

MOVE INTO WELLBEING

England & Wales · Charity number 1172264

Details

Status Registered

Legal form CIO

Registered 2017-03-27

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

Contact

Address Flat 1
Oakbrook
Goldhawk Road
London
W6 0WU

Phone 07942159092

Email info@moveintowellbeing.org.uk

Website www.moveintowellbeing.org.uk

Activities

Objects: THE RELIEF OF THOSE IN NEED BY REASON OF DISABILITY, IN PARTICULARLY BUT NOT EXCLUSIVELY PARKINSON'S DISEASE. THIS PURPOSE IS ACHIEVED BY THE PROVISION OF BESPOKE WEEKLY DANCE AND EXERCISE CLASSES. THE DANCE AND MOVEMENT IN THE CLASSES ARE ESPECIALLY IMPORTANT FOR STIMULATION, CIRCULATION, CO-ORDINATION, STRENGTH, CONFIDENCE AND BALANCE, ALL QUALITIES CONDUCTIVE TO IMPROVED MANAGEMENT OF DAILY TASKS THAT MAY BE DIFFICULT.

Activities: We provide bespoke weekly dance and exercise classes for those with Parkinsons and other mobility restrictions

Classification

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

Geography

- Ealing
- Hounslow

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£27,488	£24,916	-	-
2024-08-31	£23,600	£23,985	-	-
2023-08-31	£23,627	£22,136	-	-
2022-08-31	£28,155	£19,604	-	-
2021-08-31	£7,411	£10,133	-	-

Trustees

Name	Role	Appointed
Carol Ann Gray		2023-04-22
Christina Ann Whiteway		2026-02-28
Heather Amanda Zachariah		2019-07-30
Judy Margaret Donner		2024-03-02
Rachel Hunt		2020-01-18
Susie Kusnierz		2020-01-18

MOVE INTO WELLBEING

England & Wales - Charity number 1172264

Accounts

Company registration number CE009740 (England and Wales)

Charity registration number 1172264 (England and Wales)

MOVE INTO WELLBEING
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

MOVE INTO WELLBEING

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Ms H A Zachariah Mrs R J Hunt Mrs S K Kuznierz Miss C A Gray Mrs J M Donner
Charity number	1172264
Company number	CE009740
Registered office	1 Oakbrook 313 Goldhawk Road London United Kingdom W6 OWU
Independent examiner	Reddy Siddiqui LLP 183-189 The Vale Acton London United Kingdom W3 7RW

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MOVE INTO WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 AUGUST 2025

The trustees present their annual report and financial statements for the year ended 31 August 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the CIO's constitution, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The CIO's objectives are the relief of those in need by reason of disability, particularly but not exclusively from Parkinson's disease. This purpose is achieved by the provision of bespoke weekly dance and exercise classes. The dance and movement in the classes are especially important for stimulation, circulation, co-ordination, strength, confidence and balance, all qualities conducive to improved management of daily tasks that may be difficult.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the CIO should undertake.

Achievements and performance

Registered charity Number 1172264, Move into Wellbeing® was established in 2015. They provide over seven weekly in-person dance & movement classes plus an online classes programme, to the greater West London community. These unique classes are given by highly experienced and specially trained instructors and are designed to aid those living with many mobility and neurological conditions, and other health issues. MiW works with Hounslow Seniors Trust charity, London Borough of Hounslow's Stay Steady & Active campaign, Integrated Neurological Services, The Hounslow Falls Prevention and Bone Health Service, and different local Care Companies, amongst other charities and organisations. This extensive community classes programme is greatly supported and subsidised by the funds that Move into Wellbeing® raises. Therefore, funding always needs to be sourced and maintained in order to help those who need to attend the class to gain its benefits, regardless of income, so that nobody is excluded.

Financial review

It is the policy of the CIO that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the CIO's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the CIO is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Move Into Wellbeing is constituted as a Charitable Incorporated Organisation registered with the Charity Commission on 27 May 2017 under charity number 1172264. It is governed by constitution.

The Trustees who served during the year and up to the date of signature of the financial statements were:

Ms H A Zachariah
Mrs R J Hunt
Mrs S K Kuznierz
Miss C A Gray
Mrs J M Donner

None of the Trustees has any beneficial interest in the CIO.

MOVE INTO WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

A. Zachariah

Ms H A Zachariah
Trustee
Dated: 10 November 2025

J M Donner

Mrs J M Donner
Trustee
Dated: 10 November 2025

MOVE INTO WELLBEING

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MOVE INTO WELLBEING

I report to the trustees on my examination of the financial statements of Move Into Wellbeing (the CIO) for the year ended 31 August 2025.

