

REGISTERED CHARITY NUMBER: 1173919

**Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 December 2021  
for  
Fitmums and Friends**

Marshall & Co  
Chartered Accountants  
& Chartered Tax Advisers  
The Bloc  
Springfield Way  
Anlaby  
Kingston upon Hull  
East Yorkshire  
HU10 6RJ

**Fitmums and Friends**

**Contents of the Financial Statements  
for the year ended 31 December 2021**

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## **Fitmums and Friends**

### **Report of the Trustees for the year ended 31 December 2021**

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The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of 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).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

Fitmums and Friends objectives are as follows:

- \* The promotion of community participation in healthy recreation in particular by the provision of physical activity that provides support, motivation and opportunity for people of all ages by all or any of the following means:
- \* The engagement of people of all ages to participate in a variety of physical activity options targeted to meet the unique needs of individuals.
- \* The provision of high quality athletics coaching support in a safe and nurturing environment to enable individuals to reach their desired potential.
- \* The provision of stimulating, fun and appropriately challenging activities that engage participants and sustain long term interest.
- \* The provision of family friendly exercise options recognising the particular needs of parents and children.
- \* The promotion of individual self-esteem and confidence through participation in exercise.
- \* The provision of high quality training courses facilitated by experienced and suitably qualified staff.
- \* The employment of (or use of freelance) staff that are suitably qualified, trained, and friendly who focus on supporting everyone regardless of ability.
- \* The opportunity of improved job prospects for local communities by their participation in local exercise schemes which promote the role of volunteers and in doing so provide training/mentoring opportunities which encourage self-development.
- \* To attract local, regional, national, European and other funding for the benefit of local community areas.

### **Significant activities**

Fitmums and Friends activities are the promotion of community participation in healthy recreation in particular by the provision for athletics, in particular running and fitness walking.

Fitmums and Friends offers adult running groups for people aged 16+, 7 of which also offer fitness walking sessions for those who cannot, or do not wish to run but still remain active and connected with their local community.

There are junior sections for children aged from 5+ to be active and the principles of support and teamwork through run, throw and jump sessions.

Indoor Bootcamp and outdoor walking/running sessions are available for those who wish to be active with their preschool children.

Additional groups include a session specifically to support people with visual impairments to walk, run or attend a bootcamp with the support of a trained guide while being part of a friendly and supportive social group.

Other support systems include the In the Pink scheme, which offers 1-1 support for those who need an extra bit of support to become more active and a team of Mental Health Champions embedded within local clubs to help breakdown stigma and provide sign posting to external support services where applicable.

People affected by sight loss are supported by dedicated sessions with trained guides which enables them to enjoy being part of a friendly and supportive social group.

Through the Forest Project, children and young people who are experiencing bereavement, are offered the opportunity to participate in forest activities such as den building, camp fire cooking, tool making, tree climbing, forest games and rope work. Grief discussions and support are carefully interwoven into the programme.

An extensive volunteer structure offers a full range of volunteering opportunities and includes training, qualifications and experience.

## **Fitmums and Friends**

### **Report of the Trustees for the year ended 31 December 2021**

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#### **ACHIEVEMENT AND PERFORMANCE**

##### **Fundraising activities**

The organisation continues to raise funds from membership, sales of kit, accessing and sourcing of grants and the running of programmes and charitable donations. The organisation continues to work hard to increase the diversity of areas through which income is raised to ensure that Fitmums and Friends operate more sustainably. In 2021 the Trustees have commissioned a piece of work on medium term fundraising strategies and the actions required to grow and diversify income.

#### **FINANCIAL REVIEW**

##### **Reserves policy**

The Trustee Board have assessed the financial obligations of the charity and have determined that the level of unrestricted and non-designated reserves required by the charity should equate to 40% of annual expenditure. At the year-end total reserves amounted to £41,313 (2020 - £34,189), which represents 45.2% of annual expenditure.

Fitmums prepares a budget annually and this is reviewed by the board and agreed by the Trustees. At each meeting, the Board receives a report of the financial activity in the period since its last meeting.

