

MOVE

TRUSTEE REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST MARCH 2022

REGISTERED CHARITY NUMBER: 1165675



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TRUSTEE REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR END 31ST MARCH 2022

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MOVE CHARITY TRUSTEE REPORT

MOVE CHARITY REPORT OF THE TRUSTEES FOR THE YEAR ENDING MARCH 31ST, 2022

The trustees of MOVE present their annual report and statement of accounts for the year ended 31st March 2022. 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 Stevinson – 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 22nd 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 29th 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 22nd 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/liase 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.

STAFF TEAM:

Our small but ambitious team are pivotal to ensuring we deliver our work and support the charities beneficiaries in the best way possible. We feel very lucky to have an incredibly passionate and dedicated team. Their commitment is second to none and

ensures we deliver on our mission and goals and reach more people impacted by cancer in the best possible way.

MOVE Charity Founders Message

At the time of writing, we are reflecting on what has been another challenging year with the impact still evident from the covid 19-pandemic and now the living cost crisis and challenging economic landscape.

It is without doubt that this is having a huge impact on individuals, organisations and especially charities, in many ways. It remains a challenging time for the charity however we continue to look ahead with optimism and positivity. We have an amazing team and team of volunteers who continue to grow, develop, and support each other so we can support more people impacted by cancer in the best possible way.

As a small charity navigating through the last year, we are still experiencing many challenges especially around fundraising. It has meant we have had to be resourceful, flexible and adapt when needed but I am so proud of the team for continuing to deliver incredible programmes and initiatives to support our amazing community and beneficiaries with limited resources and funding. We will continue to learn to adapt, be flexible, creative and bring new and different ways of working into our organisation.

Our vision and mission are at the heart of everything we do, and we have continued to deliver on that this year. I would like to say a huge thank you to Team MOVE, our Trustee board, our ambassadors, champions, volunteers, 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. Our aim next year is to develop a new fundraising strategy which will support our current work, the growth of our current programmes and enable us to support even more people impacted by cancer.

I also wanted to say an extra big thank you to MOVE Trustee Lucy Gossage who goes' above and beyond daily to develop and support the work that the team does and the growth/ development of the charity. Lucy's support, guidance, and dedication to the work we do, and our beneficiaries is extremely valuable for the charity on every level.

We will continue support, inspire, and empower our beneficiaries through the work that we do and step-up next year to create a sustainable fundraising strategy that we can be proud of and that enables us to develop and grow as a charity in a way we all as a team believe we can. It may have been another challenging year for the charity and the charity sector however we believe we have learnt so much, been able to adapt and grow as a team which has made us stronger and more adaptative as a charity long term.

MOVE Founder

Gemma Hillier-Moses



MOVE CHARITY 2021-2022

Our Aims, Objectives, and impact

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.

The difference it makes:

The online programme aims to reduce the short and long-term effects of cancer treatment and improve young people's quality of life and physical and mental wellbeing. Last year, 74 young people took part, and our 2021 evaluation results showed that participants experienced improvement across all five measured areas (cancer-related fatigue, quality of life, and physical, role and emotional functioning).

One participant wrote: *"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 all those that have helped and supported me in getting through an incredibly difficult part of my life."*

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.

The difference it makes:

At MOVE, we want to show more people the incredible difference that making movement into a way of life can have. The outcomes we hope to see for our 5KYW group members and ambassadors include;

- Improved confidence and self-esteem
- Reduced social isolation
- Improved mental wellbeing

- Increased participation in physical activity
- Skill development through volunteer and ambassador roles.

Jackie (74) came along to the Forest Rec 5K Your Way, Move Against Cancer in August with her friend Debra. She managed a brief walk, and shortly after that I received a message: "Jackie has got the bug - she's intending to do the full 5k in 6 months!" Jackie and Debs have continued volunteering at local parkruns in the other weeks, and today after just two months Jackie arrived with her crutches determined! She finished the full 5K course with support from Forest Rec parkrun in 1hr 20 mins, what an inspiration! Jackie says:

"My cancer treatment left me with 'weak bones' resulting in a fractured hip and the loss of mobility. I was determined to get fit again but wasn't sure how - but thought 5k Your Way would help me. I told my 5KYW friends that I would do 5K in 6 months - but it's only been 2 months since I joined the group. So I'm proud of myself and very, very happy. I want to say what an inspiration Roger Ottway has been to me. I said "if Roger can do it, so can I. I'm looking forward to the next one, because I want to beat my time! So, come on people - join 5K Your Way. Move Against Cancer - because you can do it YOUR WAY - even on crutches!"

