVIEW

Financial position

Our income in the year was £676,235 and expenditure was £805,494. At the end of the year we carried over £288,556 to the next financial year, including £205,516 of restricted funding.

During the year we have improved our financial position by increasing revenues and reducing costs. This has resulted in reducing our deficit from £329,027 to £129,259. The reduced cost base and the strength of our pipeline gives us confidence that the charity is now in an upwards financial trajectory. We have successfully reduced our cost base whilst maintaining the level of charitable activity.

We have increased our grant output and are beginning to see positive and consistent results and our donation income is showing a steady rise. We had a strong finish to the year confirming additional multi-year funding and have finished the year above our levels of required reserves and with a smaller cost commitment.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2025

FINANCIAL REVIEW

Reserves policy

The charity's reserves should provide the organisation with adequate financial stability and the means for it to meet its social objectives for the foreseeable future.

The CEO, business operations manager and the Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations every two months at Trustees meetings. Our CEO and business operations manager review the cashflow on a fortnightly basis. We aim to maintain the organisation's reserves and confirmed income at a level which is at least equivalent to six months operational expenditure. Should reserves and confirmed income drop below this amount, the Trustees are informed immediately.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation to believe the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they adopt the going concern basis in preparing the financial statements.

The Trustees have considered the major risks to which the charity is exposed, and have reviewed those risks and established systems and procedures to manage them.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Good Gym (operating as GoodGym) was incorporated on 20th August 2009 as a Company limited by Guarantee, number 06995775 and as of 19th March 2015 registered with the Charity Commission of England and Wales under number 1160988. The Good Gym acts according to its Memorandum and Articles of Association. This is the tenth report made by the Trustees, covering the period from 1st September 2024 to 31st August 2025.

Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the deed.

Organisational structure and decision making

The Trustees have control of the Charity, its property and funds. They met every two months during this year. The Trustees attend GoodGym events and meetings and provide ongoing support to the CEO and other staff. All Trustees give their time freely and no Trustee received remuneration in the year.

Ivo Gormley is appointed Chief Executive Officer.

Each GoodGym area has a part-time area activator working on a freelance basis, and GoodGym has an administrative team which supports the area activators and members.

During this year the GoodGym administrative team was made up of 14 PAYE staff and approximately 40 freelance part-time staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06995775 (England and Wales)

Registered Charity number

1160988

Registered office

15a Station Road
Epping
Essex
CM16 4HG

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2025

Trustees

P Hay
Ms T Greene
Ms R Forbes
Ms R Docherty
Ms A Osunsade
K C Bounds
Ms J R Ashcroft (Chair)
Mx R J McAlees

Company Secretary

I A Gormley

Bankers

National Westminster Bank
216 Bishopsgate
London
EC2M 4QB

Approved by order of the board of trustees on 21st May 2026 and signed on its behalf by:

Ms J R Ashcroft (Chair) - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE GOOD GYM

Independent examiner's report to the trustees of The Good Gym ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st August 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also 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 Company 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 your charity's accounts as 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of 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 Company 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.

Natalie Floyd, ACA
The Institute of Chartered Accountants in England and Wales

27th May 2026

THE GOOD GYM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	290,814	377,079	667,893	596,693
Other trading activities	3	8,342	-	8,342	-
Total		<u>299,156</u>	<u>377,079</u>	<u>676,235</u>	<u>596,693</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable activities		442,631	344,703	787,334	913,487
Other		17,552	608	18,160	12,233
Total		<u>460,183</u>	<u>345,311</u>	<u>805,494</u>	<u>925,720</u>
NET INCOME/(EXPENDITURE)		(161,027)	31,768	(129,259)	(329,027)
Transfers between funds	12	(8,808)	8,808	-	-
Net movement in funds		<u>(169,835)</u>	<u>40,576</u>	<u>(129,259)</u>	<u>(329,027)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		252,876	164,939	417,815	746,842
TOTAL FUNDS CARRIED FORWARD		<u>83,041</u>	<u>205,516</u>	<u>288,556</u>	<u>417,815</u>

The notes form part of these financial statements

THE GOOD GYM (REGISTERED NUMBER: 06995775)

BALANCE SHEET
31ST AUGUST 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	9	11	-	11	346
CURRENT ASSETS					
Debtors	10	15,801	-	15,801	10,509
Cash at bank		<u>89,552</u>	<u>205,516</u>	<u>295,068</u>	<u>457,290</u>
		105,353	205,516	310,869	467,799
CREDITORS					
Amounts falling due within one year	11	(22,324)	-	(22,324)	(50,330)
NET CURRENT ASSETS		<u>83,029</u>	<u>205,516</u>	<u>288,545</u>	<u>417,469</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		83,040	205,516	288,556	417,815
NET ASSETS		<u>83,040</u>	<u>205,516</u>	<u>288,556</u>	<u>417,815</u>
FUNDS	12				
Unrestricted funds				83,040	252,876
Restricted funds				<u>205,516</u>	<u>164,939</u>
TOTAL FUNDS				<u>288,556</u>	<u>417,815</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

THE GOOD GYM (REGISTERED NUMBER: 06995775)

BALANCE SHEET - continued
31ST AUGUST 2025

These financial statements have been prepared in accordance with and delivered in accordance with the special provisions applicable to small charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 21st May 2026 and were signed on its behalf by:

J R Ashcroft (Chair) - Trustee

The notes form part of these financial statements

THE GOOD GYM

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(162,221)</u>	<u>(271,153)</u>
Net cash used in operating activities		<u>(162,221)</u>	<u>(271,153)</u>
Change in cash and cash equivalents in the reporting period		<u>(162,221)</u>	<u>(271,153)</u>
Cash and cash equivalents at the beginning of the reporting period		<u>457,290</u>	<u>728,443</u>
Cash and cash equivalents at the end of the reporting period		<u>295,068</u>	<u>457,290</u>

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2025

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(129,259)	(329,027)
Adjustments for:		
Depreciation charges	335	617
(Increase)/decrease in debtors	(5,292)	106,398
Decrease in creditors	(28,005)	(49,141)
Net cash used in operations	<u>(162,221)</u>	<u>(271,153)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.9.24	Cash flow	At 31.8.25
	£	£	£
Net cash			
Cash at bank	<u>457,290</u>	<u>(162,222)</u>	<u>295,068</u>
	<u>457,290</u>	<u>(162,222)</u>	<u>295,068</u>
Total	<u>457,290</u>	<u>(162,222)</u>	<u>295,068</u>

The notes form part of these financial statements

THE GOOD GYM

ERROR MESSAGES FROM THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2025

**CURRENT YEAR - MOVEMENT IN CASH AND CASH EQUIVALENTS
AS CALCULATED IN CASH FLOW STATEMENT
DOES NOT AGREE TO MOVEMENT PER BALANCE SHEET

COMPARE MOVEMENT ON CASH FLOW STATEMENT (162,221)

TO MOVEMENT PER BALANCE SHEET
CASH AND CASH EQUIVALENTS (162,222)

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31ST AUGUST 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Gifts	(3)	-
Grants	256,255	223,138
Corporate partners	24,299	55,745
Branch contracts	163,637	95,934
Member donations	173,870	173,741
Other donations	49,835	48,135
	<u>667,893</u>	<u>596,693</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Other grants	<u>256,255</u>	<u>223,138</u>

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Merchandise income	<u>8,342</u>	<u>-</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Charitable activities	<u>787,334</u>

5. SUPPORT COSTS

	Management £	Finance £	Depreciation £	Governance costs £	Totals £
Other resources expended	<u>2,835</u>	<u>1,042</u>	<u>335</u>	<u>13,948</u>	<u>18,160</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	<u>335</u>	<u>617</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2025 nor for the year ended 31st August 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2025 nor for the year ended 31st August 2024.

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

8. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	482,092	461,614
Other pension costs	<u>9,696</u>	<u>8,800</u>
	<u>491,788</u>	<u>470,414</u>

The average monthly number of employees during the year was as follows:

	2025	2024
	<u>14</u>	<u>15</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
	<u>1</u>	<u>1</u>

£60,001 - £70,000

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1st September 2024 and 31st August 2025	<u>11,420</u>
DEPRECIATION	
At 1st September 2024	11,074
Charge for year	<u>335</u>
At 31st August 2025	<u>11,409</u>
NET BOOK VALUE	
At 31st August 2025	<u>11</u>
At 31st August 2024	<u>346</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other debtors	<u>15,801</u>	<u>10,509</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	1	-
Social security and other taxes	-	2,790
VAT	10,267	16,395
Other creditors	12,056	31,145
	<u>22,324</u>	<u>50,330</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

12. MOVEMENT IN FUNDS

	At 1.9.24 £	Net movement in funds £	Transfers between funds £	At 31.8.25 £
Unrestricted funds				
General fund	252,876	(161,028)	(8,808)	83,040
Restricted funds				
Norfolk CF	3,392	(3,392)	-	-
Raync Foundation	14,949	1,785	-	16,734
London marathon Charitable Trust	10,000	-	-	10,000
London Borough of Kingston	426	(38)	-	388
Big Lottery Climate Fund Earth Watch	14,047	(1,059)	-	12,988
Lottery Community Fund - Reaching Communities Grant	36,370	1,460	-	37,830
The Dulverton Trust	28,635	(28,635)	-	-
Wesleyan Foundation	9,601	(9,601)	-	-
NPower Foundation	14,457	(14,457)	-	-
Boots Charity Trust	7,064	(7,064)	-	-
Scession Equipment	224	-	-	224
Frank Branstons Fund	536	(536)	-	-
Heart of Bucks Community Foundation	6,802	(6,802)	-	-
Camden Climate Fund	3,475	(3,164)	-	311
The Britford Bridge Trust	8,500	(8,508)	8	-
Merton Sports Fund	3,550	(3,550)	-	-
London Borough of Bromley	453	-	-	453
HS2	-	(768)	768	-
Wimbledon Foundation Community Fund	-	3,994	-	3,994
Bolton CVS	-	5,990	-	5,990
Talbot Village Trust	-	2,500	-	2,500
Simon Gibson Charitable Trust	-	13,545	-	13,545
Richmond Foundation	-	8,390	-	8,390
Bromley Innovation Fund	-	6,289	-	6,289
Cambridge City Council	-	4,160	-	4,160
Barking Community Chest	-	534	-	534
Govia Thameslink Railway	-	2,996	-	2,996
Wandsworth Move Together	-	20	-	20
Suffolk County Council	-	4,205	-	4,205
Bedfordshire and Luton Community Foundation	-	2,122	-	2,122
Unum	-	3,000	-	3,000
Westminster Foundation	-	7,415	-	7,415
Liz and Terry Bramwell Foundation	-	740	-	740
Royal Borough of Kingston	-	76	-	76
The Patrick Trust	-	600	-	600
Nationwide Colleague Grant	-	5,590	-	5,590
Canterbury Strategic Grants	-	438	-	438
Gale Family Trust	-	2,500	-	2,500
Oxford City Council	-	908	-	908
Basingstoke Council Grant	-	12,000	-	12,000
Pathways Housing	-	7,069	-	7,069
Mottingham Community Chest	2,458	(2,490)	32	-
London Borough of Bromley	-	7,497	-	7,497
City of Bradford Metropolitan District Council	-	10,000	-	10,000
The Places Foundation	-	9,790	-	9,790
Sutton Coldfield	-	(3,780)	8,000	4,220