The Trustees have been mindful of Sport England's A code for Sports Governance as a guide for best practice and have worked to align with the requirements of the Code in relation to Finance.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

##### **Charity constitution**

The charity operates as a Charitable incorporated organisation and is controlled by its governing documents; its Constitution dated 10 February 2017.

The members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

##### **Recruitment and appointment of new trustees**

The Trustees have been appointed in accordance with the charity's Constitution, and there are currently four Trustees.

##### **Organisational structure**

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

(a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith would be most likely to further the purposes of the CIO; and  
(b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

- (i) any special knowledge or experience that he or she has or holds himself or herself out as having; and,
- (ii) if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

##### **Number of charity trustees**

- (a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.
- (b) The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

The Trustees would also like to thank all staff, volunteers, members and participants for their efforts throughout the year.



## **Fitmums and Friends**

### **Report of the Trustees for the year ended 31 December 2021**

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#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1173919

##### **Principal address**

101 Greenwood Avenue  
Hull  
HU6 9NX

##### **Trustees**

T Sutton  
Mr J L Lewis  
Ms P E Broad  
Ms S D Lee

Tony is Chief Operating Officer of The Rugby Football League and has been the Chair of Trustees since February 2017. He brings experience in sport, education and charity sectors and as a Chartered Accountant acts as the Board's lead for Finance.

Sue has over 30 years public sector experience in marketing, communications and public engagement roles within Hull. She has worked within the NHS since 2004 and in her current role as Associate Director of Communications and Engagement she leads the team that delivers on all aspects of communication, press office management, public and stakeholder engagement for NHS Hull Clinical Commissioning Group.

Phoebe joined the board of Fitmums in April 2019. Her background is in fundraising and volunteer management and she has worked with several different charities across the region in these roles. She currently works with a wide range of partners advising on strategy and fundraising as well as following her own business interests.

Jamie has extensive management experience in local authority and the charity sector, he has been on the board of Trustees since April 2019. Jamie brings a wealth of governance, HR and charity experience to the Board.

All the independent trustees were recruited through an open application process that began in January 2017, this continued into 2019 with the appointment of Jamie and Phoebe, candidates were shortlisted and interviewed, and a nomination made to the Trustee Board at the March 2019 meeting. The trustees selected were done so based on the gaps identified in the Trustee skills review carried out upon the resignation of Lottie Thompson on 11th May 2019. In 2020 the Board also reviewed its skills make up and interviewed a possible future Trustee, Richard Port. It was agreed that Richard would join Trustees for their meetings as a co optee for a period of six months to further understand Fitmums and Friends and to assess the value he could bring to the board as a further Trustee in the future.

##### **Independent Examiner**


Marshall & Co  
Chartered Accountants  
& Chartered Tax Advisers  
The Bloc  
Springfield Way  
Anlaby  
Kingston upon Hull  
East Yorkshire  
HU10 6RJ

**Fitmums and Friends**

**Report of the Trustees  
for the year ended 31 December 2021**

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Approved by order of the board of trustees on 26/10/22..... and signed on its behalf by:

  
.....  
T Sutton - Trustee

**Independent Examiner's Report to the Trustees of  
Fitmums and Friends**

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**Independent examiner's report to the trustees of Fitmums and Friends**

I report to the charity trustees on my examination of the accounts of Fitmums and Friends (the Trust) for the year ended 31 December 2021.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 accounts to be reached.



Andy Rusling  
ICAEW  
Marshall & Co  
Chartered Accountants  
& Chartered Tax Advisers  
The Bloc  
Springfield Way  
Anlaby  
Kingston upon Hull  
East Yorkshire  
HU10 6RJ

Date: 27/10/2022

**Fitmums and Friends**

**Statement of Financial Activities  
for the year ended 31 December 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		22,368	16,015	38,383	32,211
Other trading activities	2	60,525	(396)	60,129	50,921
<b>Total</b>		82,893	15,619	98,512	83,132
<b>EXPENDITURE ON</b>					
Raising funds		8,654	1,096	9,750	14,397
Charitable activities					
Charitable		76,049	5,589	81,638	53,633
<b>Total</b>		84,703	6,685	91,388	68,030
<b>NET INCOME/(EXPENDITURE)</b>		(1,810)	8,934	7,124	15,102
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		34,189	-	34,189	19,087
<b>TOTAL FUNDS CARRIED FORWARD</b>		32,379	8,934	41,313	34,189

