

Registered Charity Number: 1170137



**Report of the Trustees and Unaudited Financial Statements  
for the year ended 31<sup>st</sup> March 2023**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the Year ended 31 March 2023**

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## NOTES TO THE FINANCIAL STATEMENTS for the Year ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. 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 2015).

### Objectives and Activities

4M is a worldwide movement of men - a band of brothers - it's a group of ordinary people living extraordinary lives. Our values are built on Faith, Brotherhood, Adventure & Justice. And we want men everywhere to throw all they have into mind, body & soul adventures that will impact them and their world forever.

An XCC is a mind, body and soul adventure - an active and challenging endurance event, out in the wild. The XCC is set up like one endless day; for 72 hours men are confronted with significant physical challenges, deep comradery and profound moments of moral and spiritual input. Through the XCC process, you can find perspective; evaluate who you are and find a purpose worth living for

### Public benefit

The Trustees have considered the Charity Commission guidance on public benefit and consider that the activities of the charity meet its charitable objectives and provide a benefit to the public.

### Achievement and performance

The activities in the year were **5 XCC** events and **1 Arise UK** event as follows;

April 22 – XCC in Scotland. We had **124** participants.

May 22 – XCC in Dartmoor. We had **47** participants.

May 22 – Arise UK in Dartmoor (run concurrently with XCC). We had **54** participants.

Oct 22 – XCC Wales. We had **118** participants.

Nov 22 – XCC Dartmoor. We had **30** participants.

Mar 23 – XCC England. We had **57** participants.

Recruitment has been varied this year as we grow out of the uncertainty of COVID and into less committed times. We continue to rely on word of mouth, social media, the website and the group fire nights that are held all over the country to promote our message. There is no doubt that the XCC events are still incredibly impactful: the feedback is consistently high and some of the comments are stunning.

### Future plans

We have a vision to see EVERY person in the UK offered an XCC place if they need one. This will need full events as well as higher recruitment and donor income to support the funding of places for those who can't afford it. To get there, we are ready if needed to grow the number of XCC events. The new location in March can hold many more guys so there is capacity to grow in that direction.

We'd like to specially note our thanks to our donors for their support this year, and the many volunteers who help on our events.

### Financial review

4M UK's income is made up primarily from donations and event fees.

Donations, including funds reclaimed under the Gift Aid system were £136,584 (2022: £111,945). Income from charitable activities such as events and book sales were £80,902 (2022: £80,629).

Many thanks to everyone who has given generously throughout the year and to those who have organised and helped with fundraising activities.

There was a surplus at the year-end of £12,703 (2022: £31,089) after expenses totalling £205,005 (2022: £175,829)

### Reserves policy

The policy of the organisation is to maintain three months running costs as reserves wherever possible. This reflects the concern of the trustees that they should maintain sufficient reserves to meet any unforeseen circumstances and in particular, to meet the organisation's obligations, in the event that the charity has to be wound up.

The year-end level of reserves is lower than the trustees would like. They are aware of the situation and are looking to build reserves in future years by organising larger numbers to attend XCC events. The charity received a sizable donation after the year end which has now enabled the charity to meet its reserves policy.

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the Year ended 31 March 2023**

**Structure, Governance and Management**

**Governing document**

The charity is controlled by its governing document, a constitution, and is a Charitable Incorporated Organisation (CIO) registered on 11<sup>th</sup> November 2016.

**Recruitment and appointment of new trustees**

All the trustees are already familiar with the practical work of the charity. Any new trustees will be invited and encouraged to attend training sessions to familiarise themselves with the charity and the context within which it operates.

All of the trustees give their time voluntarily and received no benefits from the charity. All payments made to related parties of the directors and key management are shown as a note to the accounts.

**Induction and training of new trustees**

New trustees are given an orientation pack, which briefs them on a trustee's legal obligations under charity law, the content of the governing document, the committee and decision-making process, and the most recent accounts and Annual Report.

**Reference and Administration Details**

**Registered name**

4M UK

(Working names: 4M; The 4<sup>th</sup> Musketeer)

**Registered Charity number**

1170137

**Principal address**

16 Barwick Close  
Littlehampton  
West Sussex  
BN16 3TT

**Trustees**


<b>Name</b>	<b>Position</b>	<b>Appointments/Resignations</b>
J Ray	Chair	
J Skeates		
B Jacob		

**Independent Examiner**

Magnus Proctor FFA  
Lindisfarne, Landkey Road  
Barnstaple, EX32 9BW

Approved by the board of trustees on

2023 and signed on its behalf by:

  
Jacr (Sep 26, 2023 09:43 GMT+1).....  
J Ray, Chair

**NOTES TO THE FINANCIAL STATEMENTS  
for the Year ended 31 March 2023**

**Independent examiner's report to the trustees of 4M UK**

I report to the charity trustees on my examination of the accounts of 4M UK (the Trust) for the year ended 31<sup>st</sup> March 2023.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of 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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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 confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

