

MOVE

TRUSTEE REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021

REGISTERED CHARITY NUMBER: 1165675



**MOVE**

**TRUSTEE REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR END 31<sup>ST</sup> MARCH 2021**

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## **MOVE CHARITY TRUSTEE REPORT**

### **MOVE CHARITY REPORT OF THE TRUSTEES FOR THE YEAR ENDING MARCH 31<sup>ST</sup>, 2020**

The trustees of MOVE present their annual report and statement of accounts for the year ended 31<sup>st</sup> March 2021. This is as defined by section 97 of the Charities Act 1993.

#### **TRUSTEES:**

Fiona Miall, Chair- appointed January 2016. Re appointed Jan 2019

Nigel Hillier – Appointed January 2016. Re appointed Jan 2019

Clare Stevenson – Appointed March 2016. Re appointed Jan 2019

Lewis Moses – Appointed- November 2019

Glen Coppin – Appointed November 2019

Martin Smith – Appointed November 2019

Lucy Gossage Appointed– February 2020

#### **Founder and Director**

Gemma Hillier-Moses

#### **BANKING:**

HSBC Bank

Community account

41 Market Pl

Loughborough LE11 3EJ

#### **REGISTERED OFFICE:**

21 Cleeve Mount

Loughborough

LE11 4SD

#### **INDEPEDANT EXAMINER:**

Dave Barnett

Accountant

## **STATEMENT OF TRUSTEE RESPONSIBILITIES**

The Trustees of MOVE charity are responsible for preparing the Trustee's report and the financial statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom Generally Accepted Accounting Practice).

The 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 charity and the incoming resources and application of resources, including income and expenditure, of the charity for that year. In preparing these financial statements, the trustees are required to;

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the charities SORP;
- Make judgement 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 ongoing concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charity Commission guidelines. They are also responsible for safeguarding the assets of the charitable company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **CHARITY STATUS:**

The charity was registered with the charity commission as a charitable incorporated organisation (CIO) on the 22<sup>nd</sup> February 2016. Charity number 1165675

## **AUDITORS:**

The charity does not require an audit as the income is below the current audit threshold. The accounts have been externally examined by Dave Barnett, Accountant.

This report was approved by the board of trustees on 29<sup>th</sup> January and signed on their behalf by;



**Fiona Miall**

Trustee and Chair



## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

MOVE is a charitable incorporated organisation (CIO) and is governed by constitution. It was established in 22<sup>nd</sup> February 2016 when it achieved charitable status. MOVE is governed by a carefully selected Board of Trustees. The trustees of the charity are as set out above. The trustees are recruited for their skill and experience. The trustees seek to recruit members with a range of skills and attributes.

*The criteria for the recruitment and appointment of trustees are as follows;*

- The person must aspire to and believe in the charity's aims and objectives
- The person must be of a trustworthy nature
- The person must be hardworking and dedicated
- Help to develop and agree organisational strategy
- Support the CEO
- Promote the organisation at every opportunity
- Act in the best interests of MOVE Charity's beneficiaries.
- Make sure funds are spent on the purpose intended

Trustees are appointed by a resolution passed at a properly convened meeting of the charity Trustees. Trustees serve for a term of 3 years; after which they may retire or be re-appointed. All new trustees appointed undergo a thorough induction process which includes detailed information regarding roles, responsibilities and charity policies, all relevant Charity documents as well as the general Charity commission guidance.

## **FREQUENCY OF BOARD MEETINGS:**

On average, the board meets 4 times per year with the CEO. Members of the board also meet/liaise with the CEO when required to review and approve medium-term strategic plans and goals, receive, and examine reports on the charity's financial affairs, monitor and support service delivery and fundraising activities and consider policies and procedures in areas such as risk management and legal and regulatory compliance. Informal meetings such as these will be held as regularly as required and may happen on the phone or via skype.

## **ROLE OF TRUSTEE BOARD IN RELATION TO CEO**

The CEO is present at all trustee meetings and presents charity developments for discussion with the board. The board gives guidance to the CEO in relation to all developments and strategy relating to the charity's stated objectives.

## **RISK POLICY:**

The trustees regularly review the major risks to which the charity is exposed to. Where appropriate, policies and procedures have been established to mitigate these risks. Procedures are in place to ensure compliance with safety of staff, volunteers, and beneficiary and all these procedures are reviewed periodically.

## **MOVE Charity Founders Message**

At the time of writing, we are reflecting on what has been one of the most challenging times as a charity however we continue to look ahead with optimism and positivity.

We have experienced a global pandemic which has been an incredible unexpected challenge. The pandemic has resulted in many challenges for us as a charity however I am so proud of the team to have not only survived but thrived during one of the hardest periods of our time as individuals and as an organisation. We have learnt to adapt, be flexible, continue to be creative and innovate. We have continued to support our beneficiaries and community in the best way possible and to continue to support and inspire people to Move Against Cancer.

We have continued to work towards our vision and mission as a charity and kept our organisation and team's values at the heart of everything we do. I would like to say a huge thank you to Team MOVE, Our Trustee board, our ambassadors, champions, community, and supporters. We wouldn't have been able to achieve what we have in this last year without you, and we hope to continue to thrive as an organisation and team moving forward.

We will continue to be here for our beneficiaries and step up in 2021. Covid might have meant it's been the most challenging year for the charity sector however we believe we have learnt so much, adapted and grown as a team which has made us stronger and more adaptative as a charity long term.

MOVE Founder

Gemma Hillier-Moses

A handwritten signature in dark ink, appearing to read 'G Hillier-Moses', enclosed within a thin rectangular border.

## **INTRODUCING MOVE, OUR AIMS AND OBJECTIVES**

MOVE's mission is to support and inspire people to Move Against Cancer because movement matters. MOVE was founded in 2016 by international athlete Gemma Hillier-Moses after she was diagnosed with an aggressive form of cancer in 2012 at the age of 24. MOVE Charity was founded to provide something Gemma never received herself; access to free, professional advice and support on how to literally move against cancer.

Then enter Lucy Gossage, oncologist, and ex-professional triathlete, one of the few in the health care realm that championed the benefits behind exercising with and beyond cancer to her colleagues and patients, together they created the 5k Your Way, Move Against Cancer initiative and now Lucy is a MOVE Charity Trustee and a huge driving force behind the work we do as an organisation.