Responsibilities and basis of report

As the trustees of the CIO (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the CIO are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the CIO's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Reddy Siddiqui LLP

183-189 The Vale

Acton

London

W3 7RW

United Kingdom

10 November 2025

MOVE INTO WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	8,552	500	9,052	2,114	1,000	3,114
Charitable activities	4	18,936	-	18,936	20,486	-	20,486
Total income		27,488	500	27,988	22,600	1,000	23,600
Expenditure on:							
Charitable activities	5	24,916	292	25,208	20,880	3,105	23,985
Total expenditure		24,916	292	25,208	20,880	3,105	23,985
Net income/(expenditure) and movement in funds		2,572	208	2,780	1,720	(2,105)	(385)
Reconciliation of funds:							
Fund balances at 1 September 2024		42,494	260	42,754	40,774	2,365	43,139
Fund balances at 31 August 2025		45,066	468	45,534	42,494	260	42,754

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

MOVE INTO WELLBEING

BALANCE SHEET

AS AT 31 AUGUST 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Cash at bank and in hand		46,298		43,354	
Creditors: amounts falling due within one year	10	<u>(764)</u>		<u>(600)</u>	
Net current assets			<u>45,534</u>		<u>42,754</u>
The funds of the CIO					
Restricted income funds	11		468		260
Unrestricted funds	12		<u>45,066</u>		<u>42,494</u>
			<u>45,534</u>		<u>42,754</u>

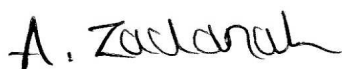
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2025.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 10 November 2025



Ms H A Zachariah
Trustee



Mrs J M Donner
Trustee

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

Charity information

Move Into Wellbeing is a charitable incorporated organisation, incorporated in England and Wales. The registered office is 1 Oakbrook, 313 Goldhawk Road, London, W6 OWU, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The CIO is a Public Benefit Entity as defined by FRS 102.

The CIO has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the CIO. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the CIO.

1.4 Incoming resources

Income is recognised when the CIO is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the CIO has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the CIO has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Liabilities are recognised when resources are expended. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the CIO's contractual obligations expire or are discharged or cancelled.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

2 Critical accounting estimates and judgements

In the application of the CIO's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	8,552	-	8,552	2,114	-	2,114
Grants	-	500	500	-	1,000	1,000
	<u>8,552</u>	<u>500</u>	<u>9,052</u>	<u>2,114</u>	<u>1,000</u>	<u>3,114</u>

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Charitable income		
Classes	17,982	19,869
Other income	954	617
	<u>18,936</u>	<u>20,486</u>

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

5 Charitable activities

	Charitable Expenditure 2025 £	Charitable Expenditure 2024 £
Share of support costs (see note 6)	24,608	23,385
Share of governance costs (see note 6)	600	600
	<u>25,208</u>	<u>23,985</u>
Analysis by fund		
Unrestricted funds	24,916	20,880
Restricted funds	292	3,105
	<u>25,208</u>	<u>23,985</u>
For the year ended 31 August 2024		
Unrestricted funds	20,880	
Restricted funds	3,105	
	<u>23,985</u>	

6 Support costs allocated to activities

	2025 £	2024 £
Support costs	24,608	23,385
Governance costs	600	600
	<u>25,208</u>	<u>23,985</u>
Analysed between:		
Charitable expenses	<u>25,208</u>	<u>23,985</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the CIO during the year.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

8 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	764	600

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 September 2024 £	Incoming resources £	Resources expended £	At 31 August 2025 £
	260	500	(292)	468
Previous year:	At 1 September 2023 £	Incoming resources £	Resources expended £	At 31 August 2024 £
	2,365	1,000	(3,105)	260

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2024	Incoming resources	Resources expended	At 31 August 2025
	£	£	£	£
General funds	42,494	27,488	(24,916)	45,066
	<u>42,494</u>	<u>27,488</u>	<u>(24,916)</u>	<u>45,066</u>
Previous year:				
	At 1 September 2023	Incoming resources	Resources expended	At 31 August 2024
	£	£	£	£
General funds	40,774	22,600	(20,880)	42,494
	<u>40,774</u>	<u>22,600</u>	<u>(20,880)</u>	<u>42,494</u>

13 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 31 August 2025:			
Current assets/(liabilities)	45,066	468	45,534
	<u>45,066</u>	<u>468</u>	<u>45,534</u>
	<u>45,066</u>	<u>468</u>	<u>45,534</u>
	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 31 August 2024:			
Current assets/(liabilities)	42,494	260	42,754
	<u>42,494</u>	<u>260</u>	<u>42,754</u>
	<u>42,494</u>	<u>260</u>	<u>42,754</u>

