



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From **1<sup>st</sup> January 2022** Period start date To **31<sup>st</sup> 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	<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	
Contribution made by volunteers	Para 1.38	

Other		
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## 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 2022 Pop-Up Gym had funds of £14,755.</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 £6,000 in reserve at any given time.</b>
Amount of reserves held	Para 1.22	<b>£14,755</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 Klingsley 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				
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16				
17				
18				
19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## 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)

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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

Gary Graham	
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Position (eg Secretary,  
Chair, etc)

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Date

13/12/2023

13/12/2023
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Pop-Up Gym

No (if any)  
1170662

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/01/22

To

Period end date  
31/12/22

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
	14,756	-	-	14,756	24,077
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	14,756	-	-	14,756	24,077
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	14,756	-	-	14,756	24,077
<b>A3 Payments</b>					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	24,926	-	-	24,926	25,963
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	24,926	-	-	24,926	25,963
<b>Net of receipts/(payments)</b>	- 10,170	-	-	- 10,170	- 1,886
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	24,077	-	-	24,077	-
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Bank Account	14,756	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	14,756	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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	
	G. Graham	Gary Graham	13/12/23	