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

12. MOVEMENT IN FUNDS - continued	<u>164,939</u>	<u>31,769</u>	<u>8,808</u>	<u>205,516</u>
TOTAL FUNDS	<u><u>417,815</u></u>	<u><u>(129,259)</u></u>	<u><u>-</u></u>	<u><u>288,556</u></u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	299,156	(460,184)	(161,028)
Restricted funds			
Norfolk CF	-	(3,392)	(3,392)
Rayne Foundation	20,000	(18,215)	1,785
London Borough of Kingston	190	(228)	(38)
Big Lottery Climate Fund Earth Watch	26,000	(27,059)	(1,059)
Lottery Community Fund - Reaching Communities Grant	90,236	(88,776)	1,460
The Dulverton Trust	-	(28,635)	(28,635)
Wesleyan Foundation	-	(9,601)	(9,601)
NPower Foundation	-	(14,457)	(14,457)
Boots Charity Trust	-	(7,064)	(7,064)
Lewisham Council	20,000	(20,000)	-
Frank Branston Fund	-	(536)	(536)
Heart of Bucks Community Foundation	-	(6,802)	(6,802)
Camden Climate Fund	-	(3,164)	(3,164)
The Britford Bridge Trust	-	(8,508)	(8,508)
Merton Sports Fund	-	(3,550)	(3,550)
HS2	24,198	(24,966)	(768)
Walter Fathing Trust	3,130	(3,130)	-
Wimbledon Foundation Community Fund	10,000	(6,006)	3,994
Bolton CVS	13,690	(7,700)	5,990
Talbot Village Trust	2,500	-	2,500
Simon Gibson Charitable Trust	15,000	(1,455)	13,545
Richmond Foundation	11,500	(3,110)	8,390
Bromley Innovation Fund	13,485	(7,196)	6,289
Cambridge City Council	5,000	(840)	4,160
Duckworth Worcestershire Trust	5,000	(5,000)	-
Barking Community Chest	4,855	(4,321)	534
Govia Thameslink Railway	9,995	(6,999)	2,996
Wandsworth Move Together	482	(462)	20
Suffolk County Council	4,955	(750)	4,205
Evelyn Trust	2,500	(2,500)	-
Bedfordshire and Luton Community Foundation	6,000	(3,878)	2,122
Prince Phillip Trust Fund	2,500	(2,500)	-
Unum	5,000	(2,000)	3,000
Westminster Foundation	9,946	(2,531)	7,415
Liz and Terry Bramwell Foundation	2,000	(1,260)	740
Royal Borough of Kingston	1,000	(924)	76
The Patrick Trust	600	-	600
Nationwide Colleague Grant	8,238	(2,648)	5,590
Canterbury Strategic Grants	8,718	(8,280)	438
Gale Family Trust	2,500	-	2,500
Oxford City Council	1,328	(420)	908
Basingstoke Council Grant	12,000	-	12,000
Pathways Housing	7,246	(177)	7,069
Mottingham Community Chest	-	(2,490)	(2,490)
London Borough of Bromley	7,497	-	7,497

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

12. MOVEMENT IN FUNDS - continued

City of Bradford Metropolitan District Council	10,000	-	10,000
The Places Foundation	9,790	-	9,790
Sutton Coldfield	-	(3,780)	(3,780)
	<u>377,079</u>	<u>(345,310)</u>	<u>31,769</u>
TOTAL FUNDS	<u>676,235</u>	<u>(805,494)</u>	<u>(129,259)</u>

Comparatives for movement in funds

	At 1.9.23 £	Net movement in funds £	Transfers between funds £	At 31.8.24 £
Unrestricted funds				
General fund	618,238	(364,996)	(366)	252,876
Restricted funds				
Sport England - Core Market	91,113	(91,113)	-	-
Norfolk CF	-	3,392	-	3,392
Rayne Foundation	41	14,908	-	14,949
London marathon Charitable Trust	10,000	-	-	10,000
London Borough of Kingston	968	(542)	-	426
Masonic Charitable Trust	11,324	(11,412)	88	-
Big Lottery Climate Fund Earth Watch	15,158	(1,111)	-	14,047
Lottery Community Fund - Reaching Communities Grant	-	36,370	-	36,370
The Dulverton Trust	-	28,635	-	28,635
Wesleyan Foundation	-	9,601	-	9,601
NPower Foundation	-	14,457	-	14,457
Boots Charity Trust	-	7,064	-	7,064
Scession Equipment	-	224	-	224
Lewisham Council	-	(278)	278	-
Frank Branston Fund	-	536	-	536
IHeart of Bucks Community Foundation	-	6,802	-	6,802
Camden Climate Fund	-	3,475	-	3,475
The Britford Bridge Trust	-	8,500	-	8,500
Merton Sports Fund	-	3,550	-	3,550
London Borough of Bromley	-	453	-	453
Mottingham Community Chest	-	2,458	-	2,458
	<u>128,604</u>	<u>35,969</u>	<u>366</u>	<u>164,939</u>
TOTAL FUNDS	<u>746,842</u>	<u>(329,027)</u>	<u>-</u>	<u>417,815</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2025

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	306,273	(671,269)	(364,996)
Restricted funds			
Sport England - Core Market	-	(91,113)	(91,113)
Norfolk CF	3,917	(525)	3,392
Rayne Foundation	20,000	(5,092)	14,908
London Borough of Kingston	-	(542)	(542)
Masonic Charitable Trust	-	(11,412)	(11,412)
Big Lottery Climate Fund Earth Watch	29,200	(30,311)	(1,111)
Lottery Community Fund - Reaching Communities Grant	86,710	(50,340)	36,370
Shanley Foundation	2,000	(2,000)	-
The Dulverton Trust	35,975	(7,340)	28,635
Wesleyan Foundation	19,111	(9,510)	9,601
NPower Foundation	17,082	(2,625)	14,457
Boots Charity Trust	9,143	(2,079)	7,064
Session Equipment	698	(474)	224
Lewisham Council	20,000	(20,278)	(278)
Wixamtree Tust	4,000	(4,000)	-
Frank Branstons Fund	5,000	(4,464)	536
Heart of Bucks Community Foundation	8,000	(1,198)	6,802
Camden Climate Fund	4,630	(1,155)	3,475
The Britford Bridge Trust	10,000	(1,500)	8,500
Merton Sports Fund	5,000	(1,450)	3,550
London Borough of Bromley	7,496	(7,043)	453
Mottingham Community Chest	2,458	-	2,458
	<u>290,420</u>	<u>(254,451)</u>	<u>35,969</u>
TOTAL FUNDS	<u>596,693</u>	<u>(925,720)</u>	<u>(329,027)</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2025.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

THE GOOD GYM

England & Wales - Charity number 1160988

Accounts

REGISTERED COMPANY NUMBER: 06995775 (England and Wales)
REGISTERED CHARITY NUMBER: 1160988

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2024
FOR
THE GOOD GYM

THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2024

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THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2024

The Trustees are pleased to present GoodGym's annual report and accounts for the year ended 31st August 2024.

In this period GoodGymers (GoodGym volunteers) carried out 9,264 group sessions and completed 3,162 tasks and visits for 1,059 older people. We completed 36,621 good deeds in total, showing positive improvement on last year. At the start of the year, GoodGym was active in 61 areas and remained active in those areas by 31 August 2024.

At the start of the period GoodGym had 21,691 members and 135,740 signups. This grew to 22,844 members by 31 August 2024, with over 137,583 signups. A member is someone making a commitment to regular participation and a signup is someone who signs up to the website with a minimum of their name and email.

During the year, we have been facilitating a new evaluation of our work by the London School of Economics Centre for Economic Performance. Qualitative feedback received and internal surveying, shows that we are continuing to have positive impact in line with previous evaluations.

The Trustees confirm that the Annual Report and financial statements of the company comply with the Charity's trust deed, current statutory requirements, the requirements of the company's governing document and the provisions of the Financial Reporting Standard for Smaller Entities, applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES

Objectives and aims

GoodGym is a community of people who get fit by doing good. We provide social contact and practical help to older people, and practical volunteering support for community projects. The Trustees confirm that GoodGym operates for the public benefit to promote good citizenship by offering opportunities to combine physical exercise with volunteering.

GoodGym's activities:

1. Group sessions: GoodGymers run, walk or cycle as a group or independently to work as a group to provide support to community organisations. We complete tasks such as clearing leaves in parks, sorting food bank donations or shifting woodchip in community gardens.
2. Social visits: GoodGymers are matched with an isolated and/or lonely older person in their area, where the GoodGymer stops for a weekly social visit during their exercise.
3. Missions: GoodGymers carry out one-off practical tasks such as changing smoke alarm batteries, moving furniture or clearing a garden, for isolated older people

FINANCIAL REVIEW

Financial position

Our income in the year was £596,693 and expenditure was £925,720. At the end of the year we carried over £417,815 to the next financial year, including £164,940 of restricted funding.

Reserves policy

The charity's reserves should provide the organisation with adequate financial stability and the means for it to meet its social objectives for the foreseeable future.

During this period, we have spent restricted expenditure on delivery, as planned and agreed with funders. However, we have received less brand partnership and grant income than in previous years. The combination of these factors has meant that we have made an overall loss. With funded projects ending, we have taken action to reduce costs accordingly. We continue to monitor the adequacy of our financial resources and have finished the year well above our levels of required reserves and with a smaller cost commitment.

The CEO, business operations manager and the Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations every two months at Trustees meetings. Our CEO and business operations manager review the cashflow on a fortnightly basis. We aim to maintain the organisation's reserves and confirmed income at a level which is at least equivalent to six months operational expenditure. Should reserves and confirmed income drop below this amount, the Trustees are informed immediately.

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2024

FINANCIAL REVIEW

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation to believe the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they adopt the going concern basis in preparing the financial statements.

The Trustees have considered the major risks to which the charity is exposed, and have reviewed those risks and established systems and procedures to manage them.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Good Gym (operating as GoodGym) was incorporated on 20th August 2009 as a Company limited by Guarantee, number 06995775 and as of 19th March 2015 registered with the Charity Commission of England and Wales under number 1160988. The Good Gym acts according to its Memorandum and Articles of Association.

This is the ninth report made by the Trustees, covering the period from 1st September 2023 to 31st August 2024.

Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the deed.

Organisational structure and decision making

The Trustees have control of the Charity, its property and funds. They met every two months during this year. The Trustees attend GoodGym events and meetings and provide ongoing support to the CEO and other staff. All Trustees give their time freely and no Trustee received remuneration in the year. Ivo Gormley is appointed Chief Executive Officer.

Each GoodGym area has a part-time area activator working on a freelance basis, and GoodGym has an administrative team which supports the area activators and members.

During this year the GoodGym administrative team was made up of 15 PAYE staff and approximately 55 freelance part-time staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06995775 (England and Wales)

Registered Charity number

1160988

Registered office

15a Station Road
Epping
Essex
CM16 4HG

Trustees

R B L Marvel (resigned 13.3.24)

P J Miller (resigned 3.11.23)

P Hay

Ms T Greene

Ms R Forbes

Ms R Docherty

Ms A Osunsade

K C Bounds (appointed 13.3.24)

Ms J R Ashcroft (appointed 3.11.23)

Mx R J McAlees (appointed 13.3.24)

THE GOOD GYM

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

I A Gormley

Bankers

Natwest Bank Plc
403 Bethnal Green Road
London
E2 0AF

Approved by order of the board of trustees on 7th May 2025 and signed on its behalf by:

Ms J R Ashcroft - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE GOOD GYM

Independent examiner's report to the trustees of The Good Gym ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st August 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also 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 Company 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 your charity's accounts as 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of 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 Company 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.