### **MOVE continues to operate our services under 3 main areas of activity:**

**Online cancer rehab programme** - currently for children and young people. Providing specialist support to children and young people diagnosed with cancer, delivered by cancer rehab specialists. The aim of the programme is to reduce short term and long-term side effects of treatment, improve quality of life and improve physical and psychological wellbeing.

**5k Your Way, Move Against Cancer initiative** - 5KYW is a community-based initiative linked to parkrun. The aim is to encourage those living with and beyond cancer, families, friends, and those working in cancer services to walk, jog, run, cheer or volunteer with their 5KYW group at a parkrun event on the last Saturday of every month. We are a support group with a difference, a run and walking club with a difference, a social opportunity with a difference.

**MOVE Your Way Resources** – Promoting the benefits of physical activity and exercise when living with and beyond a cancer diagnosis. This involves delivering workshops, talks, and conferences on all things cancer, exercise and movement as a way of life for other charities and organisations. We also launched our very own podcast this year. Move Against Cancer podcast.

MOVE's original aim was to support children and young people who are living cancer through the power and inspiration of physical activity and sport. Our aim was to support children and young people to get moving against cancer, build confidence and self-esteem and focus on what you can do rather than what you can't. When MOVE Charity was founded this support just wasn't available and now, we as a charity are leading in this area of work.

After we launched our 5KYW initiative we realised how important it was to support everyone diagnosed with cancer no matter what age, diagnosis, ability, or background and this is what our 5KYW groups do so well.

Our Original aim of the charity was submitted to the Charity commission when we founded MOVE in 2016. With the introduction of 5KYW initiative and our MOVE Your Way

Resources this no longer represents all the work we do as a charity. We are currently working to update our objectives with the charity commission.

**Please see below some quotes from beneficences of MOVE's services.**

**Online programme:**

"Rather than constantly replaying the possibility of failure, I'm teaching myself to focus on the possibility of success. Thinking about the progress I have made is mind blowing! I have gone from walking and very light and bodyweight resistance training, to sprints on the bike and being back to the strength training I had missed so much. I am getting back to living and loving life!

This has, by no means, been a solo effort. A huge thank you to Helen, Gemma and all those that have helped and supported me in getting through an incredibly difficult part of my life" ST

"The programme has helped me to regain self-confidence and independence which was much needed and now I am preparing to return to university and finally finish my degree! I also plan to continue to keep my fitness and health up and hopefully get back into dancing soon! I'd like to take part in more MOVE events in the future!

I cannot thank Helen and the MOVE team enough for everything! I would strongly recommend everyone to take part" AB

Please see the journey of young people who have been supported by the online programme via the link on our website below

MOVE Stories: <https://movecharity.org/team-move-stories>

**5KYW Initiative:**

'I love it. It gives me something to think about, to focus on. When people ask me how I am I don't talk about the bad stuff. I just say I've started running. And I talk about the running.' Sue

'A big thank you to the 5KYW team for making me feel so welcome. A big part of life with cancer is self-confidence and without you all I would have never felt able to do this.'

Pippa

**This year:**

2020- 2021 has been a year of challenge and growth for MOVE Charity. The delivery and development of our services continues to grow and the need for MOVE's services is rapidly increasing even more so after the devastating impact of the covid-19 pandemic on cancer treatment and support services.

Over the past year MOVE has had a far greater reach and numbers through our online programme however due to the nature of our 5KYW groups being to meet in person groups had to be put on hold during the several lockdowns we experienced during this year. However, our team stepped up and created virtual challenges and move your way zoom sessions to keep people moving and reduce social isolation during the pandemic.

**Our Focus areas this year:**

Continue to design and deliver effective, accessible online support programmes for our beneficiaries.

Continue to provide and develop a sustainable community initiative that can support people living with and beyond cancer as well as families and friends and health care professional to ensure physical activity and exercise is promoted and engaged within a community setting.

Become the leading experts in cancer rehabilitation and working with other charities and organisations through workshops and events.

Continue to not only survive but thrive as a team during the Covid-19 pandemic.

Continue to development sustainable funding income streams so we can develop our work and reach even more people affected by cancer.

Continue to support our incredible fundraisers who work so hard to deliver on their amazing challenges and raise so much money for MOVE charity.

**IN SUMMARY, OUR ACHIEVEMENTS THIS YEAR ARE SEEN BELOW.****Services adapted to covid-19 government guidelines.**

- MOVE have continued to deliver and develop the online cancer rehab support programme for children and young people living with cancer. The programme is currently 8 weeks and found it to be extremely successful with children and young people living with and beyond cancer. This service has been highlighted to be a go to service during the pandemic as young people diagnosed with cancer spent many weeks and months in isolation shielding, reducing their activity and increasing social isolation which then can lead to negative physical and psychological impact on their lives.
- Please see our website and social media pages for case studies of young people who have been through the programme. We have continued to work with MOVE's cancer rehab instructor Helen Murray to deliver the online programme to our

beneficiaries and recruited 2 additional cancer rehab instructors to help deliver this service.

