

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
	<hr/>	<hr/>
Net cash provided by operations	783,837	56,538
	<hr/> <hr/>	<hr/> <hr/>

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
	<hr/>	<hr/>	<hr/>
	113,778	782,038	895,816
	<hr/>	<hr/>	<hr/>
Total	113,778	782,038	895,816
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

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	2,570	-
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
	<hr/>
At 31st August 2020	8,360
	<hr/>
DEPRECIATION	
At 1st September 2019	3,805
Charge for year	1,975
	<hr/>
At 31st August 2020	5,780
	<hr/>
NET BOOK VALUE	
At 31st August 2020	2,580
	<hr/> <hr/>
At 31st August 2019	2,756
	<hr/> <hr/>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Other debtors	32,100	12,400
	<hr/> <hr/>	<hr/> <hr/>

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
	<hr/>	<hr/>
	63,706	50,649
	<hr/> <hr/>	<hr/> <hr/>

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
	<hr/> 1,712,344	<hr/> 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	-
	<hr/> 872,653	<hr/> 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
	<hr/> 29,572	<hr/> 73,049
Finance		
Bank charges	939	845
Other interest	571	-
	<hr/> 1,510	<hr/> 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
	<hr/> 18,129	<hr/> 12,250
Total resources expended	<hr/> 923,839	<hr/> 920,308
Net income	<hr/> <hr/> 788,505	<hr/> <hr/> 3,066

This page does not form part of the statutory financial statements