Natalie Floyd, ACA
The Institute of Chartered Accountants in England and Wales

14th May 2025

THE GOOD GYM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2024

		Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	<u>306,273</u>	<u>290,420</u>	<u>596,693</u>	<u>821,987</u>
EXPENDITURE ON					
Charitable activities	3				
Charitable activities		<u>662,277</u>	<u>251,210</u>	<u>913,487</u>	<u>1,010,274</u>
Other		<u>8,993</u>	<u>3,240</u>	<u>12,233</u>	<u>40,156</u>
Total		<u>671,270</u>	<u>254,450</u>	<u>925,720</u>	<u>1,050,430</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	11	<u>(364,997)</u> <u>(366)</u>	<u>35,970</u> <u>366</u>	<u>(329,027)</u> <u>-</u>	<u>(228,443)</u> <u>-</u>
Net movement in funds		<u>(365,363)</u>	<u>36,336</u>	<u>(329,027)</u>	<u>(228,443)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>618,238</u>	<u>128,604</u>	<u>746,842</u>	<u>975,285</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>252,875</u></u>	<u><u>164,940</u></u>	<u><u>417,815</u></u>	<u><u>746,842</u></u>

The notes form part of these financial statements

THE GOOD GYM

BALANCE SHEET
31ST AUGUST 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	8	346	-	346	963
CURRENT ASSETS					
Debtors	9	10,509	-	10,509	116,907
Cash at bank		292,350	164,940	457,290	728,443
		<u>302,859</u>	<u>164,940</u>	<u>467,799</u>	<u>845,350</u>
CREDITORS					
Amounts falling due within one year	10	(50,330)	-	(50,330)	(99,471)
NET CURRENT ASSETS		<u>252,529</u>	<u>164,940</u>	<u>417,469</u>	<u>745,879</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>252,875</u>	<u>164,940</u>	<u>417,815</u>	<u>746,842</u>
NET ASSETS		<u>252,875</u>	<u>164,940</u>	<u>417,815</u>	<u>746,842</u>
FUNDS	11				
Unrestricted funds				252,875	618,238
Restricted funds				164,940	128,604
TOTAL FUNDS				<u>417,815</u>	<u>746,842</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

THE GOOD GYM

BALANCE SHEET - continued

31ST AUGUST 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 7th May 2025 and were signed on its behalf by:

J R Ashcroft - Trustee

The notes form part of these financial statements

THE GOOD GYM

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	(271,153)	(278,043)
Net cash used in operating activities		(271,153)	(278,043)
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(1,008)
Net cash provided by/(used in) investing activities		-	(1,008)
Change in cash and cash equivalents in the reporting period		(271,153)	(279,051)
Cash and cash equivalents at the beginning of the reporting period		728,443	1,007,494
Cash and cash equivalents at the end of the reporting period		457,290	728,443

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2024

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(329,027)	(228,443)
Adjustments for:		
Depreciation charges	617	1,020
Decrease/(increase) in debtors	106,398	(62,234)
(Decrease)/increase in creditors	(49,141)	11,614
Net cash used in operations	<u>(271,153)</u>	<u>(278,043)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.9.23 £	Cash flow £	At 31.8.24 £
Net cash			
Cash at bank	728,443	(271,153)	457,290
	<u>728,443</u>	<u>(271,153)</u>	<u>457,290</u>
Total	<u>728,443</u>	<u>(271,153)</u>	<u>457,290</u>

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31ST AUGUST 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2024

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Grants	223,138	354,975
Corporate partners	55,745	161,294
Branch contracts	95,934	61,499
Member donations	173,741	173,327
Other donations	48,135	70,892
	<u>596,693</u>	<u>821,987</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Other grants	<u>223,138</u>	<u>354,975</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Charitable activities	<u>913,487</u>

4. SUPPORT COSTS

	Management £	Finance £	Depreciation £	Governance costs £	Totals £
Other resources expended	<u>1,419</u>	<u>762</u>	<u>617</u>	<u>9,435</u>	<u>12,233</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	<u>617</u>	<u>1,020</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2024 nor for the year ended 31st August 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2024 nor for the year ended 31st August 2023.

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2024

7. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	461,614	507,272
Other pension costs	8,800	10,257
	<u>470,414</u>	<u>517,529</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Full time staff	15	15
	<u>15</u>	<u>15</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
£60,001 - £70,000	1	-
	<u>1</u>	<u>-</u>

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1st September 2023 and 31st August 2024	11,420
DEPRECIATION	
At 1st September 2023	10,457
Charge for year	617
At 31st August 2024	11,074
NET BOOK VALUE	
At 31st August 2024	346
At 31st August 2023	963

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Other debtors	10,509	116,907
	<u>10,509</u>	<u>116,907</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2024

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Social security and other taxes	2,790	7,707
VAT	16,395	67,189
Other creditors	31,145	24,575
	<u>50,330</u>	<u>99,471</u>

11. MOVEMENT IN FUNDS

	At 1.9.23	Net movement	Transfers	At
	£	in funds	between	31.8.24
		£	funds	£
Unrestricted funds				
General fund	618,238	(364,997)	(366)	252,875
Restricted funds				
Sport England - Core Market	91,113	(91,113)	-	-
Norfolk CF	-	3,392	-	3,392
Rayne Foundation	41	14,908	-	14,949
London marathon Charitable Trust	10,000	-	-	10,000
London Borough of Kingston	968	(542)	-	426
Masonic Charitable Trust	11,324	(11,412)	88	-
Big Lottery Climate Fund Earth Watch	15,158	(1,111)	-	14,047
Lottery Community Fund - Reaching				
Communities Grant	-	36,370	-	36,370
The Dulverton Trust	-	28,635	-	28,635
Wesleyan Foundation	-	9,601	-	9,601
NPower Foundation	-	14,457	-	14,457
Boots Charity Trust	-	7,064	-	7,064
Session Equipment	-	225	-	225
Lewisham Council	-	(278)	278	-
Frank Branston Fund	-	536	-	536
Heart of Bucks Community Foundation	-	6,802	-	6,802
Camden Climate Fund	-	3,475	-	3,475
The Britford Bridge Trust	-	8,500	-	8,500
Merton Sports Fund	-	3,550	-	3,550
London Borough of Bromley	-	2,911	-	2,911
	<u>128,604</u>	<u>35,970</u>	<u>366</u>	<u>164,940</u>
TOTAL FUNDS	<u>746,842</u>	<u>(329,027)</u>	<u>-</u>	<u>417,815</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2024

11. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	306,273	(671,270)	(364,997)
Restricted funds			
Sport England - Core Market	-	(91,113)	(91,113)
Norfolk CF	3,917	(525)	3,392
Rayne Foundation	20,000	(5,092)	14,908
London Borough of Kingston	-	(542)	(542)
Masonic Charitable Trust	-	(11,412)	(11,412)
Big Lottery Climate Fund Earth Watch	29,200	(30,311)	(1,111)
Lottery Community Fund - Reaching			
Communities Grant	86,710	(50,340)	36,370
Shanley Foundation	2,000	(2,000)	-
The Dulverton Trust	35,975	(7,340)	28,635
Wesleyan Foundation	19,111	(9,510)	9,601
NPower Foundation	17,082	(2,625)	14,457
Boots Charity Trust	9,143	(2,079)	7,064
Session Equipment	698	(473)	225
Lewisham Council	20,000	(20,278)	(278)
Wixamtree Tust	4,000	(4,000)	-
Frank Branston Fund	5,000	(4,464)	536
Heart of Bucks Community Foundation	8,000	(1,198)	6,802
Camden Climate Fund	4,630	(1,155)	3,475
The Britford Bridge Trust	10,000	(1,500)	8,500
Merton Sports Fund	5,000	(1,450)	3,550
London Borough of Bromley	9,954	(7,043)	2,911
	290,420	(254,450)	35,970
TOTAL FUNDS	596,693	(925,720)	(329,027)

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2024

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.22 £	Net movement in funds £	Transfers between funds £	At 31.8.23 £
Unrestricted funds				
General fund	964,049	(331,268)	(14,543)	618,238
Restricted funds				
Lottery Community Fund - Digital Fund	10,236	(24,779)	14,543	-
Sport England - Core Market	-	91,113	-	91,113
Rayne Foundation	-	41	-	41
London marathon Charitable Trust	-	10,000	-	10,000
London Borough of Kingston	1,000	(32)	-	968
Masonic Charitable Trust	-	11,324	-	11,324
Big Lottery Climate Fund Earth Watch	-	15,158	-	15,158
	<u>11,236</u>	<u>102,825</u>	<u>14,543</u>	<u>128,604</u>
TOTAL FUNDS	<u>975,285</u>	<u>(228,443)</u>	<u>-</u>	<u>746,842</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	647,952	(979,220)	(331,268)
Restricted funds			
Lottery Community Fund - Digital Fund	-	(24,779)	(24,779)
Sport England - Core Market	91,113	-	91,113
Rayne Foundation	30,000	(29,959)	41
London marathon Charitable Trust	10,000	-	10,000
London Borough of Kingston	-	(32)	(32)
Masonic Charitable Trust	20,000	(8,676)	11,324
Big Green Micro Grant	250	(250)	-
Big Lottery Climate Fund Earth Watch	22,672	(7,514)	15,158
	<u>174,035</u>	<u>(71,210)</u>	<u>102,825</u>
TOTAL FUNDS	<u>821,987</u>	<u>(1,050,430)</u>	<u>(228,443)</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2024

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2024.

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	223,138	354,975
Corporate partners	55,745	161,294
Branch contracts	95,934	61,499
Member donations	173,741	173,327
Other donations	48,135	70,892
	596,693	821,987
Total incoming resources	596,693	821,987
 EXPENDITURE		
Charitable activities		
Salaries and national insurance	461,614	507,272
Pensions	8,800	10,257
Freelance assistance	349,571	370,201
Insurance	2,535	2,485
Events and marketing	20,074	16,513
Website and computer consumables	25,001	28,952
Volunteer recruitment, events and marketing	37,089	57,747
Staff training	640	4,419
Recruitment	5,983	4,695
Sundry expenses	2,180	7,733
	913,487	1,010,274
 Support costs		
Management		
Rent and rates	-	187
Telephone	253	136
Postage and stationery	155	327
Travelling expenses	1,011	2,626
	1,419	3,276
 Finance		
Bank charges	762	765
 Depreciation		
Depreciation of tangible fixed assets	617	1,020
 Governance costs		
Accountancy	6,195	5,900
Legal and professional fees	3,240	29,195
	9,435	35,095

This page does not form part of the statutory financial statements

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2024

	2024 £	2023 £
Total resources expended	<u>925,720</u>	<u>1,050,430</u>
Net expenditure	<u><u>(329,027)</u></u>	<u><u>(228,443)</u></u>

This page does not form part of the statutory financial statements

THE GOOD GYM

England & Wales - Charity number 1160988

Accounts

REGISTERED COMPANY NUMBER: 06995775 (England and Wales)
REGISTERED CHARITY NUMBER: 1160988

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2023
FOR
THE GOOD GYM

THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2023

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THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2023

The Trustees are pleased to present GoodGym's annual report and accounts for the year ended 31st August 2023.

In this period GoodGymers (GoodGym volunteers) carried out 8,444 group sessions and completed 3,407 tasks and visits for 811 older people. We completed 34,485 good deeds in total.

During this year we started operating in Southampton and Nottingham and continued operation in all the other existing areas.

At the start of the period GoodGym had 20,265 members and 122,923 signups. This grew to 21,691 members by 31 August 2023, with over 135,740 signups. A member is someone making a commitment to regular participation and a signup is someone who signs up to the website with a minimum of their name and email.

The Trustees confirm that the Annual Report and financial statements of the company comply with the Charity's trust deed, current statutory requirements, the requirements of the company's governing document and the provisions of the Financial Reporting Standard for Smaller Entities, applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES

Objectives and aims

GoodGym is a community of people who get fit by doing good. We provide social contact and practical help to older people, and practical volunteering support for community projects.

The Trustees confirm that GoodGym operates for the public benefit to promote good citizenship by offering opportunities to combine physical exercise with volunteering.

GoodGym's activities:

1. Group sessions: GoodGymers run, walk or cycle as a group or independently to work as a group to provide support to community organisations. We complete tasks such as clearing leaves in parks, sorting food bank donations or shifting woodchip in community gardens.
2. Social visits: GoodGymers are matched with an isolated and/or lonely older person in their area, where the GoodGymer stops for a weekly social visit during their exercise.
3. Missions: GoodGymers carry out one-off practical tasks such as changing smoke alarm batteries, moving furniture or clearing a garden, for isolated older people

FINANCIAL REVIEW

Financial position

Our income in the year was £817,875 and expenditure was £1,048,750. At the end of the year we carried over £744,410 to the next financial year, including £128,604 of restricted funding.

Reserves policy

The charity's reserves should provide the organisation with adequate financial stability and the means for it to meet its social objectives for the foreseeable future.

The CEO, business operations manager and the Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations every two months at Trustees meetings. Our CEO and business operations manager review the cashflow on a fortnightly basis.

We aim to maintain the organisation's reserves and confirmed income at a level which is at least equivalent to six months operational expenditure. Should reserves and confirmed income drop below this amount, the Trustees are informed immediately.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation to believe the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they adopt the going concern basis in preparing the financial statements.

The Trustees have considered the major risks to which the charity is exposed, and have reviewed those risks and established systems and procedures to manage them.