- We received a grant from the Fantastic Malcolm Whales Foundation to help support the online programme and enable us bring 2 new cancer rehab freelance instructors on board and to send resistance bands to young people living with cancer to carry out their exercise programmes at home during lockdown,
- This year due to the Covid 19 pandemic we had to put the 5k Your Way, Move Against Cancer initiative on hold. The MOVE team stepped up and created virtual challenges, connected with our community and ambassadors, and put on monthly MOVE Your Way sessions on zoom led by our cancer rehab instructors. Our Team and ambassadors should be proud of how they supported our community during an extremely difficult time which meant a smooth transition when the groups relaunched again in the summer of 2021.
- This year we had to cancel our annual ambassador day due to the covid-19 pandemic. In November 2019 we held the first 5KYW Ambassador Day which was held at the Forest Rec parkrun in Nottingham and home of our Nottingham 5KYW group. The aim of the event was to bring together our ambassadors from all over the country to inspire, connect, educate, and thank them for all their hard work over the last year and plan for the future of the 5KYW Initiative. This was a successful event in 2019 with over 40 ambassadors attending. We also had parkrun CEO Tom Williams support the event and do a guest talk on the day. We hope to continue this 5KYW Ambassador Day on a yearly basis in May 2022.
- MOVE continued our successful partnership with the Samworth Brothers Sports Opportunity fund. The fund has been an important part of MOVE Charity from the beginning and have played an important part in our development and growth.
- MOVE Charity continue to be part of the teenage and young adult cancer coalition.
- We launched the Move Against Cancer podcast.
- We delivered educational workshops to relevant health professionals and events including the Teenage Cancer Trust Virtual FYSOT event, supporting young people living with cancer and other conferences and events throughout the year.
- Continued our partnership work with the East Midland primary treatment centre multi-disciplinary team and MOVE services incorporated into wider team's work and clinics.
- We joined the Meet for Good partnership as their Chosen Charity in January 2020 and this has continued throughout this year. Meet for Good connects businesses leaders with other businesses through the lens of sport and performance. It supports a chosen charity each year. Events were made virtual this year and in person events back in late 2021. The connections and support through Meet for Good have been valuable.
- The MOVE Charity Fundraising Ball with special guest Steve Cram which is one of our biggest fundraising events was due to take place on the 20<sup>th</sup> March 2020 however this was postponed due to the Covid -19 Pandemic and the new date was postponed in March 2021 due to restrictions however is due to take place in November 2021.
- We can't thank the Luke Grenfell-Shaw and the Bristol to Beijing team for their incredible challenge and fundraising efforts to support the work we do. It's an amazing challenge and we are so proud to be one of their chosen supported charities.

## **Adapting to the Covid-19 pandemic as a charity**

MOVE Charity would like to say a big thank you to our wonderful fundraisers, supporters, ambassadors, volunteers, and partners who have supported us over the last year. The work we do and deliver would not be possible without you. MOVE would also like to say a special thank you to the Samworth Brothers Sports Opportunity Fund for their continued support over the last 4 years.

## **PUBLIC BENEFIT**

MOVE's charitable activities are focused on supporting and inspiring children and young people living with cancer through the power of physical activity and sport. We focus on physical and psychological wellbeing in parallel with increased quality of life of MOVE's beneficiaries. This year we have continued to focus on those living with and beyond cancer, family, friends and health professionals of those affected by cancer through our 5k Your Way, Move Against Cancer initiative linked to parkrun which was Co-founded with Nottingham Oncologist consultant and 12 x Ironman Champion Lucy Gossage.

We work in partnership and within primary treatment centres and teenage and young adult units across the country. In this annual period, the main grant received from the Samworth Brothers Sports Opportunity fund continued to support the MOVE programme director consultancy role. This role will continue to lead and deliver on all charity aims and objectives as well as generate additional income for the charity. We will continue to develop our online cancer rehab support programme for children and young people and the 5k Your Way, Move Against Cancer initiative across the UK in the next year and future years. In planning the activities for the year, the trustees have complied with their duties in section 17 of the Charities Act 2011 and have considered the Charity Commissions general guidance on public benefit.

## **INCOME GENERATION OBJECTIVE**

MOVE budget outgoings and forecast income on a regular basis in agreement with the board of trustees. We will continue to develop and form relationships that result in funding to continue our charitable activities and MOVE will continue to strive for sustainable income streams.

## **MOVE CHARITY FINANCIAL REVIEW:**

MOVE made great progress this year to attract funding and support to enable it to carry out its objectives even during a challenging year with the covid-19 pandemic we still saw financial growth which was important due to the increased demands for our services. The trustees consider the financial position at the year- end date to be satisfactory with a positive period and income generation in of £140,760. The charity regularly reviews its financial controls according to the Charity Commission Internal checklist.

Our corporate partners remain one of our key focus areas for income generation and this year we were supported again by the Samworth Brothers Sports Opportunity fund, CAF

and Intelligent energy fund. MOVE have worked in partnership with the Samworth Brothers over the last four years to support the corporate social responsibility model by including staff as volunteers in some of our charitable and fundraising activities. We are delighted to work with such a wonderful and supportive company to develop a consistent support and income stream for the charity.

MOVE supporters and fundraisers have ran, swam, cycled and moved their way. They have helped in any way they can to raise money for MOVE again this year and we are incredibly grateful. Our aim next year is to continue to focus more of our efforts on our fundraising strategies and continue to grow our supporter base and to ensure we offer events, challenges, and support on a regular basis.

## **RESERVES**

In assessing the overall level of reserves, the charity policy always aims to maintain sufficient unrestricted funds which include at least 6 months' management and maintenance costs. The level set for the current year is £66,000 to provide 6 months of running costs and to support any increase in costs of products or services. 2021-2022 may continue to be a turbulent year for charities due to the continued covid-19 pandemic impact. During this phase, the charity's policy is to ensure that it's assets and reserves are safeguarded in a risk-free manner. It is the duty of the trustees to monitor reserves and they regularly review the reserves required to meet known and estimated expenditure in furtherance of that charity's objectives and for its administration.






MOVE			Charity No (if any)	1165675	
Annual accounts for the period					
01/04/2020		To	31/03/2021		

## Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
<b>Incoming resources (Note 3)</b>						
Income and endowments from:						
Donations and legacies	S01	12,599	53,786	-	66,385	57,478
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	75,375	-	-	75,375	63,448
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
<b>Total</b>	S07	87,974	53,786	-	141,760	120,926
<b>Resources expended (Note 6)</b>						
Expenditure on:						
Raising funds	S08	4,980	1,992	-	6,972	25,874
Charitable activities	S09	31,042	47,295	-	78,337	59,242
Separate material item of expense	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
<b>Total</b>	S12	36,022	49,287	-	85,309	85,116
<b>Net income/(expenditure) before investment gains/(losses)</b>						
Net gains/(losses) on investments	S13	51,952	4,499	-	56,451	35,810
<b>Net income/(expenditure)</b>	S14	-	-	-	-	-
<b>Extraordinary items</b>	S15	51,952	4,499	-	56,451	35,810
<b>Transfers between funds</b>	S16	-	-	-	-	-
<b>Other recognised gains/(losses):</b>	S17	-	-	-	-	-
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
<b>Net movement in funds</b>	S20	51,952	4,499	-	56,451	35,810
<b>Reconciliation of funds:</b>						
Total funds brought forward	S21	86,650	18,723	-	105,373	69,563
<b>Total funds carried forward</b>	S22	138,602	23,222	-	161,824	105,373

