

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

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

**THE GOOD GYM**

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**FOR THE YEAR ENDED 31ST AUGUST 2025**

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

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

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

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

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

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

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

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

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

GoodGym's activities:

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

**FINANCIAL REVIEW**

**Financial position**

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

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

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

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

**FINANCIAL REVIEW**

**Reserves policy**

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

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

**Going concern**

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

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

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Constitution**

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

**Method of appointment or election of Trustees**

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

**Organisational structure and decision making**

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

Ivo Gormley is appointed Chief Executive Officer.

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

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

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

06995775 (England and Wales)

**Registered Charity number**

1160988

**Registered office**

15a Station Road  
Epping  
Essex  
CM16 4HG

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

**Trustees**

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

**Company Secretary**

I A Gormley

**Bankers**

National Westminster Bank  
216 Bishopsgate  
London  
EC2M 4QB

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

Ms J R Ashcroft (Chair) - Trustee

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

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

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

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

27th May 2026

**THE GOOD GYM**

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

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

The notes form part of these financial statements

**THE GOOD GYM (REGISTERED NUMBER: 06995775)**

**BALANCE SHEET**  
**31ST AUGUST 2025**

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

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

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

The trustees acknowledge their responsibilities for

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

The notes form part of these financial statements



**THE GOOD GYM (REGISTERED NUMBER: 06995775)**

**BALANCE SHEET - continued**  
**31ST AUGUST 2025**

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

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

J R Ashcroft (Chair) - Trustee

The notes form part of these financial statements

**THE GOOD GYM**

**CASH FLOW STATEMENT**  
**FOR THE YEAR ENDED 31ST AUGUST 2025**

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

The notes form part of these financial statements

**THE GOOD GYM**

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

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

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

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

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

The notes form part of these financial statements

**THE GOOD GYM**

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

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

COMPARE MOVEMENT ON CASH FLOW STATEMENT (162,221)

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

## **THE GOOD GYM**

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

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

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

##### **Income**

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

##### **Expenditure**

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

##### **Tangible fixed assets**

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

Computer equipment                      - 33% on cost

##### **Taxation**

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

##### **Fund accounting**

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

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

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

##### **Pension costs and other post-retirement benefits**

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

#### **2. DONATIONS AND LEGACIES**

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

**THE GOOD GYM**

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

**2. DONATIONS AND LEGACIES - continued**

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

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

**3. OTHER TRADING ACTIVITIES**

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

**4. CHARITABLE ACTIVITIES COSTS**

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

**5. SUPPORT COSTS**

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

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

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

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

**7. TRUSTEES' REMUNERATION AND BENEFITS**

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

**Trustees' expenses**

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

**THE GOOD GYM**

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

**8. STAFF COSTS**

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

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

	2025	2024
	<u>14</u>	<u>15</u>
Full time staff		

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

	2025	2024
	<u>1</u>	<u>1</u>
£60,001 - £70,000		

**9. TANGIBLE FIXED ASSETS**

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

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

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

**THE GOOD GYM**

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

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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



**THE GOOD GYM**

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

**12. MOVEMENT IN FUNDS**

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

**THE GOOD GYM**

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

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

**THE GOOD GYM**

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

**12. MOVEMENT IN FUNDS - continued**

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

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

**THE GOOD GYM**

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

**12. MOVEMENT IN FUNDS - continued**

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

**Comparatives for movement in funds**

	At 1.9.23 £	Net movement in funds £	Transfers between funds £	At 31.8.24 £
<b>Unrestricted funds</b>				
General fund	618,238	(364,996)	(366)	252,876
<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
Scession Equipment	-	224	-	224
Lewisham Council	-	(278)	278	-
Frank Branston Fund	-	536	-	536
IHeart of Bucks Community Foundation	-	6,802	-	6,802
Camden Climate Fund	-	3,475	-	3,475
The Britford Bridge Trust	-	8,500	-	8,500
Merton Sports Fund	-	3,550	-	3,550
London Borough of Bromley	-	453	-	453
Mottingham Community Chest	-	2,458	-	2,458
	<u>128,604</u>	<u>35,969</u>	<u>366</u>	<u>164,939</u>
<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 2025**

**12. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	306,273	(671,269)	(364,996)
<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	(474)	224
Lewisham Council	20,000	(20,278)	(278)
Wixamtree Tust	4,000	(4,000)	-
Frank Branstons Fund	5,000	(4,464)	536
Heart of Bucks Community Foundation	8,000	(1,198)	6,802
Camden Climate Fund	4,630	(1,155)	3,475
The Britford Bridge Trust	10,000	(1,500)	8,500
Merton Sports Fund	5,000	(1,450)	3,550
London Borough of Bromley	7,496	(7,043)	453
Mottingham Community Chest	2,458	-	2,458
	<u>290,420</u>	<u>(254,451)</u>	<u>35,969</u>
<b>TOTAL FUNDS</b>	<u>596,693</u>	<u>(925,720)</u>	<u>(329,027)</u>

**13. RELATED PARTY DISCLOSURES**

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

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