

**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**

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<b>Trustees</b>	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
<b>Charity number</b>	1172264
<b>Company number</b>	CE009740
<b>Principal address</b>	23 Ramillies Road London W4 1JW
<b>Registered office</b>	23 Ramillies Road London W4 1JW
<b>Independent examiner</b>	Reddy Siddiqui LLP 183-189 The Vale Acton London W3 7RW

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

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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

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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

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	Restricted funds 2020 £	Total 2020 £
	Notes					
<b>Income and endowments from:</b>						
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
<b>Total income</b>		<b>7,411</b>	<b>-</b>	<b>7,411</b>	<b>20,432</b>	<b>32,857</b>
<b>Expenditure on:</b>						
Raising funds	6	-	-	-	356	356
Charitable activities	7	6,864	3,269	10,133	7,212	14,401
<b>Total resources expended</b>		<b>6,864</b>	<b>3,269</b>	<b>10,133</b>	<b>7,568</b>	<b>14,757</b>
<b>Net income/(expenditure) for the year/ Net movement in funds</b>		<b>547</b>	<b>(3,269)</b>	<b>(2,722)</b>	<b>5,236</b>	<b>18,100</b>
Fund balances at 1 September 2020		29,917	5,902	35,819	5,902	17,720
<b>Fund balances at 31 August 2021</b>		<b>30,464</b>	<b>2,633</b>	<b>33,097</b>	<b>11,138</b>	<b>35,820</b>

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.

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## BALANCE SHEET

AS AT 31 AUGUST 2021

	Notes	2021 £	£	2020 £	£
<b>Current assets</b>					
Cash at bank and in hand		33,542		37,583	
<b>Creditors: amounts falling due within one year</b>	11	(445)		(1,763)	
Net current assets			33,097		35,820
<b>Income funds</b>					
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

*V. A. Martin*

Mrs V A M Martin  
Trustee

*A. Zachariah*

Ms H A Zachariah  
Trustee

Company Registration No. CE009740

# MOVE INTO WELLBEING

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

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### 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

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### 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 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	<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>
<b>Analysis by fund</b>		
Unrestricted funds	6,864	7,212
Restricted funds	3,269	7,189
	<u>10,133</u>	<u>14,401</u>
<b>For the year ended 31 August 2020</b>		
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	<u>445</u>	<u>444</u>
	<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).