



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 1st April 2021 Period start date To 31st March 2022 Period end date

Charity name: FIT

Charity registration number: 1172728

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>FIT (also 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.</p> <p>Our core values are:</p> <ul style="list-style-type: none">- 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 in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>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.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>Trustees have complied with the objectives of the charity (FIT) and as such have provided public benefit.</p>

Additional Information (optional)

You may choose to include further statements where relevant about:

	SORP reference	

Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	All trustees carry out their duties on a voluntary basis. This includes some operational activities including treasury, communication with class trainers, communication with FIT community.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>At the start of this financial year gyms across the country were closed due to covid19 restrictions. In order to continue to provide our community with a fitness offering during this time we purchased online memberships on behalf of our community, to a commercial gym who were able to offer online classes. We had amazing feedback from the members that took advantage of this offering. Not only did it enable them to exercise, it also provided a very welcome human interaction (albeit online) for members of the community that were isolating. In total 20 memberships were provided.</p> <p>In addition to the above 122 hours of classes were provided across the year. These included community classes as well as a specific 12 week academy programmed for 18 - 24 year olds.</p> <p>All offerings have been met with enthusiasm from the community with some members, who have been particularly impacted by covid, really benefiting from the physical movement and the in person interaction.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We are proud that we were able to provide an offering to our community during a period of time when in person classes were not viable due to covid restrictions.
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity's financial position as at 31 st March 2022 is healthy and has grown slightly since March 2021. This is a result of donations exceeding spending in the year due to covid restrictions impacting operations.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>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.</p> <p>Where raised funds remain unspent at the end of the financial year, they are kept in a 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.</p>
Amount of reserves held	Para 1.22	£11,518 as at 31 st Mar 2022
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable incorporated organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by a resolution passed at a properly convened meeting of the charity trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	FIT
Other name the charity uses	Foundry Inclusive Training
Registered charity number	1172728
Charity's principal address	The Black Prince Community Hub 5 Beaufoy walk London 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	Sarah Peskett	Treasurer		
3	Henry Pipe	Secretary	To Jul 2021	
4	Dan Morris	Operations		
5	Dave Thomas	Trustee		
6	Charis Jackson	Trustee		
7	Claire McCoy	Trustee		
8	Alexia Fenwick	Deputy Chair	To Feb 2022	
9	Anna McKimmie	Trustee	From Nov 2021	
10	Elon Woodman-Worrell	Trustee	From Nov 2021	
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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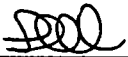
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mrs BEVERLEY J. DE VALENCY	SARAH PESKETT
Position (eg Secretary, Chair, etc)	Chair	TREASURER

Date

27-1-23



CHARITY COMMISSION
FOR ENGLAND AND WALES

FIT

1172728

Receipts and payments accounts

CC16a

For the period
from

01/04/2021

To

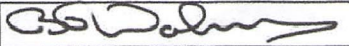
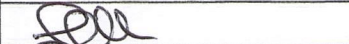
31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	6,496	-	-	6,496	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,496	-	-	6,496	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,496	-	-	6,496	-
A3 Payments					
Gym & Academy expenses:	-	-	-	-	-
Trainer fees	3,990	-	-	3,990	-
Lockdown online membership fees	300	-	-	300	-
Kit	84	-	-	84	-
	-	-	-	-	-
Other expenses:	-	-	-	-	-
Bak and website fees	470	-	-	470	-
Photograpgy for website	75	-	-	75	-
Xmas party for members	150	-	-	150	-
Sub total	5,069	-	-	5,069	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,069	-	-	5,069	-
Net of receipts/(payments)	1,427	-	-	1,427	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,091	-	-	10,091	-
Cash funds this year end	11,518	-	-	11,518	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	11,518	-	-
		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	11,518	-	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
	 	BJ de VALENCY SARAH PESKETT	27/1/23 29/1/23