THE GOOD GYM

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 31ST AUGUST 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Good Gym (operating as GoodGym) was incorporated on 20th August 2009 as a Company limited by Guarantee, number 06995775 and as of 19th March 2015 registered with the Charity Commission of England and Wales under number 1160988. The Good Gym acts according to its Memorandum and Articles of Association.

This is the eighth report made by the Trustees, covering the period from 1st September 2022 to 31st August 2023.

Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the deed.

Organisational structure and decision making

The Trustees have control of the Charity, its property and funds. They met every two months during this year. The Trustees attend GoodGym events and meetings and provide ongoing support to the CEO and other staff. All Trustees give their time freely and no Trustee received remuneration in the year.

Ivo Gormley is appointed Chief Executive Officer.

Each GoodGym area has a part-time area activator working on a freelance basis, and GoodGym has an administrative team which supports the area activators and members.

During this year the GoodGym administrative team was made up of 13 PAYE staff and approximately 58 freelance part-time staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06995775 (England and Wales)

Registered Charity number

1160988

Registered office

15a Station Road
Epping
Essex
CM16 4HG

Trustees

R B L Marvel (resigned 13.3.24)

P J Miller (resigned 3.11.23)

P Hay

Ms T Greene

Ms R Forbes

Ms R Docherty

Ms A Osunsade

K C Bounds (appointed 13.3.24)

Ms J R Ashcroft (appointed 3.11.23)

Mx R J McAlees (appointed 13.3.24)

Company Secretary

I A Gormley

Bankers

Natwest Bank Plc
403 Bethnal Green Road
London
E2 0AF

Approved by order of the board of trustees on 24th May 2024 and signed on its behalf by:

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2023

Ms J R Ashcroft - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE GOOD GYM**

Independent examiner's report to the trustees of The Good Gym ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st August 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also 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 Company 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 your charity's accounts as 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of 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 Company 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.

Natalie Floyd, ACA
The Institute of Chartered Accountants in England and Wales

24th May 2024

THE GOOD GYM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2023

		Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	<u>647,952</u>	<u>174,035</u>	<u>821,987</u>	<u>887,930</u>
EXPENDITURE ON					
Charitable activities	3				
Charitable activities		<u>961,033</u>	<u>71,210</u>	<u>1,032,243</u>	<u>1,118,263</u>
Other		<u>18,187</u>	<u>-</u>	<u>18,187</u>	<u>-</u>
Total		<u>979,220</u>	<u>71,210</u>	<u>1,050,430</u>	<u>1,118,263</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	11	<u>(331,268)</u> <u>(14,543)</u>	<u>102,825</u> <u>14,543</u>	<u>(228,443)</u> <u>-</u>	<u>(230,333)</u> <u>-</u>
Net movement in funds		<u>(345,811)</u>	<u>117,368</u>	<u>(228,443)</u>	<u>(230,333)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>964,049</u>	<u>11,236</u>	<u>975,285</u>	<u>1,205,618</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>618,238</u></u>	<u><u>128,604</u></u>	<u><u>746,842</u></u>	<u><u>975,285</u></u>

The notes form part of these financial statements

THE GOOD GYM

BALANCE SHEET
31ST AUGUST 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	8	963	-	963	975
CURRENT ASSETS					
Debtors	9	116,907	-	116,907	54,673
Cash at bank		599,839	128,604	728,443	1,007,494
		<u>716,746</u>	<u>128,604</u>	<u>845,350</u>	<u>1,062,167</u>
CREDITORS					
Amounts falling due within one year	10	(99,471)	-	(99,471)	(87,857)
NET CURRENT ASSETS		<u>617,275</u>	<u>128,604</u>	<u>745,879</u>	<u>974,310</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>618,238</u>	<u>128,604</u>	<u>746,842</u>	<u>975,285</u>
NET ASSETS		<u>618,238</u>	<u>128,604</u>	<u>746,842</u>	<u>975,285</u>
FUNDS	11				
Unrestricted funds				618,238	964,049
Restricted funds				128,604	11,236
TOTAL FUNDS				<u>746,842</u>	<u>975,285</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24th May 2024 and were signed on its behalf by:

J R Ashcroft - Trustee

The notes form part of these financial statements

THE GOOD GYM

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(278,043)</u>	<u>(27,615)</u>
Net cash used in operating activities		<u>(278,043)</u>	<u>(27,615)</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(1,008)</u>	<u>(849)</u>
Net cash used in investing activities		<u>(1,008)</u>	<u>(849)</u>
 Change in cash and cash equivalents in the reporting period		<u>(279,051)</u>	<u>(28,464)</u>
Cash and cash equivalents at the beginning of the reporting period		<u>1,007,494</u>	<u>1,035,958</u>
 Cash and cash equivalents at the end of the reporting period		<u><u>728,443</u></u>	<u><u>1,007,494</u></u>

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2023

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES		
	2023	2022
	£	£
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(228,443)	(230,333)
Adjustments for:		
Depreciation charges	1,020	1,282
(Increase)/decrease in debtors	(62,234)	181,666
Increase in creditors	11,614	19,770
Net cash used in operations	(278,043)	(27,615)

2. ANALYSIS OF CHANGES IN NET FUNDS			
	At 1.9.22	Cash flow	At 31.8.23
	£	£	£
Net cash			
Cash at bank	1,007,494	(279,051)	728,443
	1,007,494	(279,051)	728,443
Total	1,007,494	(279,051)	728,443

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Grants	354,975	350,328
Corporate partners	161,294	215,541
Branch contracts	61,499	47,500
Member donations	244,219	274,561
	<u>821,987</u>	<u>887,930</u>

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Other grants	<u>354,975</u>	<u>350,328</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2023

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Charitable activities	<u><u>1,010,274</u></u>	<u><u>21,969</u></u>	<u><u>1,032,243</u></u>

4. SUPPORT COSTS

	Management £	Finance £	Depreciation £	Governance costs £	Totals £
Other resources expended	187	-	-	18,000	18,187
Charitable activities	<u>3,089</u>	<u>765</u>	<u>1,020</u>	<u>17,095</u>	<u>21,969</u>
	<u><u>3,276</u></u>	<u><u>765</u></u>	<u><u>1,020</u></u>	<u><u>35,095</u></u>	<u><u>40,156</u></u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023 £	2022 £
Depreciation - owned assets	<u><u>1,020</u></u>	<u><u>1,282</u></u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2023 nor for the year ended 31st August 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2023 nor for the year ended 31st August 2022.

7. STAFF COSTS

	2023 £	2022 £
Wages and salaries	507,272	508,959
Other pension costs	<u>10,257</u>	<u>8,849</u>
	<u><u>517,529</u></u>	<u><u>517,808</u></u>

The average monthly number of employees during the year was as follows:

	2023	2022
Full time staff	<u>15</u>	<u>15</u>

No employees received emoluments in excess of £60,000.

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2023

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1st September 2022	10,412
Additions	1,008
At 31st August 2023	11,420
DEPRECIATION	
At 1st September 2022	9,437
Charge for year	1,020
At 31st August 2023	10,457
NET BOOK VALUE	
At 31st August 2023	963
At 31st August 2022	975

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other debtors	116,907	54,673

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	7,707	11,626
VAT	67,189	53,639
Other creditors	24,575	22,592
	99,471	87,857

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2023

11. MOVEMENT IN FUNDS

	At 1.9.22 £	Net movement in funds £	Transfers between funds £	At 31.8.23 £
Unrestricted funds				
General fund	964,049	(331,268)	(14,543)	618,238
Restricted funds				
Lottery Community Fund - Digital Fund	10,236	(24,779)	14,543	-
Sport England - Core Market	-	91,113	-	91,113
Rayne Foundation	-	41	-	41
London marathon Charitable Trust	-	10,000	-	10,000
London Borough of Kingston	1,000	(32)	-	968
Masonic Charitable Trust	-	11,324	-	11,324
Big Lottery Climate Fund Earth Watch	-	15,158	-	15,158
	<u>11,236</u>	<u>102,825</u>	<u>14,543</u>	<u>128,604</u>
TOTAL FUNDS	<u>975,285</u>	<u>(228,443)</u>	<u>-</u>	<u>746,842</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	647,952	(979,220)	(331,268)
Restricted funds			
Lottery Community Fund - Digital Fund	-	(24,779)	(24,779)
Sport England - Core Market	91,113	-	91,113
Rayne Foundation	30,000	(29,959)	41
London marathon Charitable Trust	10,000	-	10,000
London Borough of Kingston	-	(32)	(32)
Masonic Charitable Trust	20,000	(8,676)	11,324
Big Green Micro Grant	250	(250)	-
Big Lottery Climate Fund Earth Watch	22,672	(7,514)	15,158
	<u>174,035</u>	<u>(71,210)</u>	<u>102,825</u>
TOTAL FUNDS	<u>821,987</u>	<u>(1,050,430)</u>	<u>(228,443)</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2023

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.21 £	Net movement in funds £	Transfers between funds £	At 31.8.22 £
Unrestricted funds				
General fund	637,777	(105,090)	431,362	964,049
Restricted funds				
Lottery Community Fund - Digital Fund	37,570	(21,939)	(5,395)	10,236
Lottery Community Fund - Building Connections	29,827	10,495	(40,322)	-
Sport England - Core Market	32,753	(96,033)	63,280	-
Big Lottery Fund	443,256	11,000	(454,256)	-
Norfolk CF	10,000	-	(10,000)	-
Rayne Foundation	-	424	(424)	-
Neighbourly Grant	229	-	(229)	-
London marathon Charitable Trust	14,206	(30,190)	15,984	-
London Borough of Kingston	-	1,000	-	1,000
	<u>567,841</u>	<u>(125,243)</u>	<u>(431,362)</u>	<u>11,236</u>
TOTAL FUNDS	<u>1,205,618</u>	<u>(230,333)</u>	<u>-</u>	<u>975,285</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	574,138	(679,228)	(105,090)
Restricted funds			
Lottery Community Fund - Digital Fund	152,510	(174,449)	(21,939)
Lottery Community Fund - Building Connections	10,495	-	10,495
Sport England - Core Market	66,287	(162,320)	(96,033)
Big Lottery Fund	11,000	-	11,000
Rayne Foundation	30,000	(29,576)	424
London marathon Charitable Trust	42,500	(72,690)	(30,190)
London Borough of Kingston	1,000	-	1,000
	<u>313,792</u>	<u>(439,035)</u>	<u>(125,243)</u>
TOTAL FUNDS	<u>887,930</u>	<u>(1,118,263)</u>	<u>(230,333)</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2023

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2023.

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	354,975	350,328
Corporate partners	161,294	215,541
Branch contracts	61,499	47,500
Member donations	244,219	274,561
	821,987	887,930
Total incoming resources	821,987	887,930
 EXPENDITURE		
Charitable activities		
Salaries and national insurance	507,272	508,959
Pensions	10,257	8,849
Freelance assistance	370,201	348,576
Insurance	2,485	2,630
Events and marketing	16,513	25,760
Website and computer consumables	28,952	23,759
Volunteer recruitment, events and marketing	57,747	79,565
Staff training	4,419	6,325
Recruitment	4,695	11,997
Sundry expenses	7,733	821
Supplies	-	1,118
	1,010,274	1,018,359
Support costs		
Management		
Rent and rates	187	24,970
Telephone	136	552
Postage and stationery	327	209
Travelling expenses	2,626	3,495
Repairs and renewals	-	510
	3,276	29,736
Finance		
Bank charges	765	811
Other interest	-	15
	765	826
Depreciation		
Depreciation of tangible fixed assets	1,020	1,282
Governance costs		
Accountancy	5,900	3,900
Carried forward	5,900	3,900

This page does not form part of the statutory financial statements

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2023

	2023 £	2022 £
Governance costs		
Brought forward	5,900	3,900
Legal and professional fees	29,195	64,160
	35,095	68,060
Total resources expended	1,050,430	1,118,263
Net expenditure	(228,443)	(230,333)

This page does not form part of the statutory financial statements

THE GOOD GYM

England & Wales - Charity number 1160988

Accounts

REGISTERED COMPANY NUMBER: 06995775 (England and Wales)
REGISTERED CHARITY NUMBER: 1160988

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2022
FOR
THE GOOD GYM

THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2022

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THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2022

The Trustees are pleased to present GoodGym's annual report and accounts for the year ended 31st August 2022.