The notes form part of these financial statements



**Fitmums and Friends**

**Balance Sheet  
31 December 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>FIXED ASSETS</b>					
Intangible assets	5	(20,263)	-	(20,263)	(30,395)
Tangible assets	6	2,094	-	2,094	3,244
		(18,169)	-	(18,169)	(27,151)
<b>CURRENT ASSETS</b>					
Debtors	7	6,195	-	6,195	11,702
Cash at bank		77,918	8,934	86,852	78,809
		84,113	8,934	93,047	90,511
<b>CREDITORS</b>					
Amounts falling due within one year	8	(33,565)	-	(33,565)	(29,171)
<b>NET CURRENT ASSETS</b>					
		50,548	8,934	59,482	61,340
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		32,379	8,934	41,313	34,189
<b>NET ASSETS</b>					
		32,379	8,934	41,313	34,189
<b>FUNDS</b>					
Unrestricted funds	9			32,379	34,189
Restricted funds				8,934	-
<b>TOTAL FUNDS</b>					
				41,313	34,189

The financial statements were approved by the Board of Trustees and authorised for issue on 24/10/22 and were signed on its behalf by:

  
T Sutton - Trustee

The notes form part of these financial statements

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Goodwill**

Goodwill, being the amount paid in connection with the acquisition of a business in 2019, is being amortised evenly over its estimated useful life of five years.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings                      - 15% on cost

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

## Fitmums and Friends

### Notes to the Financial Statements - continued for the year ended 31 December 2021

#### 2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Contracted Sessions	36,442	31,673
Event Income	-	540
Member Contributions	20,257	16,412
Merchandise	3,430	2,296
	<u>60,129</u>	<u>50,921</u>

#### 3. TRUSTEES' REMUNERATION AND BENEFITS

Ms PE Broad received remuneration of £5,429 during the period.

There were no trustees' remuneration or benefits for the year ended 31 December 2020.

##### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

#### 4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	32,211	-	32,211
Other trading activities	50,921	-	50,921
<b>Total</b>	<u>83,132</u>	<u>-</u>	<u>83,132</u>
<b>EXPENDITURE ON</b>			
Raising funds	14,397	-	14,397
<b>Charitable activities</b>			
Charitable	53,633	-	53,633
<b>Total</b>	<u>68,030</u>	<u>-</u>	<u>68,030</u>
<b>NET INCOME</b>	<u>15,102</u>	<u>-</u>	<u>15,102</u>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	19,087	-	19,087
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>34,189</u>	<u>-</u>	<u>34,189</u>

**Fitmums and Friends**

**Notes to the Financial Statements - continued  
for the year ended 31 December 2021**

**5. INTANGIBLE FIXED ASSETS**

	Goodwill £
<b>COST</b>	
At 1 January 2021 and 31 December 2021	(50,659)
<b>AMORTISATION</b>	
At 1 January 2021	(20,264)
Charge for year	(10,132)
At 31 December 2021	(30,396)
<b>NET BOOK VALUE</b>	
At 31 December 2021	(20,263)
At 31 December 2020	(30,395)

**6. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>			
At 1 January 2021 and 31 December 2021	2,197	2,490	4,687
<b>DEPRECIATION</b>			
At 1 January 2021	621	822	1,443
Charge for year	329	821	1,150
At 31 December 2021	950	1,643	2,593
<b>NET BOOK VALUE</b>			
At 31 December 2021	1,247	847	2,094
At 31 December 2020	1,576	1,668	3,244

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021 £	2020 £
Trade debtors	5,800	7,493
Other debtors	-	3,822
Prepayments and accrued income	395	387
	6,195	11,702



**Fitmums and Friends**

**Notes to the Financial Statements - continued  
for the year ended 31 December 2021**

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021 £	2020 £
Trade creditors	72	172
Taxation and social security	2,332	563
Other creditors	31,161	28,436
	<u>33,565</u>	<u>29,171</u>

