



Trustees' Annual Report for the period

Period start date

Period end date

From

01 Apr 2020

To

31 Mar 2021

Section A Reference and administration details

Charity name

FIT

Other names charity is known by

FOUNDRY INCLUSIVE TRAINING

Registered charity number (if any)

1172728

Charity's principal address

THE BLACK PRINCE COMMUNITY HUB

5 BEAUFOY WALK

LONDON

Postcode

SE11 6HU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Beverley de Valmency	Chair		
2	Alexia Fenwick	Deputy Chair		
3	Sarah Peskett	Treasurer		
4	Henry Pipe	Secretary		
5	Dan Morris	Operations	From 09/02/2021	Agreed by all existing FIT trustees
6	Dave Thomas	Trustee		
7	Charis Jackson	Trustee		
8	Claire McCoy	Trustee	From 10/12/2020	Agreed by all existing FIT trustees

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation

Trustee selection methods

Appointed by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

policies and procedures adopted for the induction and training of trustees;

the charity's organisational structure and any wider network with which the charity works;

relationship with any related parties;

trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

FIT (known as 'Foundry Inclusive Training') exists to provide accessible fitness facilities and to provide an inclusive fitness community. Individuals who may have reason for such facilities include youth, age, infirmity, or disablement, financial hardship, or social and economic circumstances.

Our core values are:

- Inclusion (non-judgemental, equitable, community, accepting, fairness, welcoming)
- Impactful (passionate, making a difference, deliver with integrity, effective)
- Supportive (caring kind teamwork)
- Fun (passionate, enjoyment, community, making new connections and friends)

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

FIT's mission is to make safe, effective exercise available to the most vulnerable members of society who traditionally have not had access to it for financial, logistical or medical reasons. We offer free access and a safe environment for disenfranchised members of the local Lambeth borough community to train and enjoy various forms of physical activity. We also offer youth academy training sessions twice a week.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Operations have continued to be impacted by the Covid-19 pandemic however as a charity we have investigated and implemented ways of continuing to deliver services to the community as much as possible.

During the period of time where gyms were shut our youth academy sessions were delivered online. Community gym attendees were also offered the option to access an online workout platform funded by FIT. Where necessary FIT assisted Community gym attendees with how to access the online platform as many of them are not familiar with the process / generally how to access online services.

FIT received very positive feedback from both academy and community attendees who were extremely grateful to have sessions available online during lockdown. They advised that they benefitted from this both physically and mentally.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity retains a reserve cash balance sufficient to fund a normal spread of activities in a quarter. This is to provide cover in the event of the usual donations reducing significantly.

Where raised funds remain unspent at the end of the financial year, they are kept in the cash account to support the charity in future and may then be used for funding more classes in future years which cannot be covered by standard annual income.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Operations:

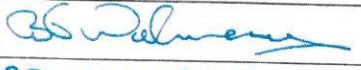
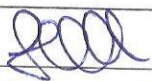
This financial and operating year (1st Apr 2020 – 31st Mar 2021) has been highly impacted by Covid-19 restrictions. Whilst the academy sessions ran successfully online (good attendance volume), the ability to deliver community sessions was more challenging, and once an online community offering was in place the attendance was far lower than the usual in person offering. Therefore getting the 'in person' approach back up and running is an important focus for FIT going forward as well as generally continuing to assess the needs of the community and deliver services as appropriate.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	BEVERLEY JANE DE VALMENCY	SARAH PESKETT
Position (eg Secretary, Chair, etc)	CHAIR	TREASURER
Date	23/1/22	



CHARITY COMMISSION
FOR ENGLAND AND WALES

FIT

1172728

Receipts and payments accounts

CC16a

For the period
from

01/04/2020

To

31/03/2021

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	7,997	-	-	7,997	3,325
Event	199	-	-	199	6,000
Sub total (Gross income for AR)	8,196	-	-	8,196	9,325
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,196	-	-	8,196	9,325
A3 Payments					
Open Gym and Academy expenses				-	4,793
Academy expenses	2,050			2,050	
Event expenses				-	816
Bank & Virgin Giving fees	239			239	
Sub total	2,289	-	-	2,289	5,609
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,289	-	-	2,289	5,609
Net of receipts/(payments)	5,907	-	-	5,907	3,716
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,184	-	-	4,184	468
Cash funds this year end	10,091	-	-	10,091	4,184

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Current Account	10,091	-	-
Reserve Account	-	-	-
	-	-	-
Total cash funds	10,091	-	-

(agree balances with receipts and payments account(s))

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-



B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	BT de VALMENCY	23/1/22
	SARAH PRESCOTT	23/1/22