

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 GoodGymers stop 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				
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	<u>306,273</u>	<u>290,420</u>	<u>596,693</u>	<u>821,987</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	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>
<b>Total</b>		<u>671,270</u>	<u>254,450</u>	<u>925,720</u>	<u>1,050,430</u>
<b>NET INCOME/(EXPENDITURE)</b>					
<b>Transfers between funds</b>	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>
<b>Net movement in funds</b>		<u>(365,363)</u>	<u>36,336</u>	<u>(329,027)</u>	<u>(228,443)</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>618,238</u>	<u>128,604</u>	<u>746,842</u>	<u>975,285</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<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 £
<b>FIXED ASSETS</b>					
Tangible assets	8	346	-	346	963
<b>CURRENT ASSETS</b>					
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>
<b>CREDITORS</b>					
Amounts falling due within one year	10	(50,330)	-	(50,330)	(99,471)
<b>NET CURRENT ASSETS</b>		<u>252,529</u>	<u>164,940</u>	<u>417,469</u>	<u>745,879</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>252,875</u>	<u>164,940</u>	<u>417,815</u>	<u>746,842</u>
<b>NET ASSETS</b>		<u>252,875</u>	<u>164,940</u>	<u>417,815</u>	<u>746,842</u>
<b>FUNDS</b>	11				
Unrestricted funds				252,875	618,238
Restricted funds				164,940	128,604
<b>TOTAL FUNDS</b>				<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 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	(271,153)	(278,043)
Net cash used in operating activities		(271,153)	(278,043)
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		-	(1,008)
Net cash provided by/(used in) investing activities		-	(1,008)
<b>Change in cash and cash equivalents in the reporting period</b>		(271,153)	(279,051)
<b>Cash and cash equivalents at the beginning of the reporting period</b>		728,443	1,007,494
<b>Cash and cash equivalents at the end of the reporting period</b>		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**

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

**2. ANALYSIS OF CHANGES IN NET FUNDS**

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

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**

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

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

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

**3. CHARITABLE ACTIVITIES COSTS**

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

**4. SUPPORT COSTS**

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

**5. NET INCOME/(EXPENDITURE)**

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

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

**8. TANGIBLE FIXED ASSETS**

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

**9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Other debtors	<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	£
<b>Unrestricted funds</b>				
General fund	618,238	(364,997)	(366)	252,875
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	306,273	(671,270)	(364,997)
<b>Restricted funds</b>			
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
	<hr/>	<hr/>	<hr/>
	290,420	(254,450)	35,970
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<b>596,693</b>	<b>(925,720)</b>	<b>(329,027)</b>
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**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 £
<b>Unrestricted funds</b>				
General fund	964,049	(331,268)	(14,543)	618,238
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	647,952	(979,220)	(331,268)
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
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
	<hr/> 596,693	<hr/> 821,987
<b>Total incoming resources</b>	<b>596,693</b>	<b>821,987</b>
 <b>EXPENDITURE</b>		
<b>Charitable activities</b>		
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
	<hr/> 913,487	<hr/> 1,010,274
 <b>Support costs</b>		
<b>Management</b>		
Rent and rates	-	187
Telephone	253	136
Postage and stationery	155	327
Travelling expenses	1,011	2,626
	<hr/> 1,419	<hr/> 3,276
 <b>Finance</b>		
Bank charges	762	765
 <b>Depreciation</b>		
Depreciation of tangible fixed assets	617	1,020
 <b>Governance costs</b>		
Accountancy	6,195	5,900
Legal and professional fees	3,240	29,195
	<hr/> 9,435	<hr/> 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	<b>925,720</b>	1,050,430
<b>Net expenditure</b>	<b>(329,027)</b>	(228,443)

This page does not form part of the statutory financial statements