## Section B

## Balance sheet

		Guidance	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
			£	£	£	£	£
			F01	F02	F03	F04	F05
<b>Fixed assets</b>							
Intangible assets (Note 15)	(Note 15)	B01	-	-	-	-	-
Tangible assets (Note 14)	(Note 14)	B02	1,080	-	-	1,080	-
Heritage assets (Note 16)	(Note 16)	B03	-	-	-	-	-
Investments (Note 17)	(Note 17)	B04	-	-	-	-	-
<b>Total fixed assets</b>		B05	1,080	-	-	1,080	-
<b>Current assets</b>							
Stocks (Note 18)	(Note 18)	B06	2,962	595	-	3,557	2,368
Debtors (Note 17.4)	(Note 19)	B07	-	-	-	-	-
		B08	-	-	-	-	-
		B09	136,275	23,332	-	159,607	103,750
<b>Total current assets</b>		B10	139,237	23,927	-	163,164	106,118
<b>Creditors: amounts falling due within one year</b>	(Note 20)	B11	1,715	705	-	2,420	745
<b>Net current assets/(liabilities)</b>		B12	137,522	23,222	-	160,744	105,373
<b>liabilities</b>		B13	138,602	23,222	-	161,824	105,373
<b>Creditors: amounts falling due after one year</b>	(Note 20)	B14	-	-	-	-	-
<b>Provisions for liabilities</b>		B15	-	-	-	-	-
<b>Total net assets or liabilities</b>		B16	138,602	23,222	-	161,824	105,373
<b>Funds of the Charity</b>							
Endowment funds (Note 27)	(Note 27)	B17	-			-	-
Restricted income funds (Note 27)		B18		23,222	-	23,222	18,723
Unrestricted funds		B19	138,602		-	138,602	86,650
Revaluation reserve		B20				-	
<b>Total funds</b>		B21	138,602	23,222	-	161,824	105,373
Signed by one or two trustees on behalf of all the trustees			Signature		Print Name		Date of approval
					Fiona Miall		29.01.22

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**Section C** **Notes to the accounts**

**Note 1 Basis of preparation**

*This section should be completed by all charities.*

**1.1 Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with\* ☒ the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with\* ☒ the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.\*

☒

\* -Tick as appropriate

**1.2 Going concern**

*If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:*

An explanation as to those factors that support the conclusion that the charity is a going concern;

**Not Applicable**

Disclosure of any uncertainties that make the going concern assumption doubtful;

**Not Applicable**

Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.

**Not Applicable**

**1.3 Change of accounting policy**

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

- Yes\* ☒ \* -Tick as appropriate
- No\* ☐

*Please disclose:*

<i>(i) the nature of the change in accounting policy;</i>	Not Applicable
<i>(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and</i>	Not Applicable
<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.</i>	Not Applicable

**1.4 Changes to accounting estimates**

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

- Yes\* ☒ \* -Tick as appropriate
- No\* ☐

*Please disclose:*

<i>(i) the nature of any changes;</i>	
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	

**1.5 Material prior year errors**

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

- Yes\* ☒ \* -Tick as appropriate
- No\* ☐

*Please disclose:*

<i>(i) the nature of the prior period error;</i>	
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	

**Note 2                      Accounting policies**

*Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.*

**2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE**

Please provide a description of the nature of each change in accounting policy

Not Applicable

***Reconciliation of funds per previous GAAP to funds determined under FRS 102***

	Start of period	End of period
	£	£
Fund balances as previously stated		
<i>Adjustments:</i>		

Fund balance as restated

***Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102***

	End of
	£
Net income/(expenditure) as previously stated	
<i>Adjustments:</i>	

Previous period net income/(expenditure) as restated

## Note 2 Accounting policies

### 2.2 INCOME

*This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.*

<b>Recognition of income</b>	<p>These are included in the Statement of Financial Activities (SoFA) when:</p> <ul style="list-style-type: none"> <li>the charity becomes entitled to the resources;</li> <li>it is more likely than not that the trustees will receive the resources; and</li> <li>the monetary value can be measured with sufficient reliability.</li> </ul>	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Offsetting</b>	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Legacies</b>	<p>In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).</p> <p>Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.</p>	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes	No	N/a	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>						
Yes	No	N/a																		
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Yes	No	N/a																		
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																		
<b>Government grants</b>	The charity has received government grants in the reporting period	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																		
<b>Tax reclaims on donations and gifts</b>	<p>Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.</p>	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Yes	No	N/a																		
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																		
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Contractual income and performance related grants</b>	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Donated goods</b>	<p>Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.</p> <p>The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.</p> <p>Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.</p> <p>Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.</p> <p>Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.</p>	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Donated services and facilities</b>	<p>Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.</p> <p>Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.</p>	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table> <table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
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Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Support costs</b>	The charity has incurred expenditure on support costs.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Volunteer help</b>	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
Yes	No	N/a																		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																		
<b>Income from interest, royalties and dividends</b>	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	<table> <tr> <th>Yes</th><th>No</th><th>N/a</th></tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> </table>	Yes	No	N/a	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>												
Yes	No	N/a																		
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																		





	investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments			✓
<b>Stocks and work in progress</b>		Yes	No	N/a
	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.	✓		
		Yes	No	N/a
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.			✓
<b>Debtors</b>		Yes	No	N/a
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.			✓
		Yes	No	N/a
	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	✓		
<b>Current asset investments</b>		Yes	No	N/a
	The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.			✓
		Yes	No	N/a
	They are valued at fair value except where they qualify as basic financial instruments.	✓		

Note 3 Analysis of income

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
<b>Analysis</b>						
<b>Donations and legacies:</b>	Donations and gifts	5,999	-	-	5,999	7,500
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	5,000	53,786	-	58,786	48,478
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	1,600	-	-	1,600	1,500
	Other	-	-	-	-	-
	<b>Total</b>	<b>12,599</b>	<b>53,786</b>	<b>-</b>	<b>66,385</b>	<b>57,478</b>
<b>Charitable activities:</b>	Equipment Grant from LCC	-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Other trading activities:</b>	Merchandise Sales	2,706	-	-	2,706	7,398
	Fundraising Income	72,669	-	-	72,669	56,050
		-	-	-	-	-
	Other	-	-	-	-	-
	<b>Total</b>	<b>75,375</b>	<b>-</b>	<b>-</b>	<b>75,375</b>	<b>63,448</b>
<b>Income from investments:</b>	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Separate material item of income:</b>		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Other:</b>	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>TOTAL INCOME</b>		<b>87,974</b>	<b>53,786</b>	<b>-</b>	<b>141,760</b>	<b>120,926</b>

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

Grants received from Samworth Brothers Sports Opportunity Fund £17145, Move Online funding of £23,110 from The Charities Aid Foundation, £9,076 from The National Lottery & £2,000 from the Malcolm Whales Foundation for 5K Your Way and a further £2,455 from the Malcolm Whales Foundation for physiotherapy bands for beneficiaries.

