

Gym Possible

England & Wales · Charity number 1170662

Details

Other names POP-UP GYM CIO

Status Registered

Legal form CIO

Registered 2016-12-09

Register [View on the Charity Commission register](#)

Contact

Address 39 Kingsley Avenue
Newcastle Upon Tyne
NE3 5QN

Phone 07783159339

Email contact@popupgym.org.uk

Website www.popupgym.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE TO RELIEVE SICKNESS AND TO PRESERVE HEALTH AMONG PEOPLE WITH SPINAL CORD INJURIES IN THE NORTH OF ENGLAND BY PROVIDING OR ASSISTING IN THE PROVISION OF REHABILITATION AND FITNESS MAINTENANCE SERVICES.

Activities: To provide a fully accessible gym experience for people with physical disabilities in the North of England. Our slogan "Making Exercise Accessible" refers to our mission to make exercise physically, financially and culturally accessible for people with physical disabilities.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- **Area of benefit:** LOCAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£37,492	£37,291	-	-
2023-12-31	£52,908	£30,903	-	-
2022-12-31	£15,211	£24,926	-	-
2021-12-31	£13,482	£25,963	-	-
2020-12-31	£50,787	£42,350	-	-

Trustees

Name	Role	Appointed
Craig David Heap		2026-05-01
GARY GRAHAM		2016-09-05
Jonathan Graham		2024-02-15
Kevin Dodds		2026-05-05
Peter Matthew Nicholson		2024-02-15
Ryan McLeod		2024-02-15
Storm Smith		2026-05-03

Gym Possible

England & Wales - Charity number 1170662

Accounts

Charity Registration Number: 1170662

Gym Possible
Financial Statements
For the Year Ending
31 December 2024

JANE ASCROFT ACCOUNTANCY LIMITED

Chartered accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

Gym Possible

Financial Statements

Year Ended 31 December 2024

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Gym Possible

Trustees' Annual Report

Year Ended 31 December 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2024.

Objectives and Activities

The objectives of the CIO are to improve physical and mental health, relieve sickness and reduce social isolation among people with physical disabilities in the North East of England by providing or assisting in the provision of rehabilitation and fitness maintenance services.

The charity continues to offer specialist public gym facilities for the benefit of people with physical disabilities in the North East of England.

Public Benefit

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

While 2023 saw Gym Possible operating in a scaled-down capacity, 2024 marked a year of transition, recovery, and renewed growth. It was a pivotal period in which we began rebuilding the foundations of our organisation after several challenging years.

During the year, we secured a 100-square-metre gym premises located in Studio Three at Gateshead Leisure Centre, a major milestone in our journey toward long-term stability. In addition to the main gym floor, the facility now includes dedicated changing rooms with a fully accessible disabled bathroom and a 30-square-metre office space. These new facilities have allowed us to provide an improved and more inclusive environment for our members and staff alike.

Our primary objective for 2024 was recovery. We set a clear target to rebuild our membership base to 60 individuals, the level we maintained prior to the Covid-19 pandemic, while ensuring the gym was fully staffed and financially sustainable through a combination of fundraising and grant applications.

Progress in the early part of the year was steady rather than swift, but by the final quarter we began to see encouraging momentum. Memberships grew significantly, reaching a peak of 52 by December. Importantly, we maintained a strong financial position throughout the year while successfully employing staff to operate the gym three days per week. This stability has provided a solid platform for the next phase of our development.

As we move towards 2025 we are in a stable position, with several grant applications currently outstanding. We are confident that 2025 will be our best year to date.

Drew Graham
Gym Possible CEO

Financial Review

The charity continues to be financially stable. At the end of 2023 Gym Possible had net assets of £36,962 which included equipment valued at £30,017.

Reserves Policy

The charity aims to hold three months running costs £6,000 in reserve at any given time.

Gym Possible

Trustees' Annual Report *(continued)*

Year Ended 31 December 2024

Structure, Governance and Management

Gym Possible is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 9th December 2016 with charity number 1170662. The constitution is a CIO Foundation constitution dated 9th December 2016 and as amended on 02 Oct 2024.

The charity changed its name from Pop Up Gym CIO to Gym Possible on 2nd October 2024.

Trustees are appointed by the founder.

Reference and Administrative Details

Registered charity name	Gym Possible
Charity registration number	1170662
Principal office	39 Kingsley Avenue Newcastle NE3 5QN

The Trustees

Gary Graham
Ian Potts
Clare Potts
Jonathan Graham
Peter Nicholson
Ryan McLeod

Independent Examiner	Jane Ascroft FCA MA (Cantab) Enterprise House Harmire Enterprise Park Barnard Castle County Durham DL12 8XP
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The trustees' annual report was approved on 17 October 2025 and signed on behalf of the board of trustees by:



Gary Graham
Trustee

Gym Possible

Independent Examiner's Report to the Trustees of Gym Possible

Year Ended 31 December 2024

I report to the trustees on my examination of the financial statements of Gym Possible ('the charity') for the year ended 31 December 2024.