At the start of this year, GoodGym was active in 59 areas and remained active in those 59 areas by 31st August 2022.

At the start of the year, GoodGym had 18,860 members and 113,080 signups. This grew to 20,265 members by 31st August 2022, with over 122,923 signups.

In this year GoodGymers carried out 7,758 group sessions and supported 887 older people, completing 36,327 good deeds in total.

The Trustees confirm that the Annual Report and financial statements of the company comply with the Charity's trust deed, current statutory requirements, the requirements of the company's governing document and the provisions of the Financial Reporting Standard for Smaller Entities, applicable in the UK and Republic of Ireland (FRS102).

OBJECTIVES AND ACTIVITIES

Objectives and aims

GoodGym is a community of people who get fit by doing good. We provide social contact and practical help to older people, and practical volunteering support for community projects.

The Trustees confirm that GoodGym operates for the public benefit to promote good citizenship by offering opportunities to combine physical exercise with volunteering.

GoodGym's activities:

1. Group sessions: GoodGymers run, walk or cycle as a group or independently to work as a group to provide support to community organisations. We complete tasks such as clearing leaves in parks, sorting food bank donations or shifting woodchip in community gardens.
2. Coach runs: GoodGymers are matched with an isolated and/or lonely older person in their area, where the GoodGymer stops for a weekly social visit during their exercise.
3. Missions: GoodGymers carry out one-off practical tasks such as changing smoke alarm batteries, moving furniture or clearing a garden, for isolated older people
4. Social visit missions: In 2022 we started piloting a new type of mission to help combat loneliness in older people in 5 GoodGym areas.

FINANCIAL REVIEW

Financial position

Our income in the year was £887,930 and expenditure was £1,118,263. At the end of the year we carried over £975,285 to the next financial year, including £11,236 of restricted funding.

Reserves policy

The charity's reserves should provide the organisation with adequate financial stability and the means for it to meet its social objectives for the foreseeable future.

The CEO, business operations manager and the Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations every two months at Trustees meetings. Our CEO and business operations manager review the cashflow on a fortnightly basis.

We aim to maintain the organisation's reserves and confirmed income at a level which is at least equivalent to six months operational expenditure. Should reserves and confirmed income drop below this amount, the Trustees are informed immediately.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation to believe the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they adopt the going concern basis in preparing the financial statements.

THE GOOD GYM

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 31ST AUGUST 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Good Gym (operating as GoodGym) was incorporated on 20th August 2009 as a Company limited by Guarantee, number 06995775 and as of 19th March 2015 registered with the Charity Commission of England and Wales under number 1160988. The Good Gym acts according to its Memorandum and Articles of Association.

This is the seventh report made by the Trustees, covering the period from 1st September 2021 to 31st August 2022.

Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the deed.

Organisational structure and decision making

The Trustees have control of the Charity, its property and funds. They met every two months during this year. The Trustees attend GoodGym events and meetings and provide ongoing support to the CEO and other staff. All Trustees give their time freely and no Trustee received remuneration in the year.

Ivo Gormley is appointed Chief Executive Officer.

Each GoodGym area has a part-time area activator working on a freelance basis, and GoodGym has an administrative team which supports the area activators and members.

During this year the GoodGym administrative team was made up of 15 full-time staff and approximately 59 freelance part-time staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06995775 (England and Wales)

Registered Charity number

1160988

Registered office

15a Station Road
Epping
Essex
CM16 4HG

Trustees

R B L Marvel
P J Miller Chair
P Hay Non-Executive Director
Ms T Greene
Ms R Forbes
Ms R Docherty
Ms A Osunsade

Company Secretary

I A Gormley

Bankers

Natwest Bank Plc
403 Bethnal Green Road
London
E2 0AF

Approved by order of the board of trustees on 30th May 2023 and signed on its behalf by:

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2022

P J Miller - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE GOOD GYM**

Independent examiner's report to the trustees of The Good Gym ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st August 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also 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 Company 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 your charity's accounts as 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 your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of 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 Company 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.

Natalie Floyd, ACA

30th May 2023

THE GOOD GYM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	<u>574,138</u>	<u>313,792</u>	<u>887,930</u>	<u>1,327,382</u>
EXPENDITURE ON					
Charitable activities	3				
Charitable activities		<u>679,228</u>	<u>439,035</u>	<u>1,118,263</u>	<u>988,554</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	12	<u>(105,090)</u> <u>431,362</u>	<u>(125,243)</u> <u>(431,362)</u>	<u>(230,333)</u> <u>-</u>	<u>338,828</u> <u>-</u>
Net movement in funds		<u>326,272</u>	<u>(556,605)</u>	<u>(230,333)</u>	<u>338,828</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>637,777</u>	<u>567,841</u>	<u>1,205,618</u>	<u>866,790</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>964,049</u></u>	<u><u>11,236</u></u>	<u><u>975,285</u></u>	<u><u>1,205,618</u></u>

The notes form part of these financial statements

THE GOOD GYM

BALANCE SHEET
31ST AUGUST 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	9	975	-	975	1,408
CURRENT ASSETS					
Debtors	10	54,673	-	54,673	236,339
Cash at bank		996,258	11,236	1,007,494	1,035,958
		<u>1,050,931</u>	<u>11,236</u>	<u>1,062,167</u>	<u>1,272,297</u>
CREDITORS					
Amounts falling due within one year	11	(87,857)	-	(87,857)	(68,087)
NET CURRENT ASSETS		<u>963,074</u>	<u>11,236</u>	<u>974,310</u>	<u>1,204,210</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>964,049</u>	<u>11,236</u>	<u>975,285</u>	<u>1,205,618</u>
NET ASSETS		<u>964,049</u>	<u>11,236</u>	<u>975,285</u>	<u>1,205,618</u>
FUNDS	12				
Unrestricted funds				964,049	637,777
Restricted funds				11,236	567,841
TOTAL FUNDS				<u>975,285</u>	<u>1,205,618</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st August 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 30th May 2023 and were signed on its behalf by:

P J Miller - Trustee

The notes form part of these financial statements

THE GOOD GYM

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(27,615)</u>	<u>141,345</u>
Net cash (used in)/provided by operating activities		<u>(27,615)</u>	<u>141,345</u>
 Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(849)</u>	<u>(1,203)</u>
Net cash used in investing activities		<u>(849)</u>	<u>(1,203)</u>
 Change in cash and cash equivalents in the reporting period		<u>(28,464)</u>	<u>140,142</u>
Cash and cash equivalents at the beginning of the reporting period		<u>1,035,958</u>	<u>895,816</u>
 Cash and cash equivalents at the end of the reporting period		<u><u>1,007,494</u></u>	<u><u>1,035,958</u></u>

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2022

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(230,333)	338,828
Adjustments for:		
Depreciation charges	1,282	2,375
Decrease/(increase) in debtors	181,666	(204,239)
Increase in creditors	19,770	4,381
Net cash (used in)/provided by operations	<u>(27,615)</u>	<u>141,345</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.9.21 £	Cash flow £	At 31.8.22 £
Net cash			
Cash at bank	1,035,958	(28,464)	1,007,494
	<u>1,035,958</u>	<u>(28,464)</u>	<u>1,007,494</u>
Total	<u>1,035,958</u>	<u>(28,464)</u>	<u>1,007,494</u>

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Grants	350,328	860,052
Corporate partners	215,541	84,128
Branch contracts	47,500	62,660
Government grants	-	2,423
Member donations	274,561	318,119
	<u>887,930</u>	<u>1,327,382</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2022

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Other grants	<u>350,328</u>	<u>860,052</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Charitable activities	<u>1,018,359</u>	<u>99,904</u>	<u>1,118,263</u>

4. SUPPORT COSTS

	Management £	Finance £	Depreciation £	Governance costs £	Totals £
Charitable activities	<u>29,736</u>	<u>826</u>	<u>1,282</u>	<u>68,060</u>	<u>99,904</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Auditor's remuneration	-	3,500
Depreciation - owned assets	<u>1,282</u>	<u>2,375</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2022 nor for the year ended 31st August 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2022 nor for the year ended 31st August 2021.

7. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	508,959	443,709
Other pension costs	8,849	7,477
	<u>517,808</u>	<u>451,186</u>

The average monthly number of employees during the year was as follows:

	2022	2021
	15	13
Full time staff	<u>15</u>	<u>13</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2022

7. STAFF COSTS - continued

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	887,330	440,052	1,327,382
EXPENDITURE ON			
Charitable activities			
Charitable activities	412,510	576,044	988,554
NET INCOME/(EXPENDITURE)	474,820	(135,992)	338,828
Transfers between funds	(33,039)	33,039	-
Net movement in funds	441,781	(102,953)	338,828
RECONCILIATION OF FUNDS			
Total funds brought forward	195,996	670,794	866,790
TOTAL FUNDS CARRIED FORWARD	637,777	567,841	1,205,618

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1st September 2021	9,563
Additions	849
At 31st August 2022	10,412
DEPRECIATION	
At 1st September 2021	8,155
Charge for year	1,282
At 31st August 2022	9,437
NET BOOK VALUE	
At 31st August 2022	975
At 31st August 2021	1,408

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2022

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other debtors	<u>54,673</u>	<u>236,339</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Social security and other taxes	11,626	28,217
VAT	53,639	17,932
Other creditors	<u>22,592</u>	<u>21,938</u>
	<u>87,857</u>	<u>68,087</u>

12. MOVEMENT IN FUNDS

	At 1.9.21 £	Net movement in funds £	Transfers between funds £	At 31.8.22 £
Unrestricted funds				
General fund	637,777	(105,090)	431,362	964,049
Restricted funds				
Lottery Community Fund - Digital Fund	37,570	(21,939)	(5,395)	10,236
Lottery Community Fund - Building Connections	29,827	10,495	(40,322)	-
Sport England - Core Market	32,753	(96,033)	63,280	-
Big Lottery Fund	443,256	11,000	(454,256)	-
Norfolk CF	10,000	-	(10,000)	-
Rayne Foundation	-	424	(424)	-
Neighbourly Grant	229	-	(229)	-
London marathon Charitable Trust	14,206	(30,190)	15,984	-
London Borough of Kingston	-	1,000	-	1,000
	<u>567,841</u>	<u>(125,243)</u>	<u>(431,362)</u>	<u>11,236</u>
TOTAL FUNDS	<u>1,205,618</u>	<u>(230,333)</u>	<u>-</u>	<u>975,285</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2022

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	574,138	(679,228)	(105,090)
Restricted funds			
Lottery Community Fund - Digital Fund	152,510	(174,449)	(21,939)
Lottery Community Fund - Building Connections	10,495	-	10,495
Sport England - Core Market	66,287	(162,320)	(96,033)
Big Lottery Fund	11,000	-	11,000
Rayne Foundation	30,000	(29,576)	424
London marathon Charitable Trust	42,500	(72,690)	(30,190)
London Borough of Kingston	1,000	-	1,000
	<u>313,792</u>	<u>(439,035)</u>	<u>(125,243)</u>
TOTAL FUNDS	<u><u>887,930</u></u>	<u><u>(1,118,263)</u></u>	<u><u>(230,333)</u></u>

Comparatives for movement in funds

	At 1.9.20 £	Net movement in funds £	Transfers between funds £	At 31.8.21 £
Unrestricted funds				
General fund	195,996	474,820	(33,039)	637,777
Restricted funds				
Lottery Community Fund - Digital Fund	30,829	6,741	-	37,570
Lottery Community Fund - Emergency Funding	127,768	(140,045)	12,277	-
Lottery Community Fund - Building Connections	30,035	(208)	-	29,827
Sport England - Core Market	28,317	4,436	-	32,753
Sport England Sector Partner Fund	24,226	(44,478)	20,252	-
Big Lottery Fund	419,619	23,637	-	443,256
Norfolk CF	10,000	-	-	10,000
Rayne Foundation	-	(510)	510	-
Neighbourly Grant	-	229	-	229
London marathon Charitable Trust	-	14,206	-	14,206
	<u>670,794</u>	<u>(135,992)</u>	<u>33,039</u>	<u>567,841</u>
TOTAL FUNDS	<u><u>866,790</u></u>	<u><u>338,828</u></u>	<u><u>-</u></u>	<u><u>1,205,618</u></u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2022

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	887,330	(412,510)	474,820
Restricted funds			
Lottery Community Fund - Digital Fund	156,070	(149,329)	6,741
Lottery Community Fund - Emergency Funding	-	(140,045)	(140,045)
Lottery Community Fund - Building Connections	20,182	(20,390)	(208)
Sport England - Core Market	157,400	(152,964)	4,436
Sport England Sector Partner Fund	-	(44,478)	(44,478)
Big Lottery Fund	44,000	(20,363)	23,637
Rayne Foundation	30,000	(30,510)	(510)
Neighbourly Grant	400	(171)	229
London marathon Charitable Trust	32,000	(17,794)	14,206
	<u>440,052</u>	<u>(576,044)</u>	<u>(135,992)</u>
TOTAL FUNDS	<u><u>1,327,382</u></u>	<u><u>(988,554)</u></u>	<u><u>338,828</u></u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2022.