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

The difference it makes:

'I attended all 3 sessions, and they were excellent. I have been able to take away specific exercises/moves from each to incorporate into daily living (as and when I remember!) I thought that Vicky's explanations were really helpful and am really trying to be conscious to sit or stand 'out' of my joints' A workshop participant

We had 50 people attend this yoga for people with cancer workshop series.

Podcasts- *'The Podcasts are great, I find them so inspiring and recommended them to my patients. Exercise, in particular mountain biking and walking, is so important for me to help keep my work life balance in order, especially during these crazy times in NHS Oncology and I love to encourage activity for my patients for all the health benefits it offers. Not sure which podcast is my favourite, I love the variety, love the age range you have managed to cover and think you all establish really relaxed rapport with your interviewees' Health care professional and podcast listener.*

ORGANISATIONAL OBJECTIVE

Our plan over the next 2 years is to really focus on developing a strategy to ensure MOVE's future sustainability and growth. We want to nurture our growth in a way that is manageable and efficient across all areas of work next year our number one priority is to develop new fundraising strategy to help sustain and grow the work we do.

MOVE CHARITIES DEVELOPMENT SINCE 2016

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.

MOVE CHARITY FINANCIAL REVIEW:

It's been a difficult year to grow financially but the charity has been able to carry out its objectives even during a challenging year with the covid-19 pandemic continuing to cause lockdowns and challenges. 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 £144,018. The charity regularly reviews its financial controls according to the Charity Commission Internal checklist.

INCOME GENERATION OBJECTIVE

MOVE budget outgoings and forecast income on a regular basis in agreement with the board of trustees. 2022-2023 will see an increase in Team MOVE staff numbers to deal with the demand we are seeing for our services, we will use our surplus that we have developed to increase our workforce and support our current staff and also to ensure MOVE charity not only survives but also thrives in the current challenging financial climate.

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.

A big Thank you

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. 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.

We have a few special highlights and thank you from the year that we would love to share;

- We want to say a big thank you to Louise Minchin for choosing to support MOVE Charity when she won on the Chase and other Television programmes. Louise secured over £24,000 for the charity. We are honoured to have Louise's support. This money really does make a huge difference to the charity.
- We can't thank the Luke Grenfell-Shaw and the Bristol to Beijing team for the incredible challenge and fundraising efforts to support MOVE and 3 other charities close to Luke's heart. It's an amazing challenge and we are so proud to be one of their chosen supported charities. The challenge continued this year after the restrictions and raising over £20k for MOVE Charity. Luke you are amazing, and we want to say a huge thank you.
- We were able to deliver the postponed MOVE Charity Fundraising Ball with special guest Steve Cram in November. This raised over £24,000 for the charity. It was brilliant night of fundraising, raising awareness and a fabulous company. We want to say a huge thank you to Steve Cram for giving us his time in kind, to everyone who helped to organise it, the MOVE team, and for all our amazing supporters for attending and helping to raise so much money to support the work that we do.

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. 2022-2023 may continue to be a turbulent year for charities due to the continued covid-19 pandemic impact and rise in living costs/economic landscape. During this phase, the charity's policy is to ensure that its 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	1165675	
Annual accounts for the period				
01/04/2021		To	#####	