Responsibilities and Basis of Report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 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.



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

Gym Possible

Statement of Financial Activities

Year Ended 31 December 2024

		2024		2023
		Unrestricted funds	Total funds	Total funds
	Note	£	£	£
Income and endowments				
Donations and legacies	4	26,340	26,340	45,740
Charitable activities	5	11,152	11,152	5,233
Other trading activities	6	–	–	640
Other income	7	–	–	1,295
Total income		<u>37,492</u>	<u>37,492</u>	<u>52,908</u>
Expenditure				
Expenditure on charitable activities	8,9	37,291	37,291	30,903
Total expenditure		<u>37,291</u>	<u>37,291</u>	<u>30,903</u>
Net income and net movement in funds		<u>201</u>	<u>201</u>	<u>22,005</u>
Reconciliation of funds				
Total funds brought forward		36,761	36,761	14,756
Total funds carried forward		<u>36,962</u>	<u>36,962</u>	<u>36,761</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 6 to 12 form part of these financial statements.

Gym Possible

Statement of Financial Position

31 December 2024

	Note	2024 £	2023 £
Fixed Assets			
Tangible fixed assets	14	30,017	30,000
Current Assets			
Debtors	15	100	100
Cash at bank and in hand		10,642	7,081
		<u>10,742</u>	<u>7,181</u>
Creditors: amounts falling due within one year	16	<u>3,797</u>	<u>420</u>
Net Current Assets		<u>6,945</u>	<u>6,761</u>
Total Assets Less Current Liabilities		<u>36,962</u>	<u>36,761</u>
Net Assets		<u>36,962</u>	<u>36,761</u>
Funds of the Charity			
Unrestricted funds		<u>36,962</u>	<u>36,761</u>
Total charity funds	17	<u>36,962</u>	<u>36,761</u>

These financial statements were approved by the board of trustees and authorised for issue on 17 October 2025, and are signed on behalf of the board by:



Clare Potts
Trustee

The notes on pages 6 to 12 form part of these financial statements.

Gym Possible

Notes to the Financial Statements

Year Ended 31 December 2024

1. General Information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 39 Kingsley Avenue, Newcastle, NE3 5QN.

2. Statement of Compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue.

Judgements and Key Sources of Estimation Uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant estimates or judgements affecting these financial statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

Gym Possible

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2024

3. Accounting Policies *(continued)*

Income *(continued)*

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- legacy income is recognised when receipt is probable and entitlement is established.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible Assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 15% reducing balance

Gym Possible

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2024

3. Accounting Policies *(continued)*

Impairment of Fixed Assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably 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 normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Gym Possible

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2024

4. Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	950	–	950
Grants			
Matt Hampson Foundation	9,890	–	9,890
James Knott Foundation	5,000	–	5,000
Boost Charitable Trust	5,000	–	5,000
Persimmon Homes	4,000	–	4,000
The Joicey Trust	1,500	–	1,500
	<u>26,340</u>	<u>–</u>	<u>26,340</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	1,270	–	1,270
Equipment acquired in previous years via donation or fundraising	30,000	–	30,000
Grants			
The CiaO Foundation	–	1,500	1,500
Matt Hampson Foundation	–	2,790	2,790
James Knott Foundation	–	5,000	5,000
Boost Charitable Trust	–	4,680	4,680
British Engines Fund	–	500	500
	<u>31,270</u>	<u>14,470</u>	<u>45,740</u>

5. Charitable Activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Income from website for PT sessions/memberships	<u>11,152</u>	<u>11,152</u>	<u>5,233</u>	<u>5,233</u>

Gym Possible

Notes to the Financial Statements (continued)

Year Ended 31 December 2024

6. Other Trading Activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Fundraising events	<u>–</u>	<u>–</u>	<u>640</u>	<u>640</u>

7. Other Income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Other income	<u>–</u>	<u>–</u>	<u>1,295</u>	<u>1,295</u>

8. Expenditure on Charitable Activities by Fund Type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Costs of charitable activities	<u>37,291</u>	<u>–</u>	<u>37,291</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Costs of charitable activities	<u>16,433</u>	<u>14,470</u>	<u>30,903</u>

9. Expenditure on Charitable Activities by Activity Type

	Activities undertaken directly £	Total funds 2024 £	Total fund 2023 £
Costs of charitable activities	<u>37,291</u>	<u>37,291</u>	<u>30,903</u>

10. Net Income

Net income is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets	<u>5,297</u>	<u>–</u>

11. Independent Examination Fees

	2024 £	2023 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>420</u>	<u>420</u>

Gym Possible

Notes to the Financial Statements (continued)

Year Ended 31 December 2024

12. Staff Costs

The average head count of employees during the year was Nil (2023: Nil).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

13. Trustee Remuneration and Expenses

No trustees have received expenses or remuneration in the current or previous year.