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	350,328	860,052
Corporate partners	215,541	84,128
Branch contracts	47,500	62,660
Government grants	-	2,423
Member donations	274,561	318,119
	887,930	1,327,382
Total incoming resources		
	887,930	1,327,382
 EXPENDITURE		
Charitable activities		
Salaries and national insurance	508,959	443,709
Pensions	8,849	7,477
Freelance assistance	348,576	349,559
Insurance	2,630	3,314
Events and marketing	25,760	25,411
Website and computer consumables	23,759	15,564
Volunteer recruitment, events and marketing	79,565	36,563
Staff training	6,325	3,092
Recruitment	11,997	9,907
Sundry expenses	821	775
Supplies	1,118	2,433
	1,018,359	897,804
 Support costs		
Management		
Rent and rates	24,970	42,073
Telephone	552	1,101
Postage and stationery	209	166
Travelling expenses	3,495	34
Repairs and renewals	510	3,016
	29,736	46,390
 Finance		
Bank charges	811	911
Other interest	15	472
	826	1,383
 Depreciation		
Depreciation of tangible fixed assets	1,282	2,375

This page does not form part of the statutory financial statements

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2022

	2022 £	2021 £
Depreciation		
Governance costs		
Auditor's remuneration	-	3,500
Accountancy	3,900	4,000
Legal fees	64,160	33,102
	68,060	40,602
Total resources expended	1,118,263	988,554
Net (expenditure)/income	(230,333)	338,828

This page does not form part of the statutory financial statements

THE GOOD GYM

England & Wales - Charity number 1160988

Accounts

REGISTERED COMPANY NUMBER: 06995775 (England and Wales)
REGISTERED CHARITY NUMBER: 1160988

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2021
FOR
THE GOOD GYM

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2021

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THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2021

The Trustees are pleased to present GoodGym's annual report and accounts for the period 1st of Sept 2020 - 31 August 2021.

At the start of this period, GoodGym was active in 58 areas, by 31st of August 2021 GoodGym was active in 59 areas. The new area launched in this time was Luton, which launched in August 2021.

At the start of the period GoodGym had 17,627 members and 106,146 signups. This grew to 18,860 members by 31 August 2021, with over 113,080 signups.

In this period GoodGymers carried out 8,480 group sessions and supported 4,065 older people, completing 41,371 good deeds in total.

The Trustees confirm that the Annual Report and financial statements of the company comply with the Charity's trust deed, current statutory requirements, the requirements of the company's governing document and the provisions of the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

OBJECTIVES AND ACTIVITIES

Objectives and aims

GoodGym is a community of people who get fit by doing good. We provide social contact and practical help to older people, and practical volunteering support for community projects.

The Trustees confirm that GoodGym operates for the public benefit to promote good citizenship by offering opportunities to combine physical exercise with volunteering.

GoodGym's activities:

1. Group sessions: GoodGymers run, walk or cycle as a group or independently to work as a group to provide support to community organisations. We complete tasks such as clearing leaves in parks, sorting food for foodbanks or shifting earth in community gardens.
2. Coach runs: GoodGymers are matched with an isolated and/or lonely older person in their local area, where the GoodGymer stops in for a weekly social visit during their exercise.
3. Missions: GoodGymers carry out one-off practical tasks such as changing smoke alarm batteries, moving furniture or clearing a garden, for isolated and/or vulnerable older people.

STRATEGIC REPORT

Financial position

Our income in the period was £1,327,382 and expenditure was £988,554. At the end of the period we carried over £1,205,618 to the next financial year, including £567,841 of restricted funding.

Reserves policy

The charity's reserves should provide the organisation with adequate financial stability and the means for it to meet its social objectives for the foreseeable future.

We aim to maintain the organisation's reserves and confirmed income at a level which is at least equivalent to six months operational expenditure. Should reserves and confirmed income drop below this amount the trustees are informed immediately.

The CEO, business operations manager and the Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations every two months at Trustees meetings. Our CEO and business operations manager review the cashflow on a fortnightly basis.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation to believe the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they adopt the going concern basis in preparing the financial statements.

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2021

STRATEGIC REPORT

Principal risks and uncertainties

The Trustees have considered the major risks to which the charity is exposed, and have reviewed those risks and established systems and procedures to manage them.

Major risks can be identified as:

- Operational
- Financial
- Human resources
- Reputational
- Governance

Appropriate action to mitigate each type of risk is considered on an ongoing basis by the Board of Trustees and the senior management of the organisation.

As stated above, our income in the period was £1,327,382 and expenditure was £988,554. At the end of the period we carried over £1,205,618 to the next financial year, including £567,841 of restricted funding.

The specific risks we have been managing this period are the operational risks of our group runs and work with older people.

Operational risks:

During this period we continued to manage risks related to Covid-19 and changing levels of risk. We responded to the needs of the communities in which we operate and the associated risks.

The nature of our work with older people continued to require specific precautionary measures. The following measures were in place during this period:

Face-to-face social visits for older people were transferred to telephone calls where possible to mitigate potential spreading of the virus.

For GoodGym tasks for older people (missions) we restricted tasks listed to those essential tasks for living safely at home in response to the pandemic. Training was updated and all runners were instructed to wear PPE and maintain social distancing. Numbers were kept to a minimum for missions in which the older person was present.

We maintained a £20 limit to reduce risk of financial abuse.

To reduce risk of harm to runners, coaches can only be referred when a referrer can verify the older person's environment and behaviour pose no risks to a runner.

To manage risk of harm to older people and to ensure GoodGymers have the necessary knowledge and skills to volunteer with older people, all GoodGymers working with older people must undertake:

- A DBS check.
- Online training which includes modules on adult safeguarding and boundaries
- Verification from a GoodGym representative.

Group session risks:

Group runs were gradually re-introduced towards the end of this period. Group sessions primarily had a focus on the support of essential services such as the NHS and food distribution organisations to balance the risk of spreading the virus against the positive impact we might make.

Training and guidance was updated in accordance with government guidelines throughout this period.

During this time we have continued to:

- Monitor the digital accident book on a daily basis (week days only).
- Update the group run risk assessment.

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2021

STRATEGIC REPORT

- Providing opportunities for trainers to identify potential risks at regular catch-ups.
- Continuing to provide runners with as much information as possible to prevent risks including on run listing and improvements to our training.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Good Gym (operating as GoodGym) was incorporated on 20/08/2009 as a Company limited by Guarantee, number 06995775 and as of 19 March 2015 registered with the Charity Commission of England and Wales under number 1160988. The Good Gym acts according to its Memorandum and Articles of Association.

This is the sixth report made by the Trustees, covering the period 1st of Sept 2020 - 31 August 2021.

Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the deed

Organisational structure and decision making

The Trustees have control of the Charity and its property and funds. They met every two months during this period. The Trustees attend GoodGym events and meetings and provide ongoing support to the CEO and other staff. All Trustees give of their time freely and no Trustee received remuneration in the period. During this period Stephen Greene resigned as a trustee on 19th November 2020. On the 25th September 2020 Abadesi Osunsade, Ruth Forbes and Tamara Green were appointed as trustees.

Ivo Gormley is appointed Chief Executive Officer.

Each GoodGym area has a part-time area activator working on a freelance basis, and GoodGym has an administrative team which supports the area activators and members.

During this period the GoodGym administrative team was made up of 12 full-time staff and approximately 53 part-time staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06995775 (England and Wales)

Registered Charity number

1160988

Registered office

Somerset House
Strand
London
WC2R 1LA

Trustees

S B Greene (resigned 19.11.20)
R B L Marvel
P J Miller Chair
P Hay Non-Executive Director
Ms T Greene (appointed 25.9.20)
Ms R Forbes (appointed 25.9.20)
Ms R Docherty (appointed 25.9.20)
Ms A Osunsade (appointed 25.9.20)

Company Secretary

I A Gormley

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Auditor

Cobbin Floyd Ltd
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Bankers

Natwest Bank Plc
403 Bethnal Green Road
London
E2 0AF

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Good Gym for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

AUDITOR

The auditors, Cobbin Floyd Ltd, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on^{30/6/22}..... and signed on the board's behalf by:



.....
P J Miller - Trustee

REPORT OF THE INDEPENDENT AUDITOR TO THE TRUSTEES OF
THE GOOD GYM

Opinion

We have audited the financial statements of The Good Gym (the 'charitable company') for the year ended 31st August 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st August 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditor thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

REPORT OF THE INDEPENDENT AUDITOR TO THE TRUSTEES OF THE GOOD GYM

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditor that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

To identify risks of material misstatement due to fraud we assessed events or conditions that could indicate an incentive or pressure to commit fraud or provide an opportunity to commit fraud.

Our risk assessment procedures included:

- Discussions with management
- Reading board minutes
- Evaluation of management's controls designed to prevent and detect irregularities
- Using analytical procedures to identify any unusual or unexpected transactions

We communicated the identified fraud risks with the audit team and remained alert to any indications of fraud throughout the audit.

As required by auditing standards, and taking into account our overall knowledge of the control environment, we performed procedures to address the risk of management override of controls, in particular the risk that management may be in a position to make inappropriate accounting entries. On this audit we do not believe that there is a fraud risk related to revenue recognition because there are no material judgements involved and all membership donations are set and agreed by the board of Trustees.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditor.

REPORT OF THE INDEPENDENT AUDITOR TO THE TRUSTEES OF
THE GOOD GYM

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Cobbin Floyd Ltd
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
Chartered Accountants
15a Station Road
Epping
Essex
CM16 4HG

Date:

THE GOOD GYM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	887,330	440,052	1,327,382	1,712,344
EXPENDITURE ON					
Charitable activities	3				
Charitable activities		412,510	576,044	988,554	923,839
NET INCOME/(EXPENDITURE)		474,820	(135,992)	338,828	788,505
Transfers between funds	12	(33,039)	33,039	-	-
Net movement in funds		441,781	(102,953)	338,828	788,505
RECONCILIATION OF FUNDS					
Total funds brought forward		195,996	670,794	866,790	78,285
TOTAL FUNDS CARRIED FORWARD		637,777	567,841	1,205,618	866,790

The notes form part of these financial statements

THE GOOD GYM

BALANCE SHEET
31ST AUGUST 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	9	1,408	-	1,408	2,580
CURRENT ASSETS					
Debtors	10	236,339	-	236,339	32,100
Cash at bank		468,117	567,841	1,035,958	895,816
		<u>704,456</u>	<u>567,841</u>	<u>1,272,297</u>	<u>927,916</u>
CREDITORS					
Amounts falling due within one year	11	(68,087)	-	(68,087)	(63,706)
NET CURRENT ASSETS		<u>636,369</u>	<u>567,841</u>	<u>1,204,210</u>	<u>864,210</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>637,777</u>	<u>567,841</u>	<u>1,205,618</u>	<u>866,790</u>
NET ASSETS		<u>637,777</u>	<u>567,841</u>	<u>1,205,618</u>	<u>866,790</u>
FUNDS	12				
Unrestricted funds				637,777	195,996
Restricted funds				567,841	670,794
TOTAL FUNDS				<u>1,205,618</u>	<u>866,790</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2021.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The financial statements were approved by the Board of Trustees and authorised for issue on 30/6/22..... and were signed on its behalf by:


.....

