

MOVE

TRUSTEE REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST MARCH 2023

REGISTERED CHARITY NUMBER: 1165675



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FOR THE YEAR END 31ST MARCH 2023

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MOVE CHARITY TRUSTEE REPORT

MOVE CHARITY REPORT OF THE TRUSTEES FOR THE YEAR ENDING MARCH 31ST, 2023

The trustees of MOVE present their annual report and statement of accounts for the year ended 31st March 2023. This is as defined by section 97 of the Charities Act 1993.

TRUSTEES (throughout the year to 31 March 2023 and to date unless stated below):

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 (Resigned 3 August 2023)

Martin Smith – Appointed November 2019 (Resigned 3 August 2023)

Lucy Gossage Appointed– February 2020

Graham Smith was appointed as Chair and Trustee and David Barnett and Tony Collier were appointed as Trustees on 3 August 2023.

Founder and CEO

Gemma Hillier-Moses

BANKING:

HSBC Bank

Community account

41 Market Pl

Loughborough LE11 3EJ

REGISTERED OFFICE:

81, West End,

Long Whatton

LE12 5DW

INDEPEDANT EXAMINER:

Anna Brocklehurst FCA

Chartered Accountant

STATEMENT OF TRUSTEE RESPONSIBILITES

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 08/01/2024 and signed on their behalf by:



Lewis Moses

Trustee and Interim Chair 2022 to August 2023

8th January 2024

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

MOVE Charity supports, inspires, and empowers people impacted by cancer to Move Against Cancer, because movement matters.

In 2012, at just 24 years old, I faced a life changing cancer diagnosis (Burkitt lymphoma). As an international athlete, I wanted support to stay active during treatment and regain my fitness after treatment, but this support didn't exist. My experience ignited my passion and determination to help others understand and experience the benefits of an active lifestyle while navigating life during and after cancer treatment.

To do this, I founded **MOVE** charity in 2016 with the support of my family and founding trustees Dr Fiona Miall; my Dad, Nigel Hillier and Dr Clare Stevinson. MOVE charity's early mission was to support children and young people through cancer rehabilitation and has evolved from small group, face to face meet ups to the innovative and life changing one-to-one **Move Online Rehabilitation Programme** for young people aged 13-30 led by cancer rehab specialists.

In June 2018, the second phase of Move charity started when, in collaboration with Dr Lucy Gossage, we launched the **5k Your Way, Move Against Cancer initiative** linked to parkrun. As a consultant oncologist with a background as a professional triathlete Lucy believes passionately in the power of movement for those living with and beyond cancer and wanted to find a way to challenge the myth that 'rest is best'.

Our vision was to create an empowering and inspiring active cancer support group. Together, we founded 5K Your Way—a community that encourages anyone impacted by cancer to live an active and fulfilling lifestyle. The 5KWY groups take place on the last Saturday of every month and they inspire and empower individuals to walk, jog, run, cheer, or volunteer, fostering a supportive environment.

At MOVE Charity, we strive to change the perception of living with and beyond cancer. We believe that every person diagnosed with cancer should be informed and offered support around the benefits of being active during and after treatment, and we are committed to providing support and guidance to help them achieve that.

Amy Harding, Director of Services & Impact, Teenage Cancer Trust

"Teenage Cancer Trust has worked closely with Move Charity since it was founded in 2016. They have provided support to young people across the UK at many of our national support events and we know through feedback from young people the difference this makes. MOVE Charity has a real energy and passion for supporting young people with cancer and we look forward to working with them this year and in the future."

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.

Together, we want to push boundaries and challenge norms, continuing the work that I started in 2012, inspiring my treating team of doctors and nurses to think differently about movement and exercise through cancer treatment. We are helping to create a future where moving against cancer is common practice.

With our team, community, volunteers and supporters' passion, drive, and expertise, we hope to shape a world where individuals impacted by cancer find hope, support, and empowerment.

MOVE Founder

Gemma Hillier-Moses

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

8th January 2024

MOVE CHARITY 2022-2023

Our Aims, Objectives, and impact.

MOVE's mission is to support and inspire people to move against cancer because movement matters.

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

Online cancer rehab programme. This is an 8 week, one-to-one online 'building foundations' programme, delivered by cancer rehabilitation specialists, providing specialist support to 13–30-year-olds living with and after cancer. The programme aims to support young people to build back their confidence in their body and get active after cancer treatment.

The difference it makes:

In 2022-23 153 children and young people were referred to our Move Against Cancer online programme. A formal evaluation, published in the 'Supportive Care in Cancer' medical journal in June 2023, 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. Over the 2022-23 year we launched 10 new groups and have total of 400 ambassadors.

The difference it makes:

5KYW is a support group that combines the physical and psychological benefits of exercise with the psychological benefits of a peer support group.

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.