Signed:



Magnus Proctor FFA  
Institute of Financial Accountants  
Lindisfarne  
Landkey Road  
Barnstaple  
Devon  
EX32 9BW

Date: 12<sup>th</sup> September 2023

**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year ended 31 March 2023

**STATEMENT OF FINANCIAL ACTIVITIES**  
for the Year ended 31 March 2023

		Unrestricted funds	Restricted funds	2023 Total	2022 Total
	Notes	£	£	£	£
<b>Income and Endowments</b>					
Donations and legacies	2	136,584	0	136,584	111,945
Charitable activities	3	80,902	0	80,902	80,629
Investment income	4	222	0	222	4
Other income – Government grant		0	0	0	14,340
<b>Total Incoming Resources</b>		<b>217,708</b>	<b>0</b>	<b>217,708</b>	<b>206,918</b>
<b>Expenditure</b>					
Charitable activities		205,005	0	205,005	175,829
<b>Total Resources Expended</b>		<b>205,005</b>	<b>0</b>	<b>205,005</b>	<b>175,829</b>
<b>Net Incoming / (Outgoing) resources</b>		<b>12,703</b>	<b>0</b>	<b>12,703</b>	<b>31,089</b>
<b>Reconciliation of Funds</b>					
Total Funds brought forward		47,933	0	47,933	16,844
<b>Total Funds carried forward</b>		<b>60,636</b>	<b>0</b>	<b>60,636</b>	<b>47,933</b>


**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year ended 31 March 2023

**STATEMENT OF FINANCIAL POSITION**  
At 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total £	2022 Total £
<b>Fixed Assets</b>					
Tangible assets	7	3,123	0	3,123	3,064
<b>Current Assets</b>					
Stocks		2,802	0	2,802	286
Debtors	8	11,342	0	11,342	17,921
Cash at bank		74,827	0	74,827	79,468
		88,971	0	88,971	97,675
<b>Current Liabilities</b>					
Amounts falling due within one year	9	(31,458)	0	(31,458)	(52,806)
<b>Current Assets less Current Liabilities</b>		57,513	0	57,513	44,869
<b>Total Assets less Current Liabilities</b>		60,636	0	60,636	47,933
<b>Funds</b>					
Charity Funds	10	60,636	0	60,636	47,933

The financial statements were approved by the Board of Trustees on

2023 and were signed on its behalf by:

  
Jacr (Sep 26, 2023 09:43 GMT+1).....  
J Ray, Chair

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the Year ended 31 March 2023**

**1. Accounting Policies**

**Basis of preparing the financial statements and assessment of going concern**

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The trustees refer you to Note 14 Post Balance Sheet Event and the Trustees Annual Report concerning uncertainties about the charity's ability to continue as a going concern.

**Income**

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

**Expenditure**

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

**Tangible fixed assets**

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

Equipment	33% on cost
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**Taxation**

The charity is exempt from tax on its charitable activities.

**Debtors**

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

**Cash at bank and in hand**

Cash at bank and in hand includes cash, current bank accounts and deposit bank accounts with no withdrawal limitations.

**Creditors**

Creditors are recognised where then charity has a present obligation resulting from a past event that will result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are recognised at their settlement amount.

**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.



**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year ended 31 March 2023

**2. Donations and Legacies**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Donations	117,021	102,256
Gift Aid receivable	19,563	9,689
	<u>136,584</u>	<u>111,945</u>

**3. Charitable Activities**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Fees	71,778	80,292
Sale of merchandise	9,124	337
	<u>80,902</u>	<u>80,629</u>

**4. Investment income**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Interest received	222	4
	<u>222</u>	<u>4</u>

**5. Expenditure on charitable activities**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
The operation of 4M UK	178,130	149,030
Support costs	26,875	26,799
	<u>205,005</u>	<u>175,829</u>

**6. Analysis of support costs**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Independent examiner	500	500
Management and accountancy fees	14,891	13,118
Bank charges	1,911	2,316
Office and IT costs	5,793	6,731
Insurance	3,781	4,134
	<u>26,875</u>	<u>26,799</u>

**7. Employee's Remuneration and Benefits**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Employee's salaries	120,155	107,712
Employee's social security	6,368	6,118
Pension costs	2,270	2,101
	<u>128,793</u>	<u>115,931</u>

**Trustees' expenses**

There were no trustees' expenses paid for the period ended 31 March 2022.

**Key management**

The trustees consider the Key Management to be the position of the Trustees; the remuneration of which is disclosed above.

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the Year ended 31 March 2023**

**8. Staff costs**

	<b>2023 No.</b>	<b>2022 No.</b>
The average monthly number of employees during the period was as follows:	5	5

No employees received emoluments in excess of £60,000.