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

Note 4                      Analysis of receipts of government grants

		This year	Last year
	Description	£	£
Government grant 1		-	-
Government grant 2		-	-
Government grant 3		-	-
Other		-	-
	Total	-	-

*Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.*

*Please give details of other forms of government assistance from which the charity has directly benefited.*

**Note 5 Donated goods, facilities and services**

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	1,600	1,500
	1,600	1,500

Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.

Market Value

Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.

Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.

## Note 6

## Analysis of expenditure

	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
<b>Analysis</b>					
<b>Expenditure on raising funds:</b>	Incurring seeking donations	-	-	-	-
	Incurring seeking legacies	-	-	-	-
	Incurring seeking grants	-	-	-	-
	Operating membership schemes and social lotteries	-	-	-	-
	Staging fundraising events	2,245	-	2,245	4,966
	Fundraising staff costs	1,937	-	1,937	15,614
	Operating charity shops	-	-	-	-
	Operating a trading company undertaking non-charitable trading activity	-	-	-	-
	Advertising, marketing, direct mail and publicity	798	1,992	2,790	3,756
	Start up costs incurred in generating new source of future income	-	-	-	-
	Database development costs	-	-	-	-
	Other trading activities - merchandise sales	-	-	-	1,538
	Investment management costs:	-	-	-	-
	Portfolio management costs	-	-	-	-
	Cost of obtaining investment advice	-	-	-	-
	Investment administration costs	-	-	-	-
	Intellectual property licencing costs	-	-	-	-
	Rent collection, property repairs and maintenance charges	-	-	-	-
		-	-	-	-
	<b>Total expenditure on raising funds</b>	<b>4,980</b>	<b>1,992</b>	<b>6,972</b>	<b>25,874</b>
<b>Expenditure on charitable activities</b>	Service Delivery	20,901	44,830	65,731	46,875
	Equipment Purchases	624	2,465	3,089	5,554
	Overheads	9,517	-	9,517	12,367
		-	-	-	-
	<b>Total expenditure on charitable activities</b>	<b>31,042</b>	<b>47,295</b>	<b>78,337</b>	<b>64,796</b>
<b>Separate material item of expense</b>		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Other</b>		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	<b>Total other expenditure</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>TOTAL EXPENDITURE</b>		<b>36,022</b>	<b>49,287</b>	<b>85,309</b>	<b>90,670</b>

## Other information:

## Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Total prior year
	£	£	£	£	£
Activity 1					
Activity 2					
Other					
<b>Total</b>					

Prior year expenditure on charitable activities can be analysed as follows:

Within the expenditure items above the following items are material: (please disclose the nature, amount and any prior year amounts)

**Section C****Notes to the accounts****(cont)****Note 7            Extraordinary items***Please explain the nature of each extraordinary item occurring in the period.*

	Description	This year £	Last year £
Extraordinary item 1		-	-
Extraordinary item 2		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extraordinary items		-	-



**Section C** **Notes to the accounts**

**Note 8** **Funds received as agent**

**8.1** Please complete this note if the charity has agreed to administer the funds of another entity as its agent. Note: If a charity is acting as an agent, it should not recognise the income in the Statement of Financial Activities or the Balance Sheet.

Description/name of party	Related party (Yes or No)	Amount received		Amount paid out		Balance held at period end	
		This year	Last year	This year	Last year	This year	Last year
		£	£	£	£	£	£
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
Total		-	-	-	-	-	-

**8.2** Where a consortia or similar arrangement exists whereby 2 or more charities co-operate to achieve economies in the purchase of goods or services, please disclose details of any balances outstanding between any participating members.

Description/name of party	Balance held at period end	
	This year	Last year
	£	£
	-	-
	-	-
	-	-
	-	-
	-	-
Total		-



## Section C

## Notes to the accounts

### Note 9 Support Costs

*Please complete this note if the charity has analysed its expenses using activity categories and has support costs.*

Support cost (examples)	Raising funds	Activity 1	Activity 2	Activity 3	Grand total	Basis of allocation
	£	£	£	£	£	(Describe method)
Governance	-	-		-	-	
	-	-		-	-	
	-	-		-	-	
	-	-		-	-	
Other	-	-		-	-	
<b>Total</b>	-	-		-	-	

*Please provide details of the accounting policy adopted for the apportionment of costs between activities and any estimation techniques used to calculate their apportionment.*

**Section C****Notes to the accounts****Note 10** Details of certain items of expenditure**10.1 Fees for examination of the accounts**

*Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).*

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
0	0
0	0
0	0
0	0

Section C	Notes to the accounts	(cont)
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**Note 11**                      **Paid employees**  
Please complete this note if the charity has any employees.

**11.1 Staff Costs**

	This year £	Last year £
Salaries and wages	40,636	14,534
Social security costs	2,000	600
Pension costs (defined contribution scheme)	943	480
Other employee benefits	-	-
<b>Total staff costs</b>	<b>43,579</b>	<b>15,614</b>

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

TRUE

Band	Number of employees
£60,000 to £69,999	
£70,000 to £79,999	
£80,000 to £89,999	
£90,000 to £99,999	
£100,000 to £109,999	

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity

**11.2 Average head count in the year**

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	1	1
Charitable Activities	1	-
Governance	-	-
Other	-	-
<b>Total</b>	<b>2</b>	<b>1</b>

**11.3 Ex-gratia payments to employees and others (excluding trustees)**

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment

Please state the legal authority or reason for making the payment

Please state the amount of the payment (or value of any waiver of a right to an asset)

**11.4 Redundancy payments**

Please complete if any redundancy or termination payment is made in the period.

Total amount of payment

The nature of the payment (cash, asset etc.)

