

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	<u>(278,043)</u>	<u>(27,615)</u>

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
		<u>1,007,494</u>	<u>(279,051)</u>	<u>728,443</u>
	Total	<u>1,007,494</u>	<u>(279,051)</u>	<u>728,443</u>

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
	821,987	887,930

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

	2023	2022
	£	£
Other grants	354,975	350,328

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><u>15</u></u>	<u><u>15</u></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
	<hr/>
At 31st August 2023	11,420
	<hr/>
DEPRECIATION	
At 1st September 2022	9,437
Charge for year	1,020
	<hr/>
At 31st August 2023	10,457
	<hr/>
NET BOOK VALUE	
At 31st August 2023	963
	<hr/> <hr/>
At 31st August 2022	975
	<hr/> <hr/>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other debtors	116,907	54,673
	<hr/> <hr/>	<hr/> <hr/>

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
	<hr/>	<hr/>
	99,471	87,857
	<hr/> <hr/>	<hr/> <hr/>

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
	11,236	102,825	14,543	128,604
TOTAL FUNDS	975,285	(228,443)	-	746,842

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
	174,035	(71,210)	102,825
TOTAL FUNDS	821,987	(1,050,430)	(228,443)

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
	<hr/> 821,987	<hr/> 887,930
Total incoming resources	<hr/> 821,987	<hr/> 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
	<hr/> 1,010,274	<hr/> 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
	<hr/> 3,276	<hr/> 29,736
Finance		
Bank charges	765	811
Other interest	-	15
	<hr/> 765	<hr/> 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
	<hr/> 35,095	<hr/> 68,060
Total resources expended	<hr/> 1,050,430	<hr/> 1,118,263
Net expenditure	<hr/> (228,443) <hr/>	<hr/> (230,333) <hr/>

This page does not form part of the statutory financial statements