14 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

MOVE INTO WELLBEING

England & Wales - Charity number 1172264

Accounts

Charity registration number 1172264 (England and Wales)

Company registration number CE009740

MOVE INTO WELLBEING
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

MOVE INTO WELLBEING

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Ms H A Zachariah Mrs R J Hunt Mrs S K Kuznierz Miss C A Gray Mrs J M Donner	(Appointed 2 March 2024)
Charity number	1172264	
Company number	CE009740	
Registered office	1 Oakbrook 313 Goldhawk Road London United Kingdom W6 0WU	
Independent examiner	Reddy Siddiqui LLP 183-189 The Vale Acton London United Kingdom W3 7RW	

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MOVE INTO WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 AUGUST 2024

The trustees present their annual report and financial statements for the year ended 31 August 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the CIO's constitution, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The CIO's objectives are the relief of those in need by reason of disability, particularly but not exclusively from Parkinson's disease. This purpose is achieved by the provision of bespoke weekly dance and exercise classes. The dance and movement in the classes are especially important for stimulation, circulation, co-ordination, strength, confidence and balance, all qualities conducive to improved management of daily tasks that may be difficult.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the CIO should undertake.

Financial review

It is the policy of the CIO that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the CIO's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the CIO is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Move Into Wellbeing is constituted as a Charitable Incorporated Organisation registered with the Charity Commission on 27 May 2017 under charity number 1172264. It is governed by constitution.

The Trustees who served during the year and up to the date of signature of the financial statements were:

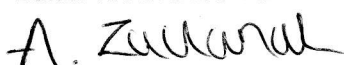
Mr G A Foster	(Resigned 4 November 2023)
Mrs V A M Martin	(Resigned 2 March 2024)
Mr D E Wood	(Resigned 10 May 2024)
Ms H A Zachariah	
Mrs R J Hunt	
Mrs S K Kuznierz	
Miss C A Gray	
Mrs J M Donner	(Appointed 2 March 2024)

None of the Trustees has any beneficial interest in the CIO.

Ms H A Zachariah

Trustee

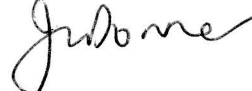
Dated: 15 November 2024



Mrs J M Donner

Trustee

Dated: 15 November 2024



MOVE INTO WELLBEING

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF MOVE INTO WELLBEING

I report to the trustees on my examination of the financial statements of Move Into Wellbeing (the CIO) for the year ended 31 August 2024.

Responsibilities and basis of report

As the trustees of the CIO (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the CIO are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the CIO's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Reddy Siddiqui LLP

183-189 The Vale

Acton

London

W3 7RW

United Kingdom

15 November 2024

MOVE INTO WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	2,114	1,000	3,114	2,066	1,000	3,066
Charitable activities	4	20,486	-	20,486	20,561	-	20,561
Total income		<u>22,600</u>	<u>1,000</u>	<u>23,600</u>	<u>22,627</u>	<u>1,000</u>	<u>23,627</u>
Expenditure on:							
Charitable activities	5	20,880	3,105	23,985	18,956	3,180	22,136
Total expenditure		<u>20,880</u>	<u>3,105</u>	<u>23,985</u>	<u>18,956</u>	<u>3,180</u>	<u>22,136</u>
Net income/(expenditure) and movement in funds		1,720	(2,105)	(385)	3,671	(2,180)	1,491
Reconciliation of funds:							
Fund balances at 1 September 2023		40,774	2,365	43,139	37,103	4,545	41,648
Fund balances at 31 August 2024		<u>42,494</u>	<u>260</u>	<u>42,754</u>	<u>40,774</u>	<u>2,365</u>	<u>43,139</u>

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

MOVE INTO WELLBEING

BALANCE SHEET

AS AT 31 AUGUST 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	10	-		348	
Cash at bank and in hand		43,354		43,767	
		<u>43,354</u>		<u>44,115</u>	
Creditors: amounts falling due within one year	11	(600)		(976)	
Net current assets			<u>42,754</u>		<u>43,139</u>
The funds of the CIO					
Restricted income funds	12		260		2,365
Unrestricted funds	13		42,494		40,774
			<u>42,754</u>		<u>43,139</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2024.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

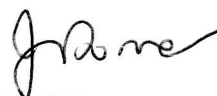
The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 15 November 2024



Ms H A Zachariah
Trustee



Mrs J M Donner
Trustee

Company registration number CE009740 (England and Wales)

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies

Charity information

- Move Into Wellbeing is a charitable incorporated organisation, incorporated in England and Wales. The registered office is 1 Oakbrook, 313 Goldhawk Road, London, W6 OWU, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The CIO is a Public Benefit Entity as defined by FRS 102.