The extent of redundancy funding at the balance sheet date

Please state the accounting policy for any redundancy or termination payments

**Section C****Notes to the accounts****(cont)**

**Note 12** Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

**12.1** Please complete this note if a defined contribution pension scheme is operated.

Amount of contributions recognised in the SOFA as an expense	£0
Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.	All charged to the relevant Restricted or Unrestricted Fund

**12.2** Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.	
Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity	

**12.3** Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan


<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
------------------	------------------------------	---------------

**Note 13 Grantmaking**

*Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.*

**13.1 Analysis of grants paid (included in cost of charitable activities)**

Analysis	Grants to institutions	Grants to individuals	Support costs	Total
Activity or project 1			£	£
Activity or project 2			-	-
Activity or project 3			-	-
Activity or project 4			-	-
<b>Total</b>	-	-	-	-

*Please enter "Nil" if the charity does not identify and/or allocate support costs.*

**13.2 Grants made to institutions**

*My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.*

Yes	<i>Please provide details of charity's URL.</i>
No	<i>Provide details below</i>

Names of institution	Purpose	Total amount of grants paid £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
<b>Total grants to institutions in reporting period</b>		-
<b>Other unanalysed grants</b>		-
<b>TOTAL GRANTS PAID</b>		-



**Note 14**                      **Tangible fixed assets**

*Please complete this note if the charity has any tangible fixed assets*

**14.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	-	-	-
Additions	-	-	-	1,440	1,440
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	1,440	1,440

**14.2 Depreciation and impairments**

	**Basis	SL or RB	SL or RB	SL or RB	25% SL	SL or RB	Straight Line ("SL") or Reducing Balance ("RB")
	** Rate						
At beginning of the year		-	-	-	-	-	-
Disposals		-	-	-	-	-	-
Depreciation		-	-	-	360	360	
Impairment		-	-	-	-	-	-
Transfers*		-	-	-	-	-	-
At end of the year		-	-	-	360	360	

**14.3 Net book value**

Net book value at the beginning of the year	-	-	-	-	-
Net book value at the end of the year	-	-	-	1,080	1,080

**14.4 Impairment**

*Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.*

--

**14.5 Revaluation**

*If an accounting policy of revaluation is adopted, please provide:*

*the effective date of the revaluation*

--

*the name of independent valuer, if applicable*

--

*the methods applied and significant assumptions*

--

*the carrying amount that would have been recognised had the assets been carried under the cost model.*

--

**14.6 Other disclosures**

*(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.*

--

*(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.*

--

*(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.*

--

\* The "transfers" row is for movements between fixed asset categories.

*\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB =*



## Note 15 Intangible assets

*Please complete this note if the charity has any intangible assets*

### 15.1 Cost or valuation

	Research & development	Patents and trademarks	Other	Total
	£	£	£	£
At beginning of the year	-	-	-	-
Additions	-	-	-	-
Disposals	-	-	-	-
Revaluations	-	-	-	-
Transfers *	-	-	-	-
At end of the year	-	-	-	-

### 15.2 Amortisation and impairments

<b>**Basis</b>	SL or RB	SL or RB	SL or RB	SL or RB	Straight Line ("SL") or Reducing Balance ("RB")
<b>** Rate</b>					

At beginning of the year	-	-	-	-
Disposals	-	-	-	-
Amortisation	-	-	-	-
Impairment	-	-	-	-
Transfers*	-	-	-	-
At end of year	-	-	-	-

### 15.3 Net book value

Nat book value at the beginning of the year	-	-	-	-
Net book value at the end of the year	-	-	-	-

### 15.4 Accounting policy

*Please disclose the accounting policy for intangible fixed assets including:*

**Reasons for choosing amortisation rates**

**Policies for the recognition of any capital development**

--

## 15.5 Impairment

**Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.**

--

## 15.6 Revaluation

**If an accounting policy of revaluation is adopted, please provide:**

**the effective date of the revaluation**

**the name of independent valuer, if applicable**

**the methods applied**

**the carrying amount that would have been recognised had the assets been carried under the cost model.**


## 15.7 Other disclosures

**(i) If your intangible asset was acquired by way of grant, provide value on initial recognition and carrying amount of the asset.**

**(ii) Details of the carrying amounts of any intangible assets to which the charity has restricted title or that are pledged as security for liabilities.**

**(iii) Please provide the amount of contractual commitments for the acquisition of intangible assets.**

**(iv) State the amount of research and development expenditure recognised as expenditure in the year.**

**(vi) Please detail the headings in the SOFA in which a charge for amortisation of intangible assets is included.**

**(vii) For any material intangible assets, please provide a description, its carrying amount and any remaining amortisation period.**


\* The "transfers" row is for movements between fixed asset categories.

\*\* Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

## Note 16

## Heritage assets

Please complete this note if the charity has heritage assets

## 16.1 General disclosures for all charities holding heritage assets

(i) Explain the nature and scale of heritage assets held.

(ii) Explain the policy for the acquisition, preservation, management and disposal of heritage assets.

## 16.2 Cost or valuation

	Heritage asset 1 £	Heritage asset 2 £	Heritage asset 3 £	Heritage asset 4 £	Total £
At beginning of the year	-	-	-	-	-
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
Revaluations	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	-	-

## 16.3 Depreciation and impairments

**Basis						Straight Line ("SL") or Reducing Balance
** Rate						

At beginning of the year	-	-	-	-	-
Disposals	-	-	-	-	-
Depreciation	-	-	-	-	-
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of year	-	-	-	-	-

## 16.4 Net book value

Nat book value at the beginning of the year	-	-	-	-	-
Net book value at the end of the year	-	-	-	-	-

## 16.5 Impairment

Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.

--

## 16.6 Revaluation

If an accounting policy of revaluation is adopted, please provide:

the effective date of the revaluation

the name of independent valuer, if applicable

qualifications of independent valuer

the methods applied and significant assumptions

any significant limitations on the valuation


### 16.7 Analysis of heritage assets by class or group distinguishing those at cost and those at valuation

	At valuation Group A £	At cost Group B £	Total £
Carrying amount at the beginning of the period	-	-	-
Additions	-	-	-
Disposals	-	-	-
Depreciation/impairment	-	-	-
Revaluation	-	-	-
Carrying amount at the end of period	-	-	-

### 16.8 Heritage assets (where heritage assets are not recognised on the balance sheet)

(i) Explain the reason why heritage assets have not been recognised on the balance sheet.