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestrict ed funds	Restricted income funds	Endow ment funds	Total funds	Prior year funds
		£ F01	£ F02	£ F03	£ F04	£ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	25,221	1,423	-	26,644	66,385
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	112,078	5,296	-	117,374	75,375
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	137,299	6,719	-	144,018	141,760
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	19,872	-	-	19,872	6,972
Charitable activities	S09	71,335	29,059	-	100,394	78,337
Separate material item of expense	S10	-	-	-	-	-
Other	S11	-	-	-	-	-
Total	S12	91,207	29,059	-	120,266	85,309
Net income/(expenditure) before investment gains/(losses)						
Net gains/(losses) on investments	S13	46,092	- 22,340	-	23,752	56,451
Net income/(expenditure)	S14	-	-	-	-	-
Extraordinary items	S15	46,092	- 22,340	-	23,752	56,451
Transfers between funds	S16	-	-	-	-	-
Other recognised gains/(losses):	S17	-	-	-	-	-
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	46,092	- 22,340	-	23,752	56,451
Reconciliation of funds:						
Total funds brought forward	S21	138,602	23,222	-	161,824	105,373
Total funds carried forward	S22	184,694	882	-	185,576	161,824

Section B Balance sheet

		Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
			£	£	£	£	£
			F01	F02	F03	F04	F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	720	-	-	720	1,080
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	720	-	-	720	1,080
Current assets							
Stocks	(Note 18)	B06	7,259	-	-	7,259	3,557
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	200,110	882	-	200,992	159,607
Total current assets		B10	207,369	882	-	208,251	163,164
Creditors: amounts falling due within one year							
	(Note 20)	B11	23,395	-	-	23,395	2,420
Net current assets/(liabilities)		B12	183,974	882	-	184,856	160,744
Total assets less current liabilities		B13	184,694	882	-	185,576	161,824
Creditors: amounts falling due after one year							
	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	184,694	882	-	185,576	161,824
Funds of the Charity							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	882	-	882	23,222
Unrestricted funds		B19	184,694	-	-	184,694	138,602
Revaluation reserve		B20	-	-	-	-	-
Total funds		B21	184,694	882	-	185,576	161,824

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy

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*

✓

 No*

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 * -Tick as appropriate

Please disclose:

(i) the nature of the change in accounting policy;	Not Applicable
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and	Not Applicable
(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.	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*

✓

 No*

--

 * -Tick as appropriate

Please disclose:

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

1.5 Material prior year errors

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

Yes*

✓

 No*

--

 * -Tick as appropriate

Please disclose:

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

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		
Adjustments:		

Fund balance as restated

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

	End of period
	£
Net income/(expenditure) as previously stated	
Adjustments:	

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.

Recognition of	<p>These are included in the Statement of Financial Activities (SoFA) when:</p> <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	<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"/>												
Offsetting	<p>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.</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>	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"/>												
Grants and donations	<p>Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).</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>	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"/>												
Legacies	<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). 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> <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"/>
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Yes	No	N/a												
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Government grants	<p>The charity has received government grants in the reporting period</p>	<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"/>												
Tax reclaims on donations and gifts	<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</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> <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"/>
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Yes	No	N/a												
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Contractual income and performance related grants	<p>This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.</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>	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"/>												
Donated goods	<p>Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.</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>	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"/>												
	<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 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>	<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"/>												
	<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>	<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"/>												
	<p>Gifts in kind for use by the charity are included in the SoFA as income</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>	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"/>												

Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.

Donated services and facilities

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.
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.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Settlement of insurance claims

Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.3 EXPENDITURE AND LIABILITIES

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Redundancy cost

The charity made no redundancy payments during the reporting period.

Deferred income

No material item of deferred income has been included in the accounts.

The charity has creditors which are measured at settlement amounts

<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"/>
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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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"/>
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 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"/>
Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	No	N/a

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts

✓		
---	--	--

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Yes	No	N/a
✓		

Basic financial instruments

The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

Yes	No	N/a
		✓

2.4 ASSETS**Tangible fixed assets for use by charity**

These are capitalised if they can be used for more than one year, and cost at least

✓

They are valued at cost.

Yes	No	N/a
		✓

Intangible fixed

The depreciation rates and methods used are disclosed in note 9.2.

The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5

Yes	No	N/a
		✓

They are valued at cost.

Yes	No	N/a
		✓

Heritage assets

The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used

Yes	No	N/a
		✓

They are valued at cost.

Yes	No	N/a
		✓

Investments

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured. 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

Yes	No	N/a
		✓

Yes	No	N/a
		✓

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower of 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.