The CIO has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the CIO. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the CIO.

1.4 Incoming resources

Income is recognised when the CIO is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the CIO has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the CIO has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

1 Accounting policies

(Continued)

1.5 Resources expended

- Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Liabilities are recognised when resources are expended. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The CIO has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the CIO's balance sheet when the CIO becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the CIO's contractual obligations expire or are discharged or cancelled.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

2 Critical accounting estimates and judgements

In the application of the CIO's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	2,114	-	2,114	2,066	-	2,066
Grants	-	1,000	1,000	-	1,000	1,000
	<u>2,114</u>	<u>1,000</u>	<u>3,114</u>	<u>2,066</u>	<u>1,000</u>	<u>3,066</u>

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Charitable income		
Classes	19,869	15,214
Other income	617	5,347
	<u>20,486</u>	<u>20,561</u>

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

5 Charitable activities

	Charitable Expenditure 2024 £	Charitable Expenditure 2023 £
Share of support costs (see note 6)	23,385	21,536
Share of governance costs (see note 6)	600	600
	<u>23,985</u>	<u>22,136</u>
Analysis by fund		
Unrestricted funds	20,880	18,956
Restricted funds	3,105	3,180
	<u>23,985</u>	<u>22,136</u>
For the year ended 31 August 2023		
Unrestricted funds	18,956	
Restricted funds	3,180	
	<u>22,136</u>	

6 Support costs allocated to activities

	2024 £	2023 £
Support costs	23,385	21,536
Governance costs	600	600
	<u>23,985</u>	<u>22,136</u>
Analysed between:		
Charitable expenses	<u>23,985</u>	<u>22,136</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the CIO during the year.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

8 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	-	348

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	-	375
Accruals and deferred income	600	601

12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 September 2023 £	Incoming resources £	Resources expended £	At 31 August 2024 £
	2,365	1,000	(3,105)	260
Previous year:	At 1 September 2022 £	Incoming resources £	Resources expended £	At 31 August 2023 £
	4,545	1,000	(3,180)	2,365

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2024

13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2023 £	Incoming resources £	Resources expended £	At 31 August 2024 £
General funds	40,774	22,600	(20,880)	42,494
	<u>40,774</u>	<u>22,600</u>	<u>(20,880)</u>	<u>42,494</u>
Previous year:				
	At 1 September 2022 £	Incoming resources £	Resources expended £	At 31 August 2023 £
General funds	37,103	22,627	(18,956)	40,774
	<u>37,103</u>	<u>22,627</u>	<u>(18,956)</u>	<u>40,774</u>

14 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 August 2024:			
Current assets/(liabilities)	42,494	260	42,754
	<u>42,494</u>	<u>260</u>	<u>42,754</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 August 2023:			
Current assets/(liabilities)	40,774	2,365	43,139
	<u>40,774</u>	<u>2,365</u>	<u>43,139</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

MOVE INTO WELLBEING

England & Wales - Charity number 1172264

Accounts

Charity registration number 1172264

Company registration number CE009740 (England and Wales)

MOVE INTO WELLBEING
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

MOVE INTO WELLBEING

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs V A M Martin Mr D E Wood Ms H A Zachariah Mrs R J Hunt Mrs S K Kuznierz Mrs C A Gray	(Appointed 22 April 2023)
Charity number	1172264	
Company number	CE009740	
Principal address	23 Ramillies Road London United Kingdom W4 1JW	
Registered office	23 Ramillies Road London United Kingdom W4 1JW	
Independent examiner	Reddy Siddiqui LLP 183-189 The Vale Acton London United Kingdom W3 7RW	

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Balance sheet	4
Notes to the financial statements	5 - 10

MOVE INTO WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 AUGUST 2023

The trustees present their annual report and financial statements for the year ended 31 August 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the CIO's constitution, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The CIO's objectives are the relief of those in need by reason of disability, particularly but not exclusively from Parkinson's disease. This purpose is achieved by the provision of bespoke weekly dance and exercise classes. The dance and movement in the classes are especially important for stimulation, circulation, co-ordination, strength, confidence and balance, all qualities conducive to improved management of daily tasks that may be difficult.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the CIO should undertake.

Financial review

It is the policy of the CIO that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the CIO's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the CIO is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Move Into Wellbeing is constituted as a Charitable Incorporated Organisation registered with the Charity Commission on 27 May 2017 under charity number 1172264. It is governed by constitution.

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mr G A Foster (Resigned 4 November 2023)

Mrs V A M Martin

Mr D E Wood

Ms H A Zachariah

Mrs R J Hunt

Mrs S K Kuznierz

Mrs C A Gray (Appointed 22 April 2023)

None of the Trustees has any beneficial interest in the CIO.

