



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From **1<sup>st</sup> January 2020**  
**December 2020**

Period start date To **31<sup>st</sup>**  
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	<b>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.</b>
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	<b>The charity continues to offer specialist public gym facilities for the benefit of people with spinal cord injuries in the North East of England.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance issued by the Charity Commission on public benefit.</b>

## 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	<b>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.</b>

### 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	<b>The charity continues to be financially stable . At the end of 2019 Pop-up Gym had funds of £28,121.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>The charity aims to hold three months running costs £15,000 in reserve at any given time.</b>
Amount of reserves held	Para 1.22	<b>£15,000</b>
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	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Charitable Incorporated Organisation</b>
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	<b>Appointed by founder</b>

### 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				
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 NE3 5BQ

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

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

Gary Graham	
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Position (eg  
Secretary, Chair, etc)

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Date

20/10/2021
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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 £
<b>A1 Receipts</b>				
	50,787	-	-	50,787
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	50,787	-	-	50,787
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	50,787	-	-	50,787
<b>A3 Payments</b>				
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
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	42,350	-	-	42,350
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	42,350	-	-	42,350
<b>Net of receipts/(payments)</b>	8,437	-	-	8,437
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	28,121	-	-	28,121
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	BANK ACCOUNT	36,565	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>36,565</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-

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

	Details	Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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

Signature	Print Name

**CC16a**

**Last year**

**to the nearest £**

<b>65,727</b>
-
-
-
-
-
-
-
<b>65,727</b>

-
-
-

<b>65,727</b>
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<b>3,809</b>
<b>5,320</b>
<b>10,320</b>
<b>31,575</b>
<b>7,910</b>
-
-
-
-
<b>58,934</b>

-
-
-

<b>58,934</b>
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<b>6,793</b>
-
-
<b>6,793</b>



**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	31 <sup>ST</sup> DECEMBER 2020	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 31/12/2020.

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