14. Tangible Fixed Assets

	Equipment £
Cost	
At 1 January 2024	30,000
Additions	5,314
At 31 December 2024	<u>35,314</u>
Depreciation	
At 1 January 2024	–
Charge for the year	5,297
At 31 December 2024	<u>5,297</u>
Carrying amount	
At 31 December 2024	<u>30,017</u>
At 31 December 2023	<u>30,000</u>

15. Debtors

	2024 £	2023 £
Prepayments and accrued income	<u>100</u>	<u>100</u>

16. Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	3,377	–
Accruals and deferred income	<u>420</u>	<u>420</u>
	<u>3,797</u>	<u>420</u>

Gym Possible

Notes to the Financial Statements (continued)

Year Ended 31 December 2024

17. Analysis of Charitable Funds

Unrestricted funds

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
General funds	<u>36,761</u>	<u>37,492</u>	<u>(37,291)</u>	<u>36,962</u>

	At 1 January 2023	Income	Expenditure	At 31 December 2023
	£	£	£	£
General funds	<u>14,756</u>	<u>38,438</u>	<u>(16,433)</u>	<u>36,761</u>

18. Analysis of Net Assets Between Funds

	Unrestricted Funds	Total Funds
	£	£
Tangible fixed assets	30,017	30,017
Current assets	10,742	10,742
Creditors less than 1 year	<u>(3,797)</u>	<u>(3,797)</u>
Net assets	<u>36,962</u>	<u>36,962</u>

	Unrestricted Funds	Total Funds
	£	£
Tangible fixed assets	30,000	30,000
Current assets	7,181	7,181
Creditors less than 1 year	<u>(420)</u>	<u>(420)</u>
Net assets	<u>36,761</u>	<u>36,761</u>

19. Related Parties

The CEO of the charity, Drew Graham, is the brother of Jonathan Graham, trustee, and the son of Gary Graham, also a trustee. Drew received remuneration of £5,000 during the year.

Gym Possible

Management Information

Year Ended 31 December 2024

The Following Pages Do Not Form Part of the Financial Statements.

Gym Possible

Detailed Statement of Financial Activities

Year Ended 31 December 2024

	2024 £	2023 £
Income and endowments		
Donations and legacies		
Donations	950	1,270
Equipment acquired in previous years via donation or fundraising	–	30,000
The CiaO Foundation	–	1,500
Matt Hampson Foundation	9,890	2,790
James Knott Foundation	5,000	5,000
Boost Charitable Trust	5,000	4,680
British Engines Fund	–	500
Persimmon Homes	4,000	–
The Joicey Trust	1,500	–
	<u>26,340</u>	<u>45,740</u>
Charitable activities		
Income from website for PT sessions/memberships	11,152	5,233
	<u>–</u>	<u>640</u>
Other trading activities		
Fundraising events	–	640
	<u>–</u>	<u>1,295</u>
Other income		
Other income	–	1,295
	<u>–</u>	<u>–</u>
Total income	<u>37,492</u>	<u>52,908</u>
Expenditure		
Rent	4,700	4,200
Insurance	1,862	629
Motor and travel expenses	663	495
Accountancy fees	540	420
Depreciation	5,297	–
Gym Management	5,000	12,500
Administration expenses	1,748	2,365
Gym Running costs	3,816	2,584
Personal trainers	13,665	7,710
	<u>37,291</u>	<u>30,903</u>
Total expenditure	<u>37,291</u>	<u>30,903</u>
	<u>–</u>	<u>–</u>
Net income	<u>201</u>	<u>22,005</u>

Gym Possible

England & Wales - Charity number 1170662

Accounts

Gym Possible (Previously Pop Up Gym CIO)
Financial Statements
For the Year Ending
31 December 2023

JANE ASCROFT ACCOUNTANCY LIMITED

Chartered accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

Gym Possible (Previously Pop Up Gym CIO)

Financial Statements

Year Ended 31 December 2023

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Gym Possible (Previously Pop Up Gym CIO)

Trustees' Annual Report

Year Ended 31 December 2023

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 December 2023.

Objectives and Activities

The objectives of the CIO are to relieve sickness and to preserve health among people with spinal cord injuries in the North East of England by providing or assisting in the provision of rehabilitation and fitness maintenance services.

The charity continues to offer specialist public gym facilities for the benefit of people with spinal cord injuries in the North East of England.

Public Benefit

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

In 2023, our charity operated on a scaled-down basis as we continued to recover from the lingering effects of the global pandemic. We maintained a small, adapted gym in Longbenton; however, due to budget constraints, we were unable to staff the facility. While members could access the gym, they needed to book personal training sessions for assistance with their workouts.