Mrs V A M Martin

Trustee

Dated: 5 February 2024

Ms H A Zachariah

Trustee

Dated: 5 February 2024

MOVE INTO WELLBEING

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MOVE INTO WELLBEING

I report to the trustees on my examination of the financial statements of Move Into Wellbeing (the CIO) for the year ended 31 August 2023.

Responsibilities and basis of report

As the trustees of the CIO (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the CIO are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the CIO's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Reddy Siddiqui LLP

183-189 The Vale
Acton
London
W3 7RW
United Kingdom

Dated: 5 February 2024

MOVE INTO WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and legacies	3	2,066	1,000	3,066	4,127	6,105	10,232
Charitable activities	4	20,561	-	20,561	17,923	-	17,923
Total income		<u>22,627</u>	<u>1,000</u>	<u>23,627</u>	<u>22,050</u>	<u>6,105</u>	<u>28,155</u>
Charitable activities	5	18,956	3,180	22,136	15,411	4,193	19,604
Net income/(expenditure) and movement in funds		<u>3,671</u>	<u>(2,180)</u>	<u>1,491</u>	<u>6,639</u>	<u>1,912</u>	<u>8,551</u>
Reconciliation of funds:							
Fund balances at 1 September 2022		<u>37,103</u>	<u>4,545</u>	<u>41,648</u>	<u>30,464</u>	<u>2,633</u>	<u>33,097</u>
Fund balances at 31 August 2023		<u><u>40,774</u></u>	<u><u>2,365</u></u>	<u><u>43,139</u></u>	<u><u>37,103</u></u>	<u><u>4,545</u></u>	<u><u>41,648</u></u>

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

MOVE INTO WELLBEING

BALANCE SHEET

AS AT 31 AUGUST 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	10	348		-	
Cash at bank and in hand		43,767		42,093	
		<u>44,115</u>		<u>42,093</u>	
Creditors: amounts falling due within one year	11	976		445	
		<u>976</u>		<u>445</u>	
Net current assets			43,139		41,648
			<u>43,139</u>		<u>41,648</u>
The funds of the CIO					
Restricted income funds	12		2,365		4,545
Unrestricted funds			40,774		37,103
			<u>43,139</u>		<u>41,648</u>
			<u>43,139</u>		<u>41,648</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 5 February 2024

Mrs V A M Martin
Trustee

Ms H A Zachariah
Trustee

Company registration number CE009740 (England and Wales)

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2023

1 Accounting policies

Charity information

Move Into Wellbeing is a charitable incorporated organisation, incorporated in England and Wales. The registered office is 23 Ramillies Road, London, W4 1JW, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The CIO is a Public Benefit Entity as defined by FRS 102.

The CIO has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the CIO. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the CIO.

1.4 Incoming resources

Income is recognised when the CIO is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the CIO has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the CIO has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Liabilities are recognised when resources are expended. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The CIO has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the CIO's balance sheet when the CIO becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the CIO's contractual obligations expire or are discharged or cancelled.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

2 Critical accounting estimates and judgements

In the application of the CIO's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	2,066	-	2,066	4,127	-	4,127
Grants received	-	1,000	1,000	-	6,105	6,105
	<u>2,066</u>	<u>1,000</u>	<u>3,066</u>	<u>4,127</u>	<u>6,105</u>	<u>10,232</u>

4 Income from charitable activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Charitable income		
Movement Classes	15,214	14,781
Other income	5,347	3,142
	<u>20,561</u>	<u>17,923</u>

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

5 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Share of support costs (see note 6)	21,536	19,160
Share of governance costs (see note 6)	600	444
	<u>22,136</u>	<u>19,604</u>
Analysis by fund		
Unrestricted funds	18,956	15,411
Restricted funds	3,180	4,193
	<u>22,136</u>	<u>19,604</u>
For the year ended 31 August 2022		
Unrestricted funds	15,411	
Restricted funds	4,193	
	<u>19,604</u>	

6 Support costs allocated to activities

	2023 £	2022 £
Support costs	21,536	19,160
Governance costs	600	444
	<u>22,136</u>	<u>19,604</u>
Analysed between:		
Charitable expenses	<u>22,136</u>	<u>19,604</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the CIO during the year.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

8 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Other debtors	348	-

11 Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	375	-
Accruals and deferred income	601	445
	976	445

12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 September 2022 £	Incoming resources £	Resources expended £	At 31 August 2023 £
	4,545	1,000	(3,180)	2,365
Previous year:	At 1 September 2021 £	Incoming resources £	Resources expended £	At 31 August 2022 £
	2,633	6,105	(4,193)	4,545

