

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.

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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.

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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, on30/6/22..... 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 on30/6/22..... 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
	<hr/>	<hr/>
Net cash provided by operations	141,345	783,837
	<hr/> <hr/>	<hr/> <hr/>

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
	<hr/>	<hr/>	<hr/>
	895,816	140,142	1,035,958
	<hr/>	<hr/>	<hr/>
Total	895,816	140,142	1,035,958
	<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 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
	<hr/> 1,327,382	<hr/> 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
	<hr/> 897,804	<hr/> 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
	<hr/> 43,374	<hr/> 29,572
Finance		
Bank charges	911	939
Other interest	472	571
	<hr/> 1,383	<hr/> 1,510
Information technology		
Repairs and renewals	3,016	-
Depreciation		
Computer equipment	2,375	1,975

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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
	<hr/> 40,602	<hr/> 18,129
Total resources expended	<hr/> 988,554	<hr/> 923,839
Net income	<hr/> <hr/> 338,828	<hr/> <hr/> 788,505

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