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

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.

Yes	No	N/a
✓		

Current asset investments

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.

Yes	No	N/a
✓		

Note 3 Analysis of income

Analysis		Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year
					£	£
Donations and legacies:	Donations and gifts	17,721	-	-	17,721	5,999
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	5,000	1,423	-	6,423	58,786
	Membership subscriptions and sponsorships which are in substance	-	-	-	-	-
	Donated goods, facilities and services	2,500	-	-	2,500	1,600
	Other	-	-	-	-	-
Total		25,221	1,423	-	26,644	66,385
Charitable activities:	Equipment Grant from LCC	-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Other trading activities:	Merchandise Sales	5,942	-	-	5,942	2,706
	Fundraising Income	106,136	5,296	-	111,432	72,669
		-	-	-	-	-
	Other	-	-	-	-	-
Total		112,078	5,296	-	117,374	75,375
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Other:	Conversion of endowment funds into	-	-	-	-	-
	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	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		137,299	6,719	-	144,018	#####

Other information:

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

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

	Description	This year £	Last year £
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	2,500	1,600
	2,500	1,600

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.

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

Note 6 **Analysis of expenditure**

	Unrestricted funds	Restrict ed income funds	Endowm ent funds	Total funds	Prior year
Analysis					
				£	£
Expenditure on raising funds:					
Incurred seeking donations	-	-	-	-	-
Incurred seeking legacies	-	-	-	-	-
Incurred seeking grants	-	-	-	-	-
Operating membership schemes and social lotteries	-	-	-	-	-
Staging fundraising events	11,782			11,782	2,245
Fudraising staff costs	4,837	-	-	4,837	1,937
Operating charity shops	-	-	-	-	-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-
Advertising, marketing, direct mail and publicity	3,253	-	-	3,253	2,790
Start up costs incurred in generating new source of future	-	-	-	-	-
Database development costs	-	-	-	-	-
Other trading activities - merchandise sales	-	-	-	-	-
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	-	-	-	-	-
	-	-	-	-	-
Total expenditure on raising funds	19,872	-	-	19,872	6,972
Expenditure on charitable activities					
Service Delivery	52,081	#####	-	81,140	65,731
Equipment Purchases	9,007	-	-	9,007	3,089
Overheads	10,247	-	-	10,247	9,517
	-	-	-	-	-
Total expenditure on charitable activities	71,335	#####	-	100,394	78,337
Separate material item of expense					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Total	-	-	-	-	-
Other					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Total other expenditure	-	-	-	-	-
TOTAL EXPENDITURE	91,207	#####	-	120,266	85,309

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					
Total					

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)
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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 account
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 n/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	-	-		-	-	
Total	-	-		-	-	

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	37,489	40,636
Social security costs	1,236	2,000
Pension costs (defined contribution scheme)	1,855	943
Other employee benefits	-	-
Total staff costs	40,580	43,579

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

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
Charitable Activities	2	1
Governance	-	-
Other	-	-
Total	2	2

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)
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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	£1,855
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	

Section C	Notes to the accounts	(cont)
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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			-	-
Total	-	-	-	-

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 £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
Total grants to institutions in reporting period		-
Other unanalysed grants		-
TOTAL GRANTS PAID		-



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	-	-	-	1,440	1,440
Additions	-	-	-	-	-
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	-	-	-	360	360	
Disposals	-	-	-	-	-	
Depreciation	-	-	-	360	360	
Impairment	-	-	-	-	-	
Transfers*	-	-	-	-	-	
At end of the year	-	-	-	720	720	

14.3 Net book value

Net book value at the beginning of the year	-	-	-	1,080	1,080
Net book value at the end of the year	-	-	-	720	720

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:

<i>the effective date of the revaluation</i>	
<i>the name of independent valuer, if applicable</i>	
<i>the methods applied and significant assumptions</i>	
<i>the carrying amount that would have been recognised had the assets been carried under the cost model.</i>	

14.6 Other disclosures

<i>(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.</i>	
<i>(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.</i>	
<i>(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.</i>	

* 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

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

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.