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2023

13 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2022 £	Incoming resources £	Resources expended £	At 31 August 2023 £
General funds	37,103	22,627	(18,956)	40,774
Previous year:				
	At 1 September 2021 £	Incoming resources £	Resources expended £	At 31 August 2022 £
General funds	30,464	22,050	(15,411)	37,103

14 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 August 2023 are represented by:			
Current assets/(liabilities)	40,774	2,365	43,139
	<u>40,774</u>	<u>2,365</u>	<u>43,139</u>
	<u>40,774</u>	<u>2,365</u>	<u>43,139</u>
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 August 2022 are represented by:			
Current assets/(liabilities)	37,103	4,545	41,648
	<u>37,103</u>	<u>4,545</u>	<u>41,648</u>
	<u>37,103</u>	<u>4,545</u>	<u>41,648</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

MOVE INTO WELLBEING

England & Wales - Charity number 1172264

Accounts

Charity registration number 1172264

Company registration number CE009740 (England and Wales)

MOVE INTO WELLBEING
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2022

MOVE INTO WELLBEING

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr G A Foster Mrs V A M Martin Mr D E Wood Ms H A Zachariah Mrs R J Hunt Mrs S K Kuznierz
Charity number	1172264
Company number	CE009740
Principal address	23 Ramillies Road London W4 1JW
Registered office	23 Ramillies Road London W4 1JW
Independent examiner	Reddy Siddiqui LLP 183-189 The Vale Acton London W3 7RW

MOVE INTO WELLBEING

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MOVE INTO WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 AUGUST 2022

The trustees present their annual report and financial statements for the year ended 31 August 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the CIO's constitution, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The CIO's objectives are the relief of those in need by reason of disability, particularly but not exclusively from Parkinson's disease. This purpose is achieved by the provision of bespoke weekly dance and exercise classes. The dance and movement in the classes are especially important for stimulation, circulation, co-ordination, strength, confidence and balance, all qualities conducive to improved management of daily tasks that may be difficult.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the CIO should undertake.

Financial review

It is the policy of the CIO that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the CIO's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the CIO is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Move Into Wellbeing is constituted as a Charitable Incorporated Organisation registered with the Charity Commission on 27 May 2017 under charity number 1172264. It is governed by constitution.

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mr G A Foster
Mrs V A M Martin
Mr D E Wood
Ms H A Zachariah
Mrs R J Hunt
Mrs S K Kuznierz

None of the Trustees has any beneficial interest in the CIO.



Mrs V A M Martin

Trustee

Dated: 23 December 2022



Ms H A Zachariah

Trustee

Dated: 23 December 2022

MOVE INTO WELLBEING

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MOVE INTO WELLBEING

I report to the trustees on my examination of the financial statements of Move Into Wellbeing (the CIO) for the year ended 31 August 2022.

Responsibilities and basis of report

As the trustees of the CIO (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the CIO are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the CIO's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Reddy Siddiqui LLP

183-189 The Vale
Acton
London
W3 7RW

Dated: 23 December 2022

MOVE INTO WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted funds 2022 £	Restricted funds 2021 £	Total 2021 £
	Notes					
<u>Income and endowments from:</u>						
Donations and legacies	3	4,127	6,105	10,232	1,838	1,838
Charitable activities	4	17,923	-	17,923	5,073	5,073
Other income	5	-	-	-	500	500
Total income		<u>22,050</u>	<u>6,105</u>	<u>28,155</u>	<u>-</u>	<u>7,411</u>
<u>Expenditure on:</u>						
Charitable activities	6	15,411	4,193	19,604	3,269	10,133
Net income/(expenditure) for the year/ Net movement in funds		6,639	1,912	8,551	(3,269)	(2,722)
Fund balances at 1 September 2021		<u>30,464</u>	<u>2,633</u>	<u>33,097</u>	<u>5,902</u>	<u>35,819</u>
Fund balances at 31 August 2022		<u><u>37,103</u></u>	<u><u>4,545</u></u>	<u><u>41,648</u></u>	<u><u>2,633</u></u>	<u><u>33,097</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MOVE INTO WELLBEING

BALANCE SHEET

AS AT 31 AUGUST 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Cash at bank and in hand		42,093		33,542	
Creditors: amounts falling due within one year					
	10	(445)		(445)	
Net current assets			41,648		33,097
Income funds					
Restricted funds			4,545		2,633
Unrestricted funds			37,103		30,464
			41,648		33,097

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 23 December 2022



Mrs V A M Martin
Trustee



Ms H A Zachariah
Trustee

Company registration number CE009740

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2022

1 Accounting policies

Charity information

- Move Into Wellbeing is a charitable incorporated organisation, incorporated in England and Wales. The registered office is 23 Ramillies Road, London, W4 1JW.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The CIO is a Public Benefit Entity as defined by FRS 102.