The notes form part of these financial statements

THE GOOD GYM

BALANCE SHEET - continued
31ST AUGUST 2021

P J Miller - Trustee

The notes form part of these financial statements

THE GOOD GYM

CASH FLOW STATEMENT

FOR THE YEAR ENDED 31ST AUGUST 2021

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	141,345	783,837
Net cash provided by operating activities		141,345	783,837
Cash flows from investing activities			
Purchase of tangible fixed assets		(1,203)	(1,799)
Net cash used in investing activities		(1,203)	(1,799)
Change in cash and cash equivalents in the reporting period		140,142	782,038
Cash and cash equivalents at the beginning of the reporting period		895,816	113,778
Cash and cash equivalents at the end of the reporting period		1,035,958	895,816

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2021

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021	2020
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	338,828	788,505
Adjustments for:		
Depreciation charges	2,375	1,975
Increase in debtors	(204,239)	(19,700)
Increase in creditors	4,381	13,057
Net cash provided by operations	141,345	783,837

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.9.20	Cash flow	At 31.8.21
	£	£	£
Net cash			
Cash at bank	895,816	140,142	1,035,958
	895,816	140,142	1,035,958
Total	895,816	140,142	1,035,958

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31ST AUGUST 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Grants	860,052	1,119,959
Corporate partners	84,128	(5,712)
Branch contracts	62,660	211,297
Government grants	2,423	14,756
Member donations	318,119	372,044
	<u>1,327,382</u>	<u>1,712,344</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2021

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Other grants	860,052	1,119,959

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Charitable activities	897,804	90,750	988,554

4. SUPPORT COSTS

	Management £	Finance £	Information technology £
Charitable activities	43,374	1,383	3,016

	Depreciation £	Governance costs £	Totals £
Charitable activities	2,375	40,602	90,750

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Auditor's remuneration	3,500	2,570
Depreciation - owned assets	2,375	1,975

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2021 nor for the year ended 31st August 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2021 nor for the year ended 31st August 2020.

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2021

7. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	443,709	485,693
Other pension costs	7,477	9,942
	<u>451,186</u>	<u>495,635</u>

The average monthly number of employees during the year was as follows:

	2021	2020
	13	14
Full time staff	<u>13</u>	<u>14</u>

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	848,266	864,078	1,712,344
 EXPENDITURE ON			
Charitable activities			
Charitable activities	505,680	418,159	923,839
 NET INCOME	<u>342,586</u>	<u>445,919</u>	<u>788,505</u>
 RECONCILIATION OF FUNDS			
Total funds brought forward	(146,590)	224,875	78,285
 TOTAL FUNDS CARRIED FORWARD	<u>195,996</u>	<u>670,794</u>	<u>866,790</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2021

9. TANGIBLE FIXED ASSETS

Computer
equipment
£

COST

At 1st September 2020

8,360

Additions

1,203

At 31st August 2021

9,563

DEPRECIATION

At 1st September 2020

5,780

Charge for year

2,375

At 31st August 2021

8,155

NET BOOK VALUE

At 31st August 2021

1,408

At 31st August 2020

2,580

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2021

2020

£

£

Other debtors

236,339

32,100

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2021

2020

£

£

Social security and other taxes

28,217

12,839

VAT

17,932

29,590

Other creditors

21,938

21,277

68,087

63,706

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2021

12. MOVEMENT IN FUNDS

	At 1.9.20 £	Net movement in funds £	Transfers between funds £	At 31.8.21 £
Unrestricted funds				
General fund	195,996	474,820	(33,039)	637,777
Restricted funds				
Lottery Community Fund - Digital Fund	30,829	6,741	-	37,570
Lottery Community Fund - Emergency Funding	127,768	(140,045)	12,277	-
Lottery Community Fund - Building Connections	30,035	(208)	-	29,827
Sport England - Core Market	28,317	4,436	-	32,753
Sport England Sector Partner Fund	24,226	(44,478)	20,252	-
Big Lottery Fund	419,619	23,637	-	443,256
Norfolk CF	10,000	-	-	10,000
Rayne Foundation	-	(510)	510	-
Neighbourly Grant	-	229	-	229
London marathon Charitable Trust	-	14,206	-	14,206
	<u>670,794</u>	<u>(135,992)</u>	<u>33,039</u>	<u>567,841</u>
TOTAL FUNDS	<u>866,790</u>	<u>338,828</u>	<u>-</u>	<u>1,205,618</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	887,330	(412,510)	474,820
Restricted funds			
Lottery Community Fund - Digital Fund	156,070	(149,329)	6,741
Lottery Community Fund - Emergency Funding	-	(140,045)	(140,045)
Lottery Community Fund - Building Connections	20,182	(20,390)	(208)
Sport England - Core Market	157,400	(152,964)	4,436
Sport England Sector Partner Fund	-	(44,478)	(44,478)
Big Lottery Fund	44,000	(20,363)	23,637
Rayne Foundation	30,000	(30,510)	(510)
Neighbourly Grant	400	(171)	229
London marathon Charitable Trust	32,000	(17,794)	14,206
	<u>440,052</u>	<u>(576,044)</u>	<u>(135,992)</u>
TOTAL FUNDS	<u>1,327,382</u>	<u>(988,554)</u>	<u>338,828</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2021

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.19 £	Net movement in funds £	At 31.8.20 £
Unrestricted funds			
General fund	(146,590)	342,586	195,996
Restricted funds			
Lottery Community Fund - Digital Fund	-	30,829	30,829
Lottery Community Fund - Emergency Funding	-	127,768	127,768
Lottery Community Fund - Building Connections	25,305	4,730	30,035
Sport England - Core Market	(32,516)	60,833	28,317
Sport England Sector Partner Fund	-	24,226	24,226
Big Lottery Fund	222,086	197,533	419,619
Norfolk CF	10,000	-	10,000
	<u>224,875</u>	<u>445,919</u>	<u>670,794</u>
TOTAL FUNDS	<u>78,285</u>	<u>788,505</u>	<u>866,790</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	848,266	(505,680)	342,586
Restricted funds			
Lottery Community Fund - Digital Fund	142,500	(111,671)	30,829
Lottery Community Fund - Emergency Funding	239,100	(111,332)	127,768
Lottery Community Fund - Building Connections	34,109	(29,379)	4,730
Sport England - Core Market	149,870	(89,037)	60,833
Sport England Sector Partner Fund	100,000	(75,774)	24,226
Big Lottery Fund	198,499	(966)	197,533
	<u>864,078</u>	<u>(418,159)</u>	<u>445,919</u>
TOTAL FUNDS	<u>1,712,344</u>	<u>(923,839)</u>	<u>788,505</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2021

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2021.

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	860,052	1,119,959
Corporate partners	84,128	(5,712)
Branch contracts	62,660	211,297
Government grants	2,423	14,756
Member donations	318,119	372,044
	1,327,382	1,712,344
Total incoming resources	1,327,382	1,712,344
 EXPENDITURE		
Charitable activities		
Salaries and national insurance	443,709	485,693
Pensions	7,477	9,942
Freelance assistance	349,559	297,984
Insurance	3,314	2,518
Events and marketing	25,411	16,419
Website and computer consumables	15,564	10,985
Volunteer recruitment, events and marketing	36,563	21,366
Staff training	3,092	3,297
Recruitment	9,907	11,379
Sundry expenses	775	5,201
Supplies	2,433	7,869
	897,804	872,653
Support costs		
Management		
Rent and rates	42,073	20,923
Telephone	1,101	2,153
Postage and stationery	166	449
Travelling expenses	34	6,047
	43,374	29,572
Finance		
Bank charges	911	939
Other interest	472	571
	1,383	1,510
Information technology		
Repairs and renewals	3,016	-
Depreciation		
Computer equipment	2,375	1,975

This page does not form part of the statutory financial statements

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2021

	2021 £	2020 £
Depreciation		
Governance costs		
Auditor's remuneration	3,500	2,570
Accountancy	4,000	1,210
Legal fees	33,102	14,349
	40,602	18,129
Total resources expended	988,554	923,839
Net income	338,828	788,505

This page does not form part of the statutory financial statements

THE GOOD GYM

England & Wales - Charity number 1160988

Accounts

REGISTERED COMPANY NUMBER: 06995775 (England and Wales)
REGISTERED CHARITY NUMBER: 1160988

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2020
FOR
THE GOOD GYM

S. Cobbin & Co Limited
Chartered Accountants &
Registered Auditor
15a Station Road
Epping
Essex
CM16 4HG

THE GOOD GYM

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FOR THE YEAR ENDED 31ST AUGUST 2020

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THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2020

The Trustees are pleased to present GoodGym's annual report and accounts for the period 1st of Sept 2019 - 31 August 2020.

Our 19-20 financial year was a difficult period in which we needed to make significant changes in response to the Covid-19 pandemic. Overall we have had impact despite having to stop group runs for a large proportion of the year.

At the start of this period, GoodGym was active in 53 areas, by 31st of August 2020 GoodGym was active in 58 areas. The new areas launched in this time included Leeds, Derby and Crewe and Warwick and Leamington Spa, and Windsor and Maidenhead.

At the start of the period GoodGym had 14,379 members and this grew to 18,238 members by 31 August 2020, and we had over 15,000 signups.

In this period 5,174 GoodGym runners carried out 54,119 good deeds, carried out 1500 sessions for community organisations and supported 2,692 older people with regular social visits and/or practical support at home.

The Trustees confirm that the Annual Report and financial statements of the company comply with the Charity's trust deed, current statutory requirements, the requirements of the company's governing document and the provisions of the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES

STRATEGIC REPORT

Financial position

Our income in the period was £1,712,344 and expenditure was £921,864. At the end of the period we carried over £866,790 to the next financial year, including £670,794 of restricted funding.

Reserves policy

The charity's reserves should provide the organisation with adequate financial stability and the means for it to meet its social objectives for the foreseeable future.

We aim to maintain the organisation's reserves and confirmed income at a level which is at least equivalent to six months operational expenditure. Should reserves and confirmed income drop below this amount the trustees are informed immediately.

We aim to keep each GoodGym area sustainable and ensure that it has funds reserved to ensure its sustainability.

The CEO and the Trustees review the amount of reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations on a quarterly basis at Trustees meetings. The CEO and Head of Business Development review the cashflow on a fortnightly basis.

Going concern

After making appropriate enquiries the Trustees have a reasonable expectation to believe the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they adopt the going concern basis in preparing the financial statements.

THE GOOD GYM

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 31ST AUGUST 2020**

STRATEGIC REPORT

Principal risks and uncertainties

The Trustees have considered the major risks to which the charity is exposed, and have reviewed those risks and established systems and procedures to manage them.

Major risks can be identified as:

- Operational
- Financial
- Human resources
- Reputational
- Governance

Appropriate action to mitigate each type of risk is considered on an ongoing basis by the Board of Trustees and the senior management of the organisation.

The specific risks we have been managing during this period are the operational risks of carrying out our support for older people and community projects in the context of the Covid-19 pandemic.

Operational risks:

Due to Covid-19 we have made extensive changes to our operations in response to the needs of the communities in which we operate and the associated risks.

The nature of our work with older people requires specific precautionary measures. The following measures were in place during this period.

Mitigations related to Covid-19:

During the Covid-19 all face-to-face social visits for older people were transferred to telephone calls where possible to mitigate potential for spreading the virus.

Before the pandemic, to manage risk of harm to older people and to ensure GoodGym runners have the necessary knowledge and skills to volunteer with older people, and to they must undertake:

- A DBS check.
- Online training which includes modules on adult safeguarding and boundaries
- A 30 minute training call with one of the central team to ensure they have understood the training and are a good fit for the role.
- A personal and professional reference.

Only once a runner has passed all of these checks can they be matched with an older person.

For GoodGym tasks for older people (missions) we restricted tasks listed to those essential tasks for living safely at home in response to the pandemic. Training was updated and all runners were instructed to wear PPE and maintain social distancing.

