

Report of the Trustees and  
Financial Statements for the Year Ended 31 August 2024  
for  
School of Tai Chi Chuan London  
(a Charitable Incorporated Organisation)

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for the Year Ended 31 August 2024

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Report of the Trustees  
for the Year Ended 31 August 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

Governing document

The charity is controlled by its governing document and is constituted as a Charitable Incorporated Organisation as defined by the Charities Act 2011.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

CE007175 (England and Wales)

**Registered Charity number**

1168505

**Registered office**

30 Arundel Garden  
London  
W11 2LB

**Trustees**

Barbara Carlisle  
Danyal Sattar  
Edward Johnson  
Erica Crome  
Sunil Hirani

Report of the Trustees  
for the Year Ended 31 August 2024

## **Introduction**

For over forty years, our group of teachers have been teaching T'ai Chi in London on a not-for-profit basis. We are pleased to present our seventh report and accounts as a charity.

We are part of an international network of T'ai Chi teachers through the T'ai Chi Foundation, a US not-for-profit. Our main European counterpart is our sister school in Amsterdam which is the Dutch equivalent of a charity, a Stichting. We have teachers in our network in the UK in St Albans and Hertfordshire, Lancaster and the Thames Valley. Their schools are not part of our legal structure but we recognise them as fellow teachers in our wider school.

## **Our objects**

The objects of the CIO are:

- (i) To promote and protect the physical and mental health of people in the UK and internationally, through the study and teaching of T'ai Chi Chuan
- (ii) The promotion of community participation in healthy recreation in particular by the teaching of T'ai Chi Chuan for the benefit of the public.
- (iii) To advance the education of the public in general on the subject of T'ai Chi Chuan and particularly the Yang Style Short Form and associated health and meditation practices of the T'ai Chi Foundation

## **Public benefit**

Our main benefit to the public is through teaching T'ai Chi. As well as a long historic tradition as a practice for health and wellbeing, there is increasing evidence from Western medicine of the benefits of T'ai Chi for physical health through exercise and stress reduction. Our classes in London teach T'ai Chi to the general public, allowing them to experience the effects of T'ai Chi themselves.

During the period, we have taught a range of classes in our curriculum, from the beginners' classes to more advanced T'ai Chi form classes as well as a residential summer holiday training.

With a strong team of up to 20 qualified T'ai Chi teachers to draw on, we expect to continue a good range of classes over the coming year as we did the last year.

As well as our regular central London classes at St Anne's Community Centre in Dean Steet, Soho, Central London, we continue with teaching at Age Exchange in Blackheath, in Southeast London. Classes are remaining popular at both venues.

We ran our third post pandemic residential Summer Holiday training in the summer of 2024, once again in Cheltenham. This activity has a significant impact on our finances, as set out in the next section.

## **Finances**

This is the eighth period with charity accounts.

While our main activity is in delivering classes in our London locations, the biggest income and expenditure is from our summer training, across nine days. This is because all the expenditure of accommodation, board and lodging for participants is included in the income and expenditure of the training. We have been running summer programmes for over 40 years as a wider school and periodically, we in London take on the job of running a summer training for the wider school. We are running the training again in the summer of 2025, so our accounts next year will reflect this charitable trading once more. We will be carrying out a periodic review of whether we run the summer training again, after this training, or seek to have another branch of the wider Tai Chi Foundation take it on. Overall, our finances are in good health for a small charity.

## **Risks**

Our primary risk is the health and wellbeing of our students. Our primary protection against harm is the quality of our teaching. We have a safeguarding policy, to ensure that we are protecting potentially vulnerable students and adults who may attend our classes. A range of other risks are also covered.

## **Conclusion**

Our in-person classes have recovered to pre-pandemic levels, providing the health benefits of Tai Chi to a wide group of students. We wish everyone the very best health and wellbeing over the year to come.

On Behalf of the Trustees of the School of Tai Chi Chuan, London.

Approved by order of the board of trustees on 1 June 2025 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'AW SMT' followed by a diagonal slash and a dot.

Trustee

School of Tai Chi Chuan London  
(a Charitable Incorporated Organisation)

Statement of Financial Activities  
for the Year Ended 31 August 2024

	Notes	31.8.24 Unrestricted fund £	31.8.23 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		88,562	79,953
Investment income	2	79	14
<b>Total</b>		<u>88,641</u>	<u>79,967</u>
<b>EXPENDITURE ON</b>			
Raising funds	3	68,909	58,619
Other		9,859	13,434
<b>Total</b>		<u>78,768</u>	<u>72,053</u>
<b>NET INCOME</b>		9,873	7,914
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		15,985	8,071
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>25,858</u></u>	<u><u>15,985</u></u>