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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
	£	£	£	£	£
Purchases					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Donations					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total additions	-	-	-	-	-
Charge for impairment					
Group A	-	-	-	-	-
Group B	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total charge for impairment	-	-	-	-	-
Disposals					
Group A - carrying amount	-	-	-	-	-
Group B - carrying amount	-	-	-	-	-
Group C	-	-	-	-	-
Other	-	-	-	-	-
Total disposals	-	-	-	-	-

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	-	-	-	-	-	-
Add: additions to investments during period*	-	-	-	-	-	-
Less: disposals at carrying value	-	-	-	-	-	-
Less: impairments	-	-	-	-	-	-
Add: Reversal of impairments	-	-	-	-	-	-
Add/(deduct): transfer in/(out) in the period	-	-	-	-	-	-
Add/(deduct): net gain/(loss) on revaluation	-	-	-	-	-	-
Carrying (fair) value at end of year	-	-	-	-	-	-

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

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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	-	-
Total	-	-
Grand total (Fair value at year end+Cost less impairment)		

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

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

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

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 £
Total		

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 £
Total		

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	
	£	£	£	£	£
Charitable activities:					
<i>Opening</i>	-	3,557	-	-	-
<i>Added in period</i>	-	7,807	-	-	-
<i>Expensed in period</i>	-	- 4,105	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	7,259	-	-	-
Other trading activities:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Other:					
<i>Opening</i>	-	-	-	-	-
<i>Added in period</i>	-	-	-	-	-
<i>Expensed in period</i>	-	-	-	-	-
<i>Impaired</i>	-	-	-	-	-
<i>Closing</i>	-	-	-	-	-
Total this year	-	7,259	-	-	-
Total previous year	-	3,557	-	-	-

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

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Section C	Notes to the accounts	(cont)
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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 £
-	-
-	-
-	-
-	-
Total	-

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	23,395	2,420	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	23,395	2,420	-	-

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).

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

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.	
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.	

Section C	Notes to the accounts	(cont)
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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 £
-	-
-	-
200,992	159,607
-	-
200,992	159,607

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.

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.



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 during the reporting period but before the accounts are authorised which relate to conditions existing at the end of the reporting period.

Please provide details of the nature of the event

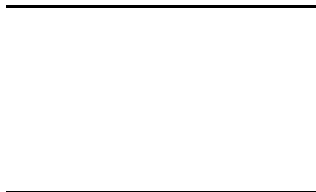
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Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made

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*red after the end of
that arose after the*



Section C	Notes to the accounts	(cont)
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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 be reconcile to 'Total funds' in the balance sheet.

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

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £
Samworth Brothers Charitable Trust	R	to fund sub-contracted charity worker	17,868	-	17,868	-	-
5KYW	R	to fund 5KYW activities	595	6,719	7,314	-	-
MOVE Online	R	to fund service delivery staff costs	3,686	-	3,686	-	-
Resistance Bands	R	to fund the purchase of resistance bands for beneficiaries	1,073	-	191	-	-
5KYW	R	to fund 5KYW activities	-	-	-	-	-
General Funds	U	General charitable activities	138,602	137,299	91,207	-	-
			-	-	-	-	-
			-	-	-	-	-
			-	-	-	-	-
			-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-
Total Funds			161,824	144,018	120,266	-	-



low should

funds

Fund balances carried forward £
-
-
-
882
-
184,694
-
-
-
-
-
-
185,576

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 - expendible 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
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)
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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 28 **Transactions with trustees and related parties**

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

28.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		This year				Last year
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

28.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

TRUE

Type of expenses reimbursed	This year	Last year
	£	£
Travel		
Subsistence		
Accommodation		
Other (please specify):		
TOTAL		

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

28.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Section C	Notes to the accounts	(cont)
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Note 29	Additional Disclosures
The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
MOVE

On accounts for the year
ended

31 March 2022

Charity no
(if any)

1165675

Set out on pages

1 to 45

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

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

Signed:

Date:

22 Sunny 2023

Name:

David J Barnett

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

FCA

Address:

81, West End

Long Whatton

LE12 5DW