(ii) Describe the significance and nature of heritage assets.

(iii) Disclose information that is helpful in assessing the value of heritage assets.

(iv) Explain the reason why it is not practicable to obtain a valuation of heritage assets.

### 16.9 Five year summary of heritage assets transactions

	2015	2014	2013	2012	2011
	£	£	£	£	£
<b>Purchases</b>					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-				
Other	-				
<b>Donations</b>					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
<b>Total additions</b>	-	-	-	-	-
<b>Charge for impairment</b>					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
<b>Total charge for impairment</b>	-	-	-	-	-
<b>Disposals</b>					
Group A - carrying amount	-	-	-	-	-
Group B - carrying amount	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
<b>Total disposals</b>	-	-	-	-	-

Section C	Notes to the accounts	(cont)
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**Note 17 Investment assets**

Please complete this note if the charity has any investment assets.

**17.1 Fixed assets investments (please provide for each class of investment)**

	Cash & cash equivalents	Listed investments	Investment properties	Social investments	Other	Total
Carrying (fair) value at beginning of period	-	-	-	-	-	-
<b>Add:</b> additions to investments during period*	-	-	-	-	-	-
<b>Less:</b> disposals at carrying value	-	-	-	-	-	-
<b>Less: impairments</b>	-	-	-	-	-	-
<b>Add: Reversal of impairments</b>	-	-	-	-	-	-
<b>Add/(deduct):</b> transfer in/(out) in the period	-	-	-	-	-	-
<b>Add/(deduct):</b> net gain/(loss) on revaluation	-	-	-	-	-	-
Carrying (fair) value at end of year	-	-	-	-	-	-

\*Please specify additions resulting from acquisitions through business combinations, if any.

--

Please note that Fair Value in this context is the amount for which an asset could be exchanged between knowledgeable and willing parties in an arm's length transaction. For traded securities, the fair value is the value of the security quoted on the London Stock Exchange Daily Official List or equivalent. For other assets where there is no market price on a traded market, it is the trustees' or valuers' best estimate of fair value.

**17.2 Please provide a breakdown of investments shown above agreeing with the balance sheet row B04 differentiating between those held at fair value and those held at cost less impairment.**

**Analysis of investments**

	Fair value at year end	Cost less impairment
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
<b>Total</b>	-	-
<b>Grand total (Fair value at year end+Cost less impairment)</b>		

**17.3 If your charity holds investment properties, please complete the following note:**

(i) Explain the methods and significant assumptions in determining the fair value of investment property held by the charity	
(ii) Name or independent valuer, if applicable, and relevant qualifications	
(iii) Provide details of any restrictions on the ability to realise investment property or on the remittance of income or disposal proceeds	
(iv) Explain any contractual obligations for the purchase, construction or development of investment property or for repairs, maintenance or enhancements	

17.4 Please provide a breakdown of current asset investments, if applicable, agreeing with the balance sheet.

**Analysis of current asset investments**

Cash or cash equivalents  
Listed investments  
Investment properties  
Social investments  
Other investments  
Total

This year	Last year
£	£
-	-
-	-
-	-
-	-
-	-
-	-

**17.5 Guarantees**

Please provide details and amount of any guarantee made to or on behalf of a third party

Name of the entity or entities benefitting from those guarantees

Please explain how the guarantee furthers the charity's aims


**17.6 Concessionary loans**

Amount of concessionary loans made (*Multiple loans made may be disclosed in aggregate provided that such aggregation does not obscure significant information*).

Description	This year £	Last year £
<b>Total</b>		

Amount of concessionary loans received (*Multiple loans received may be disclosed in aggregate provided that such aggregation does not obscure significant information*).

Description	This year £	Last year £
<b>Total</b>		

Terms and conditions eg interest rate, security provided

Value of any concessionary loans which have been committed but not taken up at the reporting date

Amounts payable within 1 year

Amounts payable after more than 1 year

Amounts receivable within 1 year

Amounts receivable after more than 1 year


**17.7 Additional information**

Please provide information about the significance of investments to the charity's financial position or performance eg. terms and conditions of loans or the use of hedging to manage financial risk.

For all investments measured at fair value, the basis for determining the value, including any assumptions applied when using a valuation technique.


Where a charity has provided financial assets as a form of security, the carrying amount of the financial asset pledged as security and the terms and conditions relating to its pledge.

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**Section C****Notes to the accounts****(cont)****Note 18****Stocks**

*Please complete this note if the charity holds any stock items*

**18.1** Please state the carrying amount of stock and work in progress analysed between activities.

	Stock		Donated goods		Work in progress
	For distribution	For resale	For distribution	For resale	
	£	£	£	£	
<b>Charitable activities:</b>					
<i>Opening</i>	-	2,368	-	-	-
<i>Added in period</i>	-	5,265	-	-	-
<i>Expensed in period</i>	-	- 4,076	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	3,557	-	-	-
<b>Other trading activities:</b>					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
<b>Other:</b>					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
<b>Total this year</b>	-	3,557	-	-	-
<b>Total previous year</b>	-	2,368	-	-	-

**18.2** Please specify the carrying amount of any stocks pledged as security for liabilities

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<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**Note 19 Debtors and prepayments**

*Please complete this note if the charity has any debtors or prepayments.*

**19.1 Analysis of debtors**

Trade debtors

Prepayments and accrued income

Other debtors

**Total**

This year	Last year
£	£
-	-
-	-
-	-
-	-

*Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.*

**19.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)**

Trade debtors

Prepayments and accrued income

Other debtors

This year	Last year
£	£
-	-
-	-
-	-
-	-
<b>Total</b>	<b>-</b>

Section C	Notes to the accounts	(cont)
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**Note 20**                      **Creditors and accruals**

*Please complete this note if the charity has any creditors or accruals.*

**20.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	2,420	745	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
<b>Total</b>	<b>2,420</b>	<b>745</b>	<b>-</b>	<b>-</b>

**20.2 Deferred income**

*Please complete this note if the charity has deferred income.*

*Please explain the reasons why income is deferred.*

***Movement in deferred income account***

Balance at the start of the reporting period

Amounts added in current period

Amounts released to income from previous periods

Balance at the end of the reporting period

This year £	Last year £
-	-
-	-
-	-
-	-

Section C	Notes to the accounts	(cont)
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## Note 21 Provisions for liabilities and charges

*Please complete this note if you have included in charity expenditure any provisions. A provision is made when the charity has a liability of uncertain timing or amount.*

### 21.1 Please provide:

- a brief description of any obligations on the balance sheet and the expected amount and timing of resulting payments;
- an indication of the uncertainties about the amount or timing of those outflows; and
- the amount of any expected reimbursement, stating the amount of any asset that has been recognised for that expected reimbursement.