The CIO has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the CIO. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the CIO.

1.4 Incoming resources

Income is recognised when the CIO is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the CIO has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the CIO has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

1 Accounting policies

(Continued)

1.5 Resources expended

* Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Liabilities are recognised when resources are expended. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the CIO's contractual obligations expire or are discharged or cancelled.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2022

2 Critical accounting estimates and judgements

In the application of the CIO's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2022	2022	2022	2021
	£	£	£	£
Donations and gifts	4,127	-	4,127	1,838
Grants received	-	6,105	6,105	-
	<u>4,127</u>	<u>6,105</u>	<u>10,232</u>	<u>1,838</u>

4 Charitable activities

	Charitable Income	Charitable Income
	2022	2021
	£	£
Sales within charitable activities	14,781	4,706
Other income	3,142	367
	<u>17,923</u>	<u>5,073</u>

5 Other income

	Total	Unrestricted funds
	2022	2021
	£	£
Other income	-	500
	<u>-</u>	<u>500</u>

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2022

6 Charitable activities

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Share of support costs (see note 7)	19,160	9,689
Share of governance costs (see note 7)	444	444
	<u>19,604</u>	<u>10,133</u>
Analysis by fund		
Unrestricted funds	15,411	6,864
Restricted funds	4,193	3,269
	<u>19,604</u>	<u>10,133</u>
For the year ended 31 August 2021		
Unrestricted funds	6,864	
Restricted funds	3,269	
	<u>10,133</u>	

7 Support costs

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021 £
Support costs	19,160	-	19,160	9,689	-	9,689
Accountancy	-	444	444	-	444	444
	<u>19,160</u>	<u>444</u>	<u>19,604</u>	<u>9,689</u>	<u>444</u>	<u>10,133</u>
Analysed between Charitable activities	<u>19,160</u>	<u>444</u>	<u>19,604</u>	<u>9,689</u>	<u>444</u>	<u>10,133</u>

Governance costs includes payments to the independent examination of £370+vat (2021- £444).

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the CIO during the year.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2022

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	445	445

11 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 August 2022 are represented by:						
Current assets/(liabilities)	31,255	10,393	41,648	30,464	2,633	33,097
	<u>31,255</u>	<u>10,393</u>	<u>41,648</u>	<u>30,464</u>	<u>2,633</u>	<u>33,097</u>

12 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

MOVE INTO WELLBEING

England & Wales - Charity number 1172264

Accounts

Charity Registration No. 1172264

Company Registration No. CE009740 (England and Wales)

MOVE INTO WELLBEING
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2021

MOVE INTO WELLBEING

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr G A Foster Mrs V A M Martin Mr D E Wood Ms H A Zachariah Mrs R J Hunt Mrs S K Kuznierz
Charity number	1172264
Company number	CE009740
Principal address	23 Ramillies Road London W4 1JW
Registered office	23 Ramillies Road London W4 1JW
Independent examiner	Reddy Siddiqui LLP 183-189 The Vale Acton London W3 7RW

MOVE INTO WELLBEING

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MOVE INTO WELLBEING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 AUGUST 2021

The trustees present their annual report and financial statements for the year ended 31 August 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the CIO's constitution, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The CIO's objectives are the relief of those in need by reason of disability, particularly but not exclusively from Parkinson's disease. This purpose is achieved by the provision of bespoke weekly dance and exercise classes. The dance and movement in the classes are especially important for stimulation, circulation, co-ordination, strength, confidence and balance, all qualities conducive to improved management of daily tasks that may be difficult.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the CIO should undertake.

Financial review

It is the policy of the CIO that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the CIO's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the CIO is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

Move Into Wellbeing is constituted as a Charitable Incorporated Organisation registered with the Charity Commission on 27 May 2017 under charity number 1172264. It is governed by constitution.

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mr G A Foster
Mrs V A M Martin
Mr D E Wood
Ms H A Zachariah
Mrs R J Hunt
Mrs S K Kuznierz

None of the Trustees has any beneficial interest in the CIO.



Mrs V A M Martin
Trustee
Dated: 17 December 2021



Ms H A Zachariah
Trustee
Dated: 17 December 2021

MOVE INTO WELLBEING

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MOVE INTO WELLBEING

I report to the trustees on my examination of the financial statements of Move Into Wellbeing (the CIO) for the year ended 31 August 2021.

Responsibilities and basis of report

As the trustees of the CIO (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the CIO are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the CIO's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 CIO as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.