Throughout the year, we averaged 15 members per month, which is about a quarter of our pre-pandemic membership. We believe this decline is largely due to the gym's location and the lack of staff support.

We have engaged in discussions with Gateshead Leisure Centre, which is set to reopen in 2024, and we are excited to announce our agreement to move to Studio 3, a spacious 100m² area. This enhanced gym space, coupled with a more central location, should help us attract more members. Additionally, we are actively seeking funding for a fitness instructor to be present several days a week, which we anticipate will further boost our membership numbers back to pre-pandemic levels.

In parallel to our physical gym, we have continued to offer online fitness sessions through our Facebook and YouTube channels. These programs have been exceptionally well-received, with several hundred participants joining us each month.

Drew Graham
Gym Possible CEO

Financial Review

The charity continues to be financially stable. At the end of 2023 Gym Possible had net assets of £36,761 which included equipment valued at £30,000.

Reserves Policy

The charity aims to hold three months running costs £6,000 in reserve at any given time.

Gym Possible (Previously Pop Up Gym CIO)

Trustees' Annual Report *(continued)*

Year Ended 31 December 2023

Plans for Future Periods

In 2024 we intend to continue our mission of making exercise accessible to individuals with physical disabilities.

2024 Projected Income

- The Boost Charitable Foundation has committed to funding us again in 2024 for a total of £5000.
- We will be receiving £5000 from the James Knott trust in Oct 2024 to help us pay for a Personal Trainer, we hope to be able to add to this money to get a trainer full-time.
- The Matt Hampson Foundation have committed to supporting us again in 2024 by paying our rent which will cost £5400 and by funding a Physio to work with our members one day per week.
- We project that in 2024 we will make a total of ~ £6000 through membership fees.

Structure, Governance and Management

Gym Possible is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission on 9th December 2016 with charity number 1170662. The constitution is a CIO Foundation constitution dated 9th December 2016 and as amended on 02 Oct 2024.

The charity changed its name from Pop Up Gym CIO to Gym Possible on 2nd October 2024.

Trustees are appointed by the founder.

Trustee Changes

In 2023, Carol Graham and Phil Tennant stepped down as trustees of our organization. We are pleased to welcome Clare Potts, Michael Potts, Matthew Nicholson, and Jonathan Graham to the board. Each brings a wealth of skills and enthusiasm that will significantly contribute to our continued progress and success.

Gym Possible (Previously Pop Up Gym CIO)

Trustees' Annual Report *(continued)*

Year Ended 31 December 2023

Reference and Administrative Details

Registered charity name Gym Possible (previously Pop Up Gym CIO)
Charity registration number 1170662
Principal office 39 Kingsley Avenue
Newcastle
NE3 5QN

The Trustees

Gary Graham
Lucy Hickey
Philip Ternent
Nicholas Brown
Ian Potts
Clare Potts
Jonathan Graham
Peter Nicholson
Ryan McLeod

Independent Examiner Jane Ascroft FCA MA (Cantab)
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

The trustees' annual report was approved on23/10/2024..... and signed on behalf of the board of trustees by:

Gary Graham
Trustee



Gym Possible (Previously Pop Up Gym CIO)

Independent Examiner's Report to the Trustees of Gym Possible (previously Pop Up Gym CIO)

Year Ended 31 December 2023

I report to the trustees on my examination of the financial statements of Gym Possible (previously Pop Up Gym CIO) ('the charity') for the year ended 31 December 2023.

Responsibilities and Basis of Report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

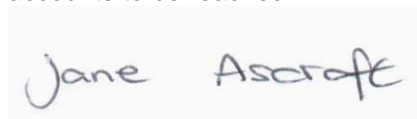
I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 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.



Jane Ascroft FCA MA (Cantab)
Independent Examiner

Enterprise House
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Barnard Castle
County Durham
DL12 8XP

Gym Possible (Previously Pop Up Gym CIO)

Statement of Financial Activities

Year Ended 31 December 2023

		2023		2022	
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	4	31,270	14,470	45,740	15,605
Charitable activities	5	5,233	–	5,233	–
Other trading activities	6	640	–	640	–
Other income	7	1,295	–	1,295	–
Total income		<u>38,438</u>	<u>14,470</u>	<u>52,908</u>	<u>15,605</u>
Expenditure					
Expenditure on charitable activities	8,9	16,433	14,470	30,903	24,926
Total expenditure		<u>16,433</u>	<u>14,470</u>	<u>30,903</u>	<u>24,926</u>
Net income/(expenditure) and net movement in funds		<u>22,005</u>	<u>–</u>	<u>22,005</u>	<u>(9,321)</u>
Reconciliation of funds					
Total funds brought forward		14,756	–	14,756	24,077
Total funds carried forward		<u>36,761</u>	<u>–</u>	<u>36,761</u>	<u>14,756</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 7 to 14 form part of these financial statements.