We asked our community what 5K Your Way meant to them and how we'd helped them after their cancer diagnosis. This is what they told us:

"The 5K Your Way community feels like family"

"5K Your Way gave me a safe space"

"Having a date in the diary that wasn't a hospital appointment, that was for me with others who understood was just what I needed"

"I couldn't have done it without 5K Your Way"

"You help us to concentrate on what we CAN DO, not on what we cannot do".

"I still recall the relief when I saw the 5K Your Way poster in the oncology waiting room. Knowing I could still be a 'runner' when I felt my identity was changing from treatment"

Each 5K Your Way group is truly valued but we know our impact is bigger than the groups themselves. Our community showcases what is possible despite cancer and challenges the myth that rest is best. By existing, our community encourages and empowers those living with and after cancer to Move Their Way.

Whether it's through finding connection and helping people feel less isolated, keeping moving or supporting people impacted by cancer to feel more than just a cancer patient, 5KYW will be here for them.

MOVE Your Way Resources – Our resources promote the benefits of physical activity and exercise when living with and beyond a cancer diagnosis. In 2022-2023 we delivered live online workshops, spoke at a number of national and regional conferences, and produced Move Against Cancer podcasts. Our long-term aspiration is to become to 'go-to' resource providing information and inspiration to support and empower people to get active and stay active during and after cancer treatment.

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

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 rapports with your interviewees' Health care professional and podcast listener.*

ORGANISATIONAL OBJECTIVE

Our plan over the next 3 years is to focus on developing a long-term 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 a new fundraising strategy to help sustain and grow the work we do and support more people living with and beyond cancer.

MOVE CHARITIES DEVELOPMENT SINCE 2016

MOVE's original 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. The trustees consider the financial position at the year- end date to be satisfactory with a small deficit for the year of £45,062. The charity regularly reviews its financial controls according to the Charity Commission Internal checklist.

INCOME GENERATION OBJECTIVE

The MOVE Charity Board is proactive in maintaining financial stability and ensuring the effective management of resources. As part of our strategic planning, we have identified surplus funds that will be allocated this year, this includes full redevelopment to bring our 2 websites into one and creating a cancer rehab leading resources hub, staff salary increases due to inflation and cost of living bonuses and employment of 2 additional full time and part time staff members. These surplus funds have been prudently budgeted and aligned with our mission to support and inspire people to move against cancer. Additionally, we acknowledge the operational deficit incurred in this fiscal year (2022-2023). To address this, we have implemented cost-saving measures and are leveraging unrestricted reserves to cover the deficit, allowing us to maintain financial sustainability and continue delivering impactful programs and services. We are confident that our prudent financial management, a new fundraising strategy for 2023-24, coupled with our

dedicated team and passionate supporters, will ensure the long-term success and impact of MOVE Charity.

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 community of staff, fundraisers, supporters, ambassadors, volunteers, and partners who have supported us over the last year. MOVE supporters and fundraisers have run, walked, swam, cycled and moved against cancer their way. They have helped in any way they can to raise money for MOVE again this year to help others and we are incredibly grateful.

RESERVES

In assessing the overall level of reserves, the charity policy always aims to maintain sufficient unrestricted funds which include at least 3 months' management and maintenance costs. The level set for the current is to provide 3months of running costs and to support any increase in costs of products or services. 2023-2024 may continue to be a turbulent year for charities due current financial climate and rise in living costs. 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




Graham Smith

Chair of Trustees (from 3rd August 2023)

8th January 2024

Section B Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	360	-	-	360	720
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	360	-	-	360	720
Current assets							
Stocks	(Note 18)	B06	7,939	-	-	7,939	7,259
Debtors	(Note 19)	B07	8,740	-	-	8,740	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	132,143	-	-	132,143	200,992
Total current assets		B10	148,822	-	-	148,822	208,251
Creditors: amounts falling due within one year	(Note 20)	B11	8,668	-	-	8,668	23,395
Net current assets/(liabilities)		B12	140,154	-	-	140,154	184,856
Total assets less current liabilities		B13	140,514	-	-	140,514	185,576
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	140,514	-	-	140,514	185,576
Funds of the Charity							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	-	-	-	882
Unrestricted funds		B19	140,514	-	-	140,514	184,694
Revaluation reserve		B20	-	-	-	-	-
Total funds		B21	140,514	-	-	140,514	185,576
Signed by one or two trustees on behalf of all the trustees			Signature		Print Name		Date of approval dd/mm/yyyy
					Graham Smith		08/01/2024



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
MOVE

On accounts for the year
ended

31 March 2023

Charity no
(if any)

1165675

Set out on pages

TAB Numbers 1 to 34

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2023.

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: 08/01/2024

Name:

Anna Brocklehurst FCA CTA

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

FCA – ICAEW
CTA - CIOT

Address:

C/O Charnwood Accountants, The Point, Granite Way, Mountsorrel, Le12 7TZ

