

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').

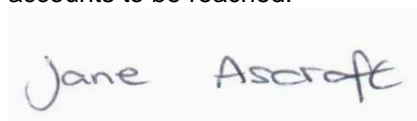
I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XP

Gym Possible (Previously Pop Up Gym CIO)

Statement of Financial Activities

Year Ended 31 December 2023

		Unrestricted funds	2023 Restricted funds	Total funds	2022 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	<u>5,233</u>	<u>—</u>
Other trading activities		
Fundraising events	<u>640</u>	<u>—</u>
Other income		
Other income	<u>1,295</u>	<u>—</u>
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>