Gym Possible (Previously Pop Up Gym CIO)

Statement of Financial Position

31 December 2023

	Note	2023 £	2022 £
Fixed Assets			
Tangible fixed assets	13	30,000	–
Current Assets			
Debtors	14	100	–
Cash at bank and in hand		7,081	14,756
		<u>7,181</u>	<u>14,756</u>
Creditors: amounts falling due within one year	15	420	–
Net Current Assets		<u>6,761</u>	<u>14,756</u>
Total Assets Less Current Liabilities		<u>36,761</u>	<u>14,756</u>
Net Assets		<u>36,761</u>	<u>14,756</u>
Funds of the Charity			
Unrestricted funds		36,761	14,756
Total charity funds	16	<u>36,761</u>	<u>14,756</u>

These financial statements were approved by the board of trustees and authorised for issue on ...23/10/2024..., and are signed on behalf of the board by:

Clare Potts
Trustee



The notes on pages 7 to 14 form part of these financial statements.

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements

Year Ended 31 December 2023

1. General Information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 39 Kingsley Avenue, Newcastle, NE3 5QN.

2. Statement of Compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue.

Judgements and Key Sources of Estimation Uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant estimates or judgements affecting these financial statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2023

3. Accounting Policies *(continued)*

Income *(continued)*

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- legacy income is recognised when receipt is probable and entitlement is established.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible Assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Impairment of Fixed Assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2023

3. Accounting Policies *(continued)*

Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably 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 normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

4. Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	1,270	–	1,270
Equipment acquired in previous years via donation or fundraising	30,000	–	30,000

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements (continued)

Year Ended 31 December 2023

4. Donations and Legacies (continued)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Grants			
The CiaO Foundation	–	1,500	1,500
Matt Hampson Foundation	–	2,790	2,790
James Knott Foundation	–	5,000	5,000
Boost Charitable Trust	–	4,680	4,680
British Engines Fund	–	500	500
	<u>31,270</u>	<u>14,470</u>	<u>45,740</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	15,605	–	15,605
	<u>15,605</u>	<u>–</u>	<u>15,605</u>

5. Charitable Activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Income from website for PT sessions/memberships	<u>5,233</u>	<u>5,233</u>	<u>–</u>	<u>–</u>

6. Other Trading Activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Fundraising events	<u>640</u>	<u>640</u>	<u>–</u>	<u>–</u>

7. Other Income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Other income	<u>1,295</u>	<u>1,295</u>	<u>–</u>	<u>–</u>

Gym Possible (Previously Pop Up Gym Cio)

Notes to the Financial Statements (continued)

Year Ended 31 December 2023

8. Expenditure on Charitable Activities by Fund Type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Costs of charitable activities	<u>16,433</u>	<u>14,470</u>	<u>30,903</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Costs of charitable activities	<u>24,926</u>	<u>—</u>	<u>24,926</u>

9. Expenditure on Charitable Activities by Activity Type

	Activities undertaken directly £	Total funds 2023 £	Total fund 2022 £
Costs of charitable activities	<u>30,903</u>	<u>30,903</u>	<u>24,926</u>

10. Independent Examination Fees

	2023 £	2022 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>420</u>	<u>—</u>

11. Staff Costs

The average head count of employees during the year was Nil (2022: Nil).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

12. Trustee Remuneration and Expenses

No trustees have received expenses or remuneration in the current or previous year.

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2023

13. Tangible Fixed Assets

	Equipment £
Cost	
At 1 January 2023	–
Additions	30,000
At 31 December 2023	<u>30,000</u>
Depreciation	
At 1 January 2023 and 31 December 2023	–
Carrying amount	
At 31 December 2023	<u>30,000</u>
At 31 December 2022	<u>–</u>

14. Debtors

	2023 £	2022 £
Prepayments and accrued income	<u>100</u>	<u>–</u>

15. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	<u>420</u>	<u>–</u>

16. Analysis of Charitable Funds

Unrestricted funds

	At 1 January 2023 £	Income £	Expenditure £	At 31 December 2023 £
General funds	<u>14,756</u>	<u>38,438</u>	<u>(16,433)</u>	<u>36,761</u>

	At 1 January 2022 £	Income £	Expenditure £	At 31 December 2022 £
General funds	<u>24,077</u>	<u>15,605</u>	<u>(24,926)</u>	<u>14,756</u>

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2023

16. Analysis of Charitable Funds *(continued)*

Restricted funds

	At 1 January 2023 £	Income £	Expenditure £	At 31 December 2023 £
The CiaO Foundation	–	1,500	(1,500)	–
Matt Hampson Foundation	–	2,790	(2,790)	–
James Knott Foundation	–	5,000	(5,000)	–
Boost Charitable Trust	–	4,680	(4,680)	–
British Engines Fund	–	500	(500)	–
	<u>–</u>	<u>14,470</u>	<u>(14,470)</u>	<u>–</u>