### 21.2 Movements in recognised provisions and funding commitment during the period

Balance at the start of the reporting period  
 Amounts added in current period  
 Amounts charged against the provision in the current period  
 Unused amounts reversed during the period  
 Balance at the end of the reporting period

This year £	Last year £
-	-
-	-
-	-
-	-
-	-

21.3 For any funding commitment that is not recognised as a liability or provision, provide details of commitment made, the time frame of that commitment, any performance-related conditions and details of how the commitment will be funded (with contracts for capital expenditure separately identified).

--

21.4 Where unrestricted funds have been designated to a fund commitment, please disclose the nature of any amounts designated and the likely timing of that expenditure.

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<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**Note 22 Other disclosures for debtors, creditors and other basic financial instruments**

<p><b>22.1 Please provide information about the significance of financial instruments (eg. debtors, creditors, investments etc) to the charity's financial position or performance, for example, the terms and conditions of loans or the use of hedging to manage financial risk.</b></p>	
<p><b>22.2 If the charity has provided financial assets as a form of security, the carrying amount of the financial assets pledged as security and the terms and conditions related to its pledge should be given here.</b></p>	

<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**Note 23 Contingent liabilities and contingent assets**

**23.1 Contingent liabilities**

Where the charity has contingent liabilities, please complete the following section unless the possibility of their existence is remote.

Description of item including its legal nature. Please describe any security provided in connection to the liability.	Estimate of financial effect

**23.2 Contingent assets**

Where the charity has contingent assets, please complete the following section when their existence is probable

Description of item	Estimate of financial effect

**23.4 Other disclosures for contingent assets and/or liabilities**

Please provide the following information where practicable:

Explain any uncertainties relating to the amount or timing of settlement; and the possibility of any reimbursement

Where it is not practical to make one or more of these disclosures, please state this fact


Section C	Notes to the accounts	(cont)
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**Note 24**                      **Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)  
Short term deposits  
Cash at bank and on hand  
Other  
**Total**

This year £	Last year £
-	-
-	-
159,607	103,750
-	-
159,607	103,750

**Note 25      Fair value of assets and liabilities**

**25.1 Please provide details of the charity's exposure to credit risk (the risk of incurring a loss due to a debtor not paying what is owed) , liquidity risk (the risk of not being able to meet short term financial demands) and market risk (the risk that the value of an investment will fall due to changes in the market) arising from financial instruments to which the charity is exposed at the end of the reporting period and explain how the charity manages those risks.**

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**25.2 Please give details of the amount of change in the fair value of basic financial instruments (debtors, creditors, investments (see section 11, FRS 102 SORP)) measured at fair value through the SoFA that is attributable to changes in credit risk.**

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Section C	Notes to the accounts	(cont)
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**Note 26**                      **Events after the end of the reporting period**

*Please complete this note events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.*

**Please provide details of the nature of the event**

--

**Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made**

--



## Section C

## Notes to the accounts

(cont)

## Note 27

## Charity funds

## 27.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

\* Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Samworth Brothers Charitable Trust	R	to fund sub-contracted charity worker	18,723	17,145	- 18,000	-	-	17,868
5KYW	R	to fund 5KYW activities	-	11,076	- 10,481	-	-	595
MOVE Online	R	to fund service delivery staff costs	-	23,110	- 19,424	-	-	3,686
Resistance Bands	R	to fund the purchase of resistance bands for beneficiaries	-	2,455	- 1,382	-	-	1,073
5KYW	R	to fund 5KYW activities	-	-	-	-	-	-
General Funds	U	General charitable activities	86,650	87,974	- 36,022	-	-	138,602
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			105,373	141,760	- 85,309	-	-	161,824



**Section C**                      **Notes to the accounts**                      **(cont)**

**Note 27**                      **Charity funds (cont)**

**27.2 Details of material funds held and movements during the PREVIOUS reporting period**

*Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.*

*\* Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

<b>Fund names</b>	<b>Type PE, EE R or UR *</b>	<b>Purpose and Restrictions</b>	<b>Fund balances brought forward £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Transfers £</b>	<b>Gains and losses £</b>	<b>Fund balances carried forward £</b>
Samworth Brothers Charitable Trust	R	to fund sub-contracted charity worker	11,958	34,765	- 28,000	-	-	18,723
Leicester City Council	R	to fund purchases of equipment				-	-	-
Samworth Brothers Charitable Trust	R	to fund fundraising activities	-	-	-	-	-	-
Samworth Brothers Charitable Trust	R	to fund 5KYW activities	-			-	-	-
General Funds	U	General charitable activities	57,605	86,161	- 57,116	-	-	86,650
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
<b>Other funds</b>	<b>N/a</b>	<b>N/a</b>	-	-	-	-	-	-
<b>Total Funds</b>			<b>69,563</b>	<b>120,926</b>	<b>- 85,116</b>	<b>-</b>	<b>-</b>	<b>105,373</b>

<b>Section C</b>	<b>Notes to the accounts</b>	<b>(cont)</b>
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**Note 27**                      **Charity funds (cont)**

**27.3 Transfers between funds**

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds		
Between endowment and restricted funds		
Between endowment and unrestricted funds		

**27.4 Designated funds**

Planned use	Purpose of the designation	Amount
5KYW	For promoting & delivering 5KYW activities	8446



**Note 29 Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

Report to the trustees/  
members of

MOVE

On accounts for the year  
ended

31 March 2021

Charity no  
(if any)

1165675

Set out on pages

1 - 8th 45

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and  
basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

\* Please delete the words in the brackets if they do not apply.

Signed:

Date:

30/1/2021

Name:

David J Barnett

Relevant professional  
qualification(s) or body  
(if any):

FCA

Address:

81, West End

Long Whatton

LE12 5DW