**9. MOVEMENT IN FUNDS**

	At 1/1/21 £	Net movement in funds £	At 31/12/21 £
<b>Unrestricted funds</b>			
General fund	34,189	(1,810)	32,379
<b>Restricted funds</b>			
Restricted Fund	-	8,934	8,934
<b>TOTAL FUNDS</b>	<u>34,189</u>	<u>7,124</u>	<u>41,313</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	82,893	(84,703)	(1,810)
<b>Restricted funds</b>			
Restricted Fund	15,619	(6,685)	8,934
<b>TOTAL FUNDS</b>	<u>98,512</u>	<u>(91,388)</u>	<u>7,124</u>

**Comparatives for movement in funds**

	At 1/1/20 £	Net movement in funds £	At 31/12/20 £
<b>Unrestricted funds</b>			
General fund	19,087	15,102	34,189
<b>TOTAL FUNDS</b>	<u>19,087</u>	<u>15,102</u>	<u>34,189</u>

## Fitmums and Friends

### Notes to the Financial Statements - continued for the year ended 31 December 2021

#### 9. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	83,132	(68,030)	15,102
<b>TOTAL FUNDS</b>	<u>83,132</u>	<u>(68,030)</u>	<u>15,102</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/20 £	Net movement in funds £	At 31/12/21 £
<b>Unrestricted funds</b>			
General fund	19,087	13,292	32,379
<b>Restricted funds</b>			
Restricted Fund	-	8,934	8,934
<b>TOTAL FUNDS</b>	<u>19,087</u>	<u>22,226</u>	<u>41,313</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	166,025	(152,733)	13,292
<b>Restricted funds</b>			
Restricted Fund	15,619	(6,685)	8,934
<b>TOTAL FUNDS</b>	<u>181,644</u>	<u>(159,418)</u>	<u>22,226</u>

**Fitmums and Friends**

**Notes to the Financial Statements - continued  
for the year ended 31 December 2021**

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**10. RELATED PARTY DISCLOSURES**

Related party transactions in the year are disclosed in Note 3 of these Financial Statements. There were no related party transactions in the year to 31 December 2020.

**Fitmums and Friends****Detailed Statement of Financial Activities  
for the year ended 31 December 2021**

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Affiliation	1,741	1,605
Donations	1,583	3,937
Grants	16,014	22,772
Other revenue	19,045	3,897
	<u>38,383</u>	<u>32,211</u>
<b>Other trading activities</b>		
Contracted Sessions	36,442	31,673
Event Income	-	540
Member Contributions	20,257	16,412
Merchandise	3,430	2,296
	<u>60,129</u>	<u>50,921</u>
<b>Total incoming resources</b>	<u>98,512</u>	<u>83,132</u>
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Purchases	6,667	14,397
Bad debts	3,073	-
	<u>9,740</u>	<u>14,397</u>
<b>Charitable activities</b>		
Pensions	727	687
Other operating leases	2,037	1,819
Insurance	940	1,127
Postage and stationery	674	413
Sundries	2,414	2,974
IT expenses	2,920	6,862
	<u>9,712</u>	<u>13,882</u>
<b>Support costs</b>		
<b>Management</b>		
Wages	73,901	41,927
Advertising	1,572	3,751
Amortisation of intangible fixed assets	(10,132)	(10,132)
Depreciation of tangible and heritage assets	1,151	1,150
	<u>66,492</u>	<u>36,696</u>

This page does not form part of the statutory financial statements



**Fitmums and Friends****Detailed Statement of Financial Activities  
for the year ended 31 December 2021**

	2021 £	2020 £
<b>Management</b>		
<b>Finance</b>		
Bank charges	563	639
<b>Governance costs</b>		
Travel	1,345	1,024
Accountancy and legal fees	1,350	1,392
Staff training	1,884	-
Subscriptions	302	-
	<u>4,881</u>	<u>2,416</u>
Total resources expended	<u>91,388</u>	<u>68,030</u>
<b>Net income</b>	<u><u>7,124</u></u>	<u><u>15,102</u></u>

This page does not form part of the statutory financial statements