**9. Tangible fixed Assets**

	<b>Equipment</b>	<b>Total £</b>
<b>Cost</b>		
Cost brought forward	10,972	10,972
Additions	1,366	1,366
<b>Total cost carried forward</b>	<b>12,338</b>	<b>12,338</b>
<b>Depreciation</b>		
Depreciation brought forward	7,908	7,908
Charge for year	1,307	1,307
<b>Total depreciation carried forward</b>	<b>9,215</b>	<b>9,215</b>
<b>Net Book Value</b>		
<b>At 31 March 2023</b>	<b>3,123</b>	<b>3,123</b>
At 31 March 2022	<b>3,064</b>	<b>3,064</b>

**10. Debtors**

	<b>2023 £</b>	<b>2022 £</b>
Trade debtors	1,342	669
Prepayments and accrued income	4,522	10,314
Other debtors	5,478	6,938
	<b>11,342</b>	<b>17,921</b>

**11. Creditors: amounts falling due within one year**

	<b>2023 £</b>	<b>2022 £</b>
Trade creditors	2,585	5,097
Taxation and social security	2,630	97
Accruals and deferred income	26,243	47,612
	<b>31,458</b>	<b>52,806</b>

**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year ended 31 March 2023

**12. Movement in Funds**  
**Unrestricted Funds**

	<b>Balance 1<sup>st</sup> April 2022</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>Balance 31<sup>st</sup> March 2023</b>
General Fund	40,425	217,708	(205,005)		53,128
Global Support Fund	7,508	0	(0)		7,508
<b>Total Funds</b>	<b>47,933</b>	<b>217,708</b>	<b>(205,005)</b>	<b>0</b>	<b>60,636</b>

**Unrestricted Funds**

	<b>Balance 1<sup>st</sup> April 2021</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>Balance 31<sup>st</sup> March 2022</b>
General Fund	9,336	206,918	(175,829)		40,425
Global Support Fund	7,508	0	(0)		7,508
<b>Total Funds</b>	<b>16,844</b>	<b>206,918</b>	<b>(175,829)</b>	<b>0</b>	<b>47,933</b>

The Global Support Fund is money to support the global mission of 4M

**13. Related Party Disclosures**

E Ray, wife of trustee, J Ray (Trustee) received a salary of £16,200 during the year. (2022: £16,200)

The following pages do not form part of the Financial Statements

# DETAILED STATEMENT OF FINANCIAL ACTIVITIES

	2023 £	2022 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	117,021	102,256
Gift Aid received	19,563	9,689
<b>Total income from donations and legacies</b>	<b>136,584</b>	<b>111,945</b>
<b>Charitable activities</b>		
Fees	71,778	80,292
Sale of merchandise	9,124	337
<b>Total income from charitable activities</b>	<b>80,902</b>	<b>80,629</b>
<b>Investment income</b>		
Interest received	222	4
<b>Total income from investment income</b>	<b>222</b>	<b>4</b>
<b>Other Income – Government Grant</b>	<b>0</b>	<b>14,340</b>
<b>Total incoming resources</b>	<b>217,708</b>	<b>206,918</b>
<b>Expenditure</b>		
<b>Charitable activities</b>		
Materials for XCC	7,499	3,896
Venue Hire	660	360
Equipment hire	324	133
Food and drink for XCC	10,860	9,861
Coach hire and transportation	950	1,591
Parking facility	0	5
Merchandise	14,290	154
Contributions (NL)	4,305	4,331
Advertising and marketing	5,603	12,331
Entertainment	564	(2,957)
Salaries	120,155	107,712
Employers' national insurance costs	6,368	6,118
Pension costs	2,270	2,101
Telephone and internet	722	1,177
Travel	1,778	618
Mileage	475	150
Depreciation	1,307	1,449
<b>Total expenditure on charitable activities</b>	<b>178,130</b>	<b>149,030</b>
<b>Support costs</b>		
Independent examiner	500	500
Management and accountancy fees	14,890	13,118
Bank charges	1,911	2,316
Office and IT costs	5,793	6,731
Insurance	3,781	4,134
<b>Total support costs</b>	<b>26,875</b>	<b>26,799</b>
<b>Total resources expended</b>	<b>205,005</b>	<b>175,829</b>
<b>Net incoming/(outgoing) resources</b>	<b>12,703</b>	<b>31,089</b>


# 4M UK 2023 TAR and Accounts - FINAL[25]


Final Audit Report


2023-09-26


Created:	2023-09-25
By:	Paulina Rosmiarek (paulina.rosmiarek@financebox.co.uk)
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 Signer james@4muk.com entered name at signing as Jacr  
2023-09-26 - 08:43:31 GMT

 Document e-signed by Jacr (james@4muk.com)  
Signature Date: 2023-09-26 - 08:43:33 GMT - Time Source: server

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