The restricted grants are for the following purposes:

The CiaO Foundation - One year's online training programme for members

Matt Hampson Foundation - Physiotherapy for members

James Knott Foundation - Personal training wages

Boost Charitable Trust - Personal trainer wages

British Engines Fund - Purchasing a new VitaGlide (new gym equipment)

Gym Possible (Previously Pop Up Gym CIO)

Notes to the Financial Statements *(continued)*

Year Ended 31 December 2023

17. Analysis of Net Assets Between Funds

	Unrestricted Funds £	Total Funds 2023 £
Tangible fixed assets	30,000	30,000
Current assets	7,181	7,181
Creditors less than 1 year	(420)	(420)
Net assets	<u>36,761</u>	<u>36,761</u>

	Unrestricted Funds £	Total Funds 2022 £
Tangible fixed assets	–	–
Current assets	14,756	14,756
Creditors less than 1 year	–	–
Net assets	<u>14,756</u>	<u>14,756</u>

18. Related Parties

The CEO of the charity, Drew Graham, is the brother of Jonathan Graham, trustee, and the son of Gary Graham, also a trustee. Drew received remuneration of £12,500 during the year.

Gym Possible (Previously Pop Up Gym CIO)

Management Information

Year Ended 31 December 2023

The Following Pages Do Not Form Part of the Financial Statements.

Gym Possible (Previously Pop Up Gym CIO)

Detailed Statement of Financial Activities

Year Ended 31 December 2023

	2023 £	2022 £
Income and endowments		
Donations and legacies		
Donations	1,270	15,605
Equipment acquired in previous years via donation or fundraising	30,000	–
The CiaO Foundation	1,500	–
Matt Hampson Foundation	2,790	–
James Knott Foundation	5,000	–
Boost Charitable Trust	4,680	–
British Engines Fund	500	–
	<u>45,740</u>	<u>15,605</u>
Charitable activities		
Income from website for PT sessions/memberships	5,233	–
Other trading activities		
Fundraising events	640	–
Other income		
Other income	1,295	–
Total income	<u>52,908</u>	<u>15,605</u>
Expenditure		
Rent	4,200	3,600
Gym Management	12,500	13,252
Administration expenses	3,909	5,820
Gym Running costs	2,584	2,254
Personal trainers	7,710	–
	<u>30,903</u>	<u>24,926</u>
Net income/(expenditure)	<u>22,005</u>	<u>(9,321)</u>

Gym Possible

England & Wales - Charity number 1170662

Accounts



Trustees' Annual Report for the period

From **1st January 2022** Period start date To **31st December 2022**
Period end date

Charity name: **POPUP GYM**

Charity registration number: **1170662**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objectives of the CIO are to relieve sickness and to preserve health among people with spinal cord injuries in the North East of England by providing or assisting in the provision of rehabilitation and fitness maintenance services.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The charity continues to offer specialist public gym facilities for the benefit of people with spinal cord injuries in the North East of England.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		
-------	--	--

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The charity has continued to expand its range and reach of gym rehabilitation services available for members of the public with spinal injuries. The participants have reported both mental and physical health improvements as a result of the charity's facilities. This in turn results in benefits to society at large arising out of the improved capabilities and confidence of the participants.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity continues to be financially stable. At the end of 2022 Pop-Up Gym had funds of £14,755.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to hold three months running costs £6,000 in reserve at any given time.
Amount of reserves held	Para 1.22	£14,755
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by founder

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Pop-Up Gym CIO
Other name the charity uses	Gym Possible
Registered charity number	1170662
Charity's principal address	39 Kingsley Avenue Melton Park Newcastle upon Tyne NE3 SQN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lucy Jayne Margaret Hickey			
2	Carol Ann Graham	Treasurer		
3	Gary Graham			
4	Philip Richard Ternent			
5	Nicholas William Brown			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	J.G. Accounting Services	17 Hollywood Avenue, Gosforth, Newcastle upon Tyne, NE3 5BQ

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

Gary Graham

Gary Graham	
-------------	--

Position (eg Secretary,
Chair, etc)

--	--

Date

13/12/2023

13/12/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Pop-Up Gym	No (if any) 1170662
----------------------------	------------------------

CC16a

Receipts and payments accounts

For the period from	Period start date 01/01/22	To	Period end date 31/12/22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	14,756	-	-	14,756	24,077
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	14,756	-	-	14,756	24,077
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	14,756	-	-	14,756	24,077
A3 Payments					
Premises Rent	3,600	-	-	3,600	
Gym Management	13,252	-	-	13,252	14,797
Administration Expenses	5,820	-	-	5,820	6,150
Gym Running Costs	2,254	-	-	2,254	3,536
Motor Expenses	-	-	-	-	380
Premises Expenses	-	-	-	-	1,100
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	24,926	-	-	24,926	25,963
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	24,926	-	-	24,926	25,963
Net of receipts/(payments)	- 10,170	-	-	- 10,170	- 1,886
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	24,077	-	-	24,077	-
Cash funds this year end	13,907	-	-	13,907	- 1,886