The notes form part of these financial statements

Balance Sheet  
31 August 2024

	Notes	31.8.24 Unrestricted fund £	31.8.23 Total funds £
<b>CURRENT ASSETS</b>			
Stocks	6	564	642
Cash at bank		28,691	21,943
		<u>29,255</u>	<u>22,585</u>
<b>CREDITORS</b>			
Amounts falling due within one year	7	(3,397)	(6,600)
		<u>25,858</u>	<u>15,985</u>
<b>NET CURRENT ASSETS</b>			
		<u>25,858</u>	<u>15,985</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<u>25,858</u>	<u>15,985</u>
<b>NET ASSETS</b>			
		<u>25,858</u>	<u>15,985</u>
<b>FUNDS</b>	8		
Unrestricted funds		25,858	15,985
<b>TOTAL FUNDS</b>		<u>25,858</u>	<u>15,985</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 1 June 2025 and were signed on its behalf by:



Trustee

## 1. ACCOUNTING POLICIES

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

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

### **Income**

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

### **Expenditure**

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

### **Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

### **Taxation**

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

### **Fund accounting**

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

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

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

## 2. INVESTMENT INCOME

	31.8.24	31.8.23
	£	£
Interest receivable - trading	79	14
	<u>      </u>	<u>      </u>

Notes to the Financial Statements - continued  
for the Year Ended 31 August 2024

**3. RAISING FUNDS**

**Raising donations and legacies**

	31.8.24	31.8.23
	£	£
Summer residential training	61,986	56,458
Support costs	3,623	-
	<u>65,609</u>	<u>56,458</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 August 2024 nor for the year ended 31 August 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 August 2024 nor for the year ended 31 August 2023.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	79,953
Investment income	14
<b>Total</b>	<u>79,967</u>
<b>EXPENDITURE ON</b>	
Raising funds	58,619
Other	13,434
<b>Total</b>	<u>72,053</u>
<b>NET INCOME</b>	7,914
<b>RECONCILIATION OF FUNDS</b>	
Total funds brought forward	8,071
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>15,985</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 August 2024

**6. STOCKS**

	31.8.24	31.8.23
	£	£
Stocks	564	642
	<u>564</u>	<u>642</u>

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

	31.8.24	31.8.23
	£	£
Accrued expenses	3,397	6,600
	<u>3,397</u>	<u>6,600</u>

**8. MOVEMENT IN FUNDS**

	At 1.9.23	Net movement in funds	At 31.8.24
	£	£	£
<b>Unrestricted funds</b>			
General fund	15,985	9,873	25,858
	<u>15,985</u>	<u>9,873</u>	<u>25,858</u>
<b>TOTAL FUNDS</b>	<u>15,985</u>	<u>9,873</u>	<u>25,858</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	88,641	(78,768)	9,873
	<u>88,641</u>	<u>(78,768)</u>	<u>9,873</u>
<b>TOTAL FUNDS</b>	<u>88,641</u>	<u>(78,768)</u>	<u>9,873</u>

**Comparatives for movement in funds**

	At 1.9.22	Net movement in funds	At 31.8.23
	£	£	£
<b>Unrestricted funds</b>			
General fund	8,071	7,914	15,985
	<u>8,071</u>	<u>7,914</u>	<u>15,985</u>
<b>TOTAL FUNDS</b>	<u>8,071</u>	<u>7,914</u>	<u>15,985</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 August 2024

**8. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	79,967	(72,053)	7,914
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>79,967</u>	<u>(72,053)</u>	<u>7,914</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.9.22 £	Net movement in funds £	At 31.8.24 £
<b>Unrestricted funds</b>			
General fund	8,071	17,787	25,858
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>8,071</u>	<u>17,787</u>	<u>25,858</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	168,608	(150,821)	17,787
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>168,608</u>	<u>(150,821)</u>	<u>17,787</u>

**9. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 August 2024.

Detailed Statement of Financial Activities  
for the Year Ended 31 August 2024

	31.8.24 £	31.8.23 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Course fees & related income	22,762	19,863
Summer residential training	65,800	60,090
	<hr/>	<hr/>
	88,562	79,953
<b>Investment income</b>		
Interest receivable - trading	79	14
	<hr/>	<hr/>
<b>Total incoming resources</b>	88,641	79,967
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Summer residential training	61,986	56,458
<b>Other trading activities</b>		
Licensing	3,300	2,161
<b>Other</b>		
Rent & rates	9,859	9,558
<b>Support costs</b>		
<b>Management</b>		
Insurance	451	350
Telephone	168	168
Postage and stationery	89	75
	<hr/>	<hr/>
	708	593
<b>Finance</b>		
Bank charges	450	301
<b>Other</b>		
Entertainment	136	87
<b>Other 2</b>		
Advertising	204	497
<b>Other 3</b>		
Sundries	1,325	1,598
<b>Governance costs</b>		
Accountancy fees	800	800
	<hr/>	<hr/>
<b>Total resources expended</b>	78,768	72,053
	<hr/>	<hr/>
<b>Net income</b>	9,873	7,914
	<hr/>	<hr/>