We introduced shopping and pharmacy deliveries with a £20 limit to reduce risk of financial abuse.

Our standard missions verification process remained in place including DBS checks and training for all those going into the homes of older people.

To reduce risk of harm to runners, coaches can only be referred when a referrer can verify the older person's environment and behaviour pose no risks to a runner.

Group session risks:

Our group runs were on hold from the 18th of March to the end of this period due to the potential risk of spreading the virus.

Community missions focused on the support of essential services such as the NHS and food distribution organisations.

Updated training was introduced for all runners.

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2020

STRATEGIC REPORT

During this time we have continued to:

- Monitor the digital accident book on a daily basis (week days only).
- Update the group run risk assessment.
- Providing opportunities for trainers to identify potential risks at regular catch-ups.
- Continuing to provide runners with as much information as possible to prevent risks including on run listing and improvements to our training.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Good Gym (operating as GoodGym) was incorporated on 20/08/2009 as a Company limited by Guarantee, number 06995775 and as of 19 March 2015 registered with the Charity Commission of England and Wales under number 1160988. The Good Gym acts according to its Memorandum and Articles of Association.

Recruitment and appointment of new trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the deed

Organisational structure

The Trustees have control of the Charity and its property and funds. They met quarterly during this period. The Trustees attend GoodGym events and meetings and provide ongoing support to the CEO and other staff. All Trustees give of their time freely and no Trustee received remuneration in the period.

Ivo Gormley is appointed Chief Executive Officer.

Each GoodGym area has a part-time trainer working on a freelance basis, and GoodGym has an administrative team which supports the trainers and members.

During this period the GoodGym administrative team was made up of 14 full-time staff and 55 part time staff (area activators).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

06995775 (England and Wales)

Registered Charity number

1160988

Registered office

Somerset House
Strand
London
WC2R 1LA

Trustees

S B Greene
R B L Marvel
P J Miller
P Hay Non-Executive Director
S A Morrison Gardener

Company Secretary

I A Gormley

THE GOOD GYM

REPORT OF THE TRUSTEES **FOR THE YEAR ENDED 31ST AUGUST 2020**

REFERENCE AND ADMINISTRATIVE DETAILS

Auditors

Simon Cobbin
FCA
S. Cobbin & Co Limited
Chartered Accountants &
Registered Auditor
15a Station Road
Epping
Essex
CM16 4HG

Bankers

Natwest Bank Plc
403 Bethnal Green Road
London
E2 0AF

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Good Gym for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, S. Cobbin & Co Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

THE GOOD GYM
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2020

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 23rd June 2021 and signed on the board's behalf by:

S B Greene - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF
THE GOOD GYM

Opinion

We have audited the financial statements of The Good Gym (the 'charitable company') for the year ended 31st August 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st August 2020 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

REPORT OF THE INDEPENDENT AUDITORS TO THE TRUSTEES OF
THE GOOD GYM

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

S. Cobbin & Co Limited
Chartered Accountants &
Registered Auditor
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
15a Station Road
Epping
Essex
CM16 4HG

23rd June 2021

THE GOOD GYM

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	848,266	864,078	1,712,344	923,374
EXPENDITURE ON					
Charitable activities	3				
Charitable activities		505,680	418,159	923,839	864,296
Other		-	-	-	56,012
Total		505,680	418,159	923,839	920,308
NET INCOME		342,586	445,919	788,505	3,066
RECONCILIATION OF FUNDS					
Total funds brought forward		(146,590)	224,875	78,285	75,219
TOTAL FUNDS CARRIED FORWARD		195,996	670,794	866,790	78,285

Surplus and Deficit Account 968

Posting discrepancies were found in the reserve accounts listed below. This is because the brought forward postings in the current year are not equal to the figures carried forward by IRIS at the end of last year. Please check your postings in the brought forward account for the surplus and deficit account 968.

	Unrestricted funds £	Restricted funds £	Total funds £
Brought forward - 968/1	(146,590)	224,875	78,285
Carried forward	78,285	-	78,285
Difference	224,875	(224,875)	-

Post to relevant accounts (see ICHA chart of accounts for further details)

The notes form part of these financial statements

THE GOOD GYM

BALANCE SHEET
31ST AUGUST 2020

	Notes	Unrestricted fund £	Restricted funds £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	9	781	1,799	2,580	2,756
CURRENT ASSETS					
Debtors	10	32,100	-	32,100	12,400
Cash at bank		226,821	668,995	895,816	113,778
		<u>258,921</u>	<u>668,995</u>	<u>927,916</u>	<u>126,178</u>
CREDITORS					
Amounts falling due within one year	11	(63,706)	-	(63,706)	(50,649)
NET CURRENT ASSETS		<u>195,215</u>	<u>668,995</u>	<u>864,210</u>	<u>75,529</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>195,996</u>	<u>670,794</u>	<u>866,790</u>	<u>78,285</u>
NET ASSETS		<u>195,996</u>	<u>670,794</u>	<u>866,790</u>	<u>78,285</u>
FUNDS	12				
Unrestricted funds				195,996	78,285
Restricted funds				670,794	-
TOTAL FUNDS				<u>866,790</u>	<u>78,285</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st August 2020.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The financial statements were approved by the Board of Trustees and authorised for issue on 23rd June 2021 and were signed on its behalf by:

THE GOOD GYM

BALANCE SHEET - continued
31ST AUGUST 2020

S B Greene - Trustee

The notes form part of these financial statements

THE GOOD GYM

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2020

	Notes	2020 £	2019 £
Cash flows from operating activities			
Cash generated from operations	1	<u>783,837</u>	<u>56,538</u>
Net cash provided by operating activities		<u>783,837</u>	<u>56,538</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(1,799)</u>	<u>(4,125)</u>
Net cash used in investing activities		<u>(1,799)</u>	<u>(4,125)</u>
Change in cash and cash equivalents in the reporting period		<u>782,038</u>	<u>52,413</u>
Cash and cash equivalents at the beginning of the reporting period		<u>113,778</u>	<u>61,365</u>
Cash and cash equivalents at the end of the reporting period		<u><u>895,816</u></u>	<u><u>113,778</u></u>

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31ST AUGUST 2020

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2020	2019
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	788,505	3,066
Adjustments for:		
Depreciation charges	1,975	2,181
(Increase)/decrease in debtors	(19,700)	50,493
Increase in creditors	13,057	798
Net cash provided by operations	783,837	56,538

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.9.19	Cash flow	At 31.8.20
	£	£	£
Net cash			
Cash at bank	113,778	782,038	895,816
	113,778	782,038	895,816
Total	113,778	782,038	895,816

The notes form part of these financial statements

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31ST AUGUST 2020**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2020	2019
	£	£
Gift aid	-	47,160
Grants	1,119,959	294,771
Corporate partners	(5,712)	30,000
Branch contracts	211,297	214,518
Government grants	14,756	-
Member donations	372,044	336,925
	1,712,344	923,374

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2020

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	2020	2019
	£	£
Other grants	<u>1,119,959</u>	<u>294,771</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Charitable activities	<u>872,653</u>	<u>51,186</u>	<u>923,839</u>

4. SUPPORT COSTS

	Management £	Finance £	Depreciation £	Governance costs £	Totals £
Charitable activities	<u>29,572</u>	<u>1,510</u>	<u>1,975</u>	<u>18,129</u>	<u>51,186</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2020	2019
	£	£
Auditor's remuneration	<u>2,570</u>	-
Depreciation - owned assets	<u>1,975</u>	<u>2,181</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2020 nor for the year ended 31st August 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2020 nor for the year ended 31st August 2019.

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2020

7. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	485,693	435,432
Other pension costs	9,942	7,324
	<u>495,635</u>	<u>442,756</u>

The average monthly number of employees during the year was as follows:

	2020	2019
	14	13
Full time staff	<u>14</u>	<u>13</u>

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	923,374	-	923,374
EXPENDITURE ON			
Charitable activities			
Charitable activities	864,296	-	864,296
Other	56,012	-	56,012
Total	<u>920,308</u>	<u>-</u>	<u>920,308</u>
NET INCOME	<u>3,066</u>	<u>-</u>	<u>3,066</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	75,219	-	75,219
TOTAL FUNDS CARRIED FORWARD	<u><u>78,285</u></u>	<u><u>-</u></u>	<u><u>78,285</u></u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2020

9. TANGIBLE FIXED ASSETS

Computer
equipment
£

COST

At 1st September 2019

6,561

Additions

1,799

At 31st August 2020

8,360

DEPRECIATION

At 1st September 2019

3,805

Charge for year

1,975

At 31st August 2020

5,780

NET BOOK VALUE

At 31st August 2020

2,580

At 31st August 2019

2,756

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2020

2019

£

£

Other debtors

32,100

12,400

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2020

2019

£

£

Social security and other taxes

12,839

30,535

VAT

29,590

-

Other creditors

21,277

20,114

63,706

50,649

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2020

12. MOVEMENT IN FUNDS

	At 1.9.19 £	Net movement in funds £	At 31.8.20 £
Unrestricted funds			
General fund	(146,590)	342,586	195,996
Restricted funds			
Lottery Community Fund - Digital Fund	-	30,829	30,829
Lottery Community Fund - Emergency Funding	-	127,768	127,768
Lottery Community Fund - Building Connections	25,305	4,730	30,035
Sport England - Core Market	(32,516)	60,833	28,317
Sport England Sector Partner Fund	-	24,226	24,226
Big Lottery Fund	222,086	197,533	419,619
Norfolk CF	10,000	-	10,000
	<u>224,875</u>	<u>445,919</u>	<u>670,794</u>
TOTAL FUNDS	<u>78,285</u>	<u>788,505</u>	<u>866,790</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	848,266	(505,680)	342,586
Restricted funds			
Lottery Community Fund - Digital Fund	142,500	(111,671)	30,829
Lottery Community Fund - Emergency Funding	239,100	(111,332)	127,768
Lottery Community Fund - Building Connections	34,109	(29,379)	4,730
Sport England - Core Market	149,870	(89,037)	60,833
Sport England Sector Partner Fund	100,000	(75,774)	24,226
Big Lottery Fund	198,499	(966)	197,533
	<u>864,078</u>	<u>(418,159)</u>	<u>445,919</u>
TOTAL FUNDS	<u>1,712,344</u>	<u>(923,839)</u>	<u>788,505</u>

THE GOOD GYM

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2020

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.18 £	Net movement in funds £	At 31.8.19 £
Unrestricted funds			
General fund	75,219	3,066	78,285
TOTAL FUNDS	<u>75,219</u>	<u>3,066</u>	<u>78,285</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	923,374	(920,308)	3,066
TOTAL FUNDS	<u>923,374</u>	<u>(920,308)</u>	<u>3,066</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2020.

THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2020

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gift aid	-	47,160
Grants	1,119,959	294,771
Corporate partners	(5,712)	30,000
Branch contracts	211,297	214,518
Government grants	14,756	-
Member donations	372,044	336,925
	1,712,344	923,374
Total incoming resources	1,712,344	923,374
 EXPENDITURE		
Charitable activities		
Salaries and national insurance	485,693	435,432
Pensions	9,942	7,324
Freelance assistance	297,984	297,000
Insurance	2,518	2,536
Events and marketing	16,419	21,082
Website and computer consumables	10,985	7,221
Volunteer recruitment, events and marketing	21,366	39,190
Staff training	3,297	10,645
Recruitment	11,379	7,025
Sundry expenses	5,201	4,528
Supplies	7,869	-
	872,653	831,983
Support costs		
Management		
Rent and rates	20,923	56,012
Telephone	2,153	5,672
Postage and stationery	449	630
Travelling expenses	6,047	10,735
	29,572	73,049
Finance		
Bank charges	939	845
Other interest	571	-
	1,510	845
Depreciation		
Computer equipment	1,975	2,181

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THE GOOD GYM

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2020

	2020 £	2019 £
Depreciation		
Governance costs		
Auditor's remuneration	2,570	-
Accountancy	1,210	3,600
Legal fees	14,349	8,650
	18,129	12,250
Total resources expended	923,839	920,308
Net income	788,505	3,066

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