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	14,756	-	-
		-	-	-
		-	-	-
	Total cash funds	14,756	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	G. Graham	Gary Graham		13/12/23

Gym Possible

England & Wales - Charity number 1170662

Accounts



Trustees' Annual Report for the period

From 1st January 2021 Period start date To 31st December 2021
Period end date

Charity name: POPUP GYM

Charity registration number: 1170662

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objectives of the CIO are to relieve sickness and to preserve health among people with spinal cord injuries in the North East of England by providing or assisting in the provision of rehabilitation and fitness maintenance services.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The charity continues to offer specialist public gym facilities for the benefit of people with spinal cord injuries in the North East of England.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The charity has continued to expand its range and reach of gym rehabilitation services available for members of the public with spinal injuries. The participants have reported both mental and physical health improvements as a result of the charity's facilities. This in turn results in benefits to society at large arising out of the improved capabilities and confidence of the participants.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity continues to be financially stable . At the end of 2021 Pop-up Gym had funds of £24,077.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to hold three months running costs £15,000 in reserve at any given time.
Amount of reserves held	Para 1.22	£15,000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by founder

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	POP-UP GYM CIO
Other name the charity uses	GYM POSSIBLE
Registered charity number	1170662
Charity's principal address	39 Kingsley Avenue Melton Park Newcastle upon Tyne NE3 5QN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lucy Jayne Margaret Hickey			
2	Carol Ann Graham	Treasurer		
3	Gary Graham			
4	Philip Richard Ternent			
5	Nicholas William Brown			
6				
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18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	J.G. Accounting Services	17 Hollywood Avenue Gosforth NE3 5BQ

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Gary Graham	
Position (eg Secretary, Chair, etc)		
Date	12/10/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
POPUP GYM

No (if any)
1170662

Receipts and payments accounts

CC16a

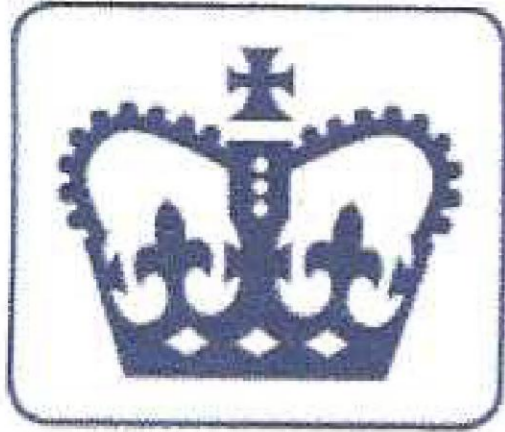
For the period from	Period start date 01/01/2021	To	Period end date 31/12/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	13,482	-	-	13,482	50,787
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	13,482	-	-	13,482	50,787
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	13,482	-	-	13,482	50,787
A3 Payments					
MOTOR EXPENSES	380	-	-	380	1,047
PREMISES EXPENSES	1,100	-	-	1,100	1,840
ADMINISTRATION EXPENSES	6,150	-	-	6,150	7,325
GYM MANAGEMENT	14,797	-	-	14,797	23,589
GYM RUNNING COSTS	3,536	-	-	3,536	8,549
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	25,963	-	-	25,963	42,350
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	25,963	-	-	25,963	42,350
Net of receipts/(payments)	- 12,481	-	-	- 12,481	8,437
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	36,558	-	-	36,558	28,121
Cash funds this year end	24,077	-	-	24,077	36,558

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	BANK ACCOUNT	24,077	-	-
		-	-	-
		-	-	-
	Total cash funds	24,077	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name POPUP GYM CIO		
On accounts for the year ended	31 ST DECEMBER 2021	Charity no (if any)	1170662
Set out on pages	1 <small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2021.

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").