Reddy Siddiqui LLP

183-189 The Vale
Acton
London
W3 7RW

Dated: 17 December 2021

MOVE INTO WELLBEING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	Restricted funds 2020 £	Total 2020 £
Income and endowments from:						
Donations and legacies	3	1,838	-	1,838	6,769	19,194
Charitable activities	4	5,073	-	5,073	9,406	9,406
Other income	5	500	-	500	4,257	4,257
Total income		7,411	-	7,411	20,432	32,857
Expenditure on:						
Raising funds	6	-	-	-	356	356
Charitable activities	7	6,864	3,269	10,133	7,212	14,401
Total resources expended		6,864	3,269	10,133	7,568	14,757
Net income/(expenditure) for the year/ Net movement in funds		547	(3,269)	(2,722)	12,864	18,100
Fund balances at 1 September 2020		29,917	5,902	35,819	5,902	17,720
Fund balances at 31 August 2021		30,464	2,633	33,097	11,138	35,820

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MOVE INTO WELLBEING

BALANCE SHEET

AS AT 31 AUGUST 2021

	Notes	2021 £	£	2020 £	£
Current assets					
Cash at bank and in hand		33,542		37,583	
Creditors: amounts falling due within one year	11	(445)		(1,763)	
Net current assets			33,097		35,820
Income funds					
Restricted funds			2,633		11,138
Unrestricted funds			30,464		24,682
			33,097		35,820

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 17 December 2021



Mrs V A M Martin
Trustee



Ms H A Zachariah
Trustee

Company Registration No. CE009740

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2021

1 Accounting policies

Charity information

Move Into Wellbeing is a charitable incorporated organisation, incorporated in England and Wales. The registered office is 23 Ramillies Road, London, W4 1JW.

1.1 Accounting convention

The financial statements have been prepared in accordance with the CIO's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The CIO is a Public Benefit Entity as defined by FRS 102.

The CIO has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the CIO. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the CIO has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the CIO.

1.4 Incoming resources

Income is recognised when the CIO is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the CIO has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the CIO has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

MOVE INTO WELLBEING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2021

1 Accounting policies

(Continued)

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Liabilities are recognised when resources are expended. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the CIO's contractual obligations expire or are discharged or cancelled.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

2 Critical accounting estimates and judgements

In the application of the CIO's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds	Restricted funds	Total
	2021	2020	2020	2020
	£	£	£	£
Donations and gifts	1,838	6,769	-	6,769
Grants received	-	-	12,425	12,425
	<u>1,838</u>	<u>6,769</u>	<u>12,425</u>	<u>19,194</u>

4 Charitable activities

	Charitable Income 2021	Charitable Income 2020
	£	£
Sales within charitable activities	4,706	7,557
Other income	367	1,849
	<u>5,073</u>	<u>9,406</u>

5 Other income

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Other income	500	4,257
	<u>500</u>	<u>4,257</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2021

6 Raising funds

	Total	Unrestricted funds
	2021	2020
	£	£
Fundraising and publicity	-	356
Fundraising agents	-	356
	<u>-</u>	<u>356</u>

7 Charitable activities

	Charitable Expenditure	Charitable Expenditure
	2021	2020
	£	£
Share of support costs (see note 8)	9,689	13,957
Share of governance costs (see note 8)	444	444
	<u>10,133</u>	<u>14,401</u>
Analysis by fund		
Unrestricted funds	6,864	7,212
Restricted funds	3,269	7,189
	<u>10,133</u>	<u>14,401</u>
For the year ended 31 August 2020		
Unrestricted funds	7,212	
Restricted funds	7,189	
	<u>14,401</u>	

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2021

8 Support costs	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Support costs	9,689	-	9,689	13,957	-	13,957
Accountancy	-	444	444	-	444	444
	<u>9,689</u>	<u>444</u>	<u>10,133</u>	<u>13,957</u>	<u>444</u>	<u>14,401</u>
Analysed between Charitable activities	<u>9,689</u>	<u>444</u>	<u>10,133</u>	<u>13,957</u>	<u>444</u>	<u>14,401</u>

Governance costs includes payments to the independent examination of £370+vat (2020- £444).

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the CIO during the year.

10 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

11 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors	-	1,319
Accruals and deferred income	445	444
	<u>445</u>	<u>1,763</u>

12 Retirement benefit schemes

The CIO operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the CIO in an independently administered fund.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2021

13 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 August 2021 are represented by:						
Current assets/ (liabilities)	30,464	2,633	33,097	24,682	11,138	35,820
	<u>30,464</u>	<u>2,633</u>	<u>33,097</u>	<u>24,682</u>	<u>11,138</u>	<u>35,820</u>

14 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).