

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

MOVE INTO WELLBEING

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 11

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.

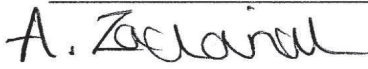
The Trustees who served during the year and up to the date of signature of the financial statements were:

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

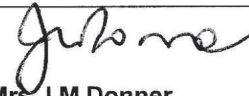
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 AUGUST 2025



Ms H A Zachariah

Trustee

Dated: 10 November 2025



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

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
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		<u>27,488</u>	<u>500</u>	<u>27,988</u>	<u>22,600</u>	<u>1,000</u>	<u>23,600</u>
Expenditure on:							
Charitable activities	5	24,916	292	25,208	20,880	3,105	23,985
Total expenditure		<u>24,916</u>	<u>292</u>	<u>25,208</u>	<u>20,880</u>	<u>3,105</u>	<u>23,985</u>
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		<u>45,066</u>	<u>468</u>	<u>45,534</u>	<u>42,494</u>	<u>260</u>	<u>42,754</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 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Cash at bank and in hand		46,298		43,354	
Creditors: amounts falling due within one year	10	(764)		(600)	
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>

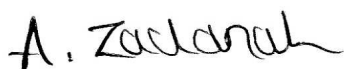
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 August 2025.

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

14 Related party transactions

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