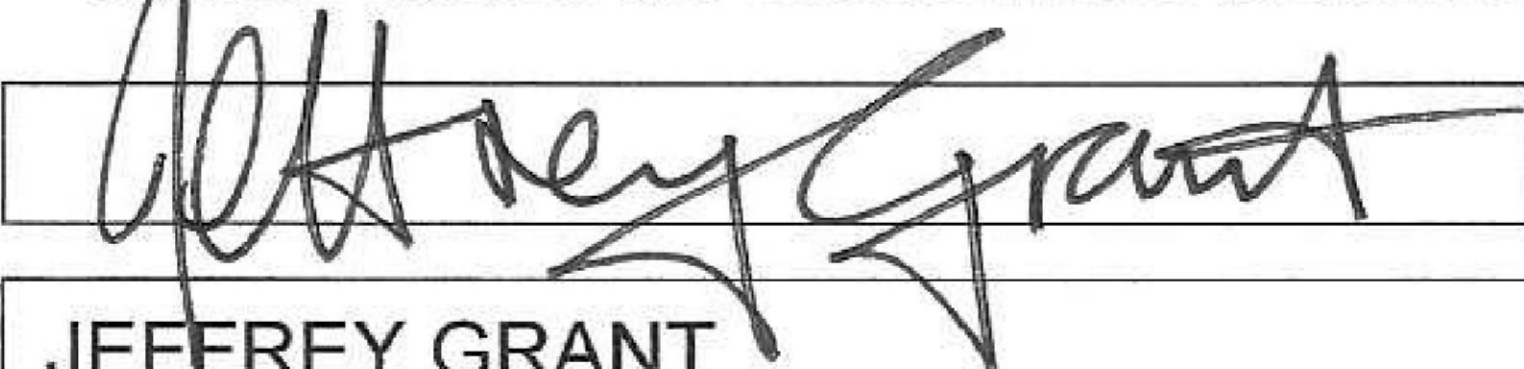
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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

Signed:  **Date:** 12/10/2022

Name: JEFFREY GRANT

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

Address: 17 HOLLYWOOD AVENUE
GOSFORTH
NEWCASTLE UPON TYNE

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty box for disclosure details]

Gym Possible

England & Wales - Charity number 1170662

Accounts



Trustees' Annual Report for the period

From **1st January 2020** Period start date To **31st**
December 2020 Period end date

Charity name: **POPUP GYM**

Charity registration number: **1170662**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objectives of the CIO are to relieve sickness and to preserve health among people with spinal cord injuries in the North East of England by providing or assisting in the provision of rehabilitation and fitness maintenance services.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The charity continues to offer specialist public gym facilities for the benefit of people with spinal cord injuries in the North East of England.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
	Para 1.38	

Contribution made by volunteers		
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	The charity has continued to expand its range and reach of gym rehabilitation services available for members of the public with spinal injuries. The participants have reported both mental and physical health improvements as a result of the charity's facilities. This in turn results in benefits to society at large arising out of the improved capabilities and confidence of the participants.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity continues to be financially stable . At the end of 2019 Pop-up Gym had funds of £28,121.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to hold three months running costs £15,000 in reserve at any given time.
Amount of reserves held	Para 1.22	£15,000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by founder

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	POP-UP GYM CIO
Other name the charity uses	GYM POSSIBLE
Registered charity number	1170662

Charity's principal address	39 Kingsley Avenue Melton Park Newcastle upon Tyne NE3 5QN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lucy Jayne Margaret Hickey			
2	Carol Ann Graham	Treasurer		
3	Gary Graham			
4	Philip Richard Ternent			
5	Nicholas William Brown			
6				
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13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	J.G. Accounting Services	17 Hollywood Avenue Gosforth NE3 5BQ

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

Gary Graham

Gary Graham	
-------------	--

Position (eg
Secretary, Chair, etc)

--	--

Date

20/10/2021

20/10/2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
POPUP GYM

No (if any)
1170662

Receipts and payments accounts

For the period from	Period start date 1/1/2020	To	Period end date 12/31/2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
	50,787	-	-	50,787
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	50,787	-	-	50,787
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	50,787	-	-	50,787
A3 Payments				
MOTOR EXPENSES	1,047	-	-	1,047
PREMISES EXPENSES	1,840	-	-	1,840
ADMINISTRATION EXPENSES	7,325	-	-	7,325
GYM MANAGEMENT	23,589	-	-	23,589
GYM RUNNING COSTS	8,549	-	-	8,549
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	42,350	-	-	42,350
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	42,350	-	-	42,350
Net of receipts/(payments)	8,437	-	-	8,437
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	28,121	-	-	28,121
Cash funds this year end	36,558	-	-	36,558

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	BANK ACCOUNT	36,565	-
		-	-
		-	-
	Total cash funds	36,565	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature	Print Name

CC16a



Last year
to the nearest £

65,727
-
-
-
-
-
-
-
65,727

-
-
-

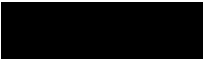
65,727

3,809
5,320
10,320
31,575
7,910
-
-
-
-
58,934

-
-
-

58,934

6,793
-
-
6,793



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
POPOP GYM CIO

**On accounts for the year
ended**

31ST DECEMBER 2020

**Charity no
(if any)**

1170662

Set out on pages

1

(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 31/12/2020.

**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 2011 Act and in carrying out my examination, I have followed 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 (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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

Signed:

Date:

20/10/2021

Name:

JEFFREY GRANT

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

Address:

17 HOLLYWOOD AVENUE

GOSFORTH

NEWCASTLE UPON TYNE