

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2022
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

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for the year ended 31 December 2022**

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The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. 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.

OBJECTIVES AND ACTIVITIES

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+, many 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 groups 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. In 2022, the Let's Get Going Menopause programme was launched to support ladies to be active through the perimenopausal and menopausal period.

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, campfire cooking, tool making, tree climbing, forest games and rope work. Grief discussions and support are carefully interwoven into the programme. Support can be extended to parents and family members through the Together In Grief (TIG) walks and yoga.

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

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.

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 £53,086 (2021 - £41,313), which represents 30.92% of annual expenditure. The Trustees and management team are of the opinion that this is a short-term situation, and will endeavour to bring expenditure in line with the policy in subsequent periods.

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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1173919

Principal address

11 The Paddock
Cottingham
HU16 4RA

Fitmums and Friends

Report of the Trustees for the year ended 31 December 2022

Trustees

T Sutton

Mr J L Lewis (resigned 5/12/2022)

Ms P E Broad

Ms S D Lee

Tony is Chief Executive 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 her current roles is that of Deputy Director of Communications, Marketing and Engagement for NHS Humber and North Yorkshire Integrated Care Board.

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 resigned from his role as Trustee on 5 December 2022.

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.

Following the resignation of Jamie Lewis at the end of 2022, a recruitment process began in early 2023 in which two co-opted members were selected, Hannah Horth and Keith Robinson. Both were selected through an open application process and based on the skills gaps identified by the Trustees.

Independent Examiner

Andy Rusling

Marshall & Co

Chartered Accountants

& Chartered Tax Advisers

The Bloc

Springfield Way

Anlaby

Kingston upon Hull

East Yorkshire

HU10 6RJ

Approved by order of the board of trustees on 23/10/2023 and signed on its behalf by:


T Sutton - Trustee

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

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 2022.

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

Marshall & Co
Chartered Accountants
& Chartered Tax Advisers
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Date: 24/10/2023

Fitmums and Friends

**Statement of Financial Activities
for the year ended 31 December 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		56,147	58,737	114,884	38,383
Other trading activities	2	<u>68,604</u>	<u>-</u>	<u>68,604</u>	<u>60,129</u>
Total		<u>124,751</u>	<u>58,737</u>	<u>183,488</u>	<u>98,512</u>
EXPENDITURE ON					
Raising funds and costs of delivering programs		3,568	5,330	8,898	7,851
Charitable activities					
Charitable		<u>111,385</u>	<u>51,432</u>	<u>162,817</u>	<u>83,537</u>
Total		<u>114,953</u>	<u>56,762</u>	<u>171,715</u>	<u>91,388</u>
NET INCOME		9,798	1,975	11,773	7,124
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>32,379</u>	<u>8,934</u>	<u>41,313</u>	<u>34,189</u>
TOTAL FUNDS CARRIED FORWARD		<u>42,177</u>	<u>10,909</u>	<u>53,086</u>	<u>41,313</u>


The notes form part of these financial statements

Fitmums and Friends

**Balance Sheet
31 December 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Intangible assets	5	(10,132)	-	(10,132)	(20,263)
Tangible assets	6	<u>3,856</u>	<u>-</u>	<u>3,856</u>	<u>2,094</u>
		(6,276)	-	(6,276)	(18,169)
CURRENT ASSETS					
Debtors	7	1,775	-	1,775	6,195
Cash at bank		<u>92,457</u>	<u>63,194</u>	<u>155,651</u>	<u>86,852</u>
		94,232	63,194	157,426	93,047
CREDITORS					
Amounts falling due within one year	8	<u>(45,779)</u>	<u>(52,285)</u>	<u>(98,064)</u>	<u>(33,565)</u>
NET CURRENT ASSETS		<u>48,453</u>	<u>10,909</u>	<u>59,362</u>	<u>59,482</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>42,177</u>	<u>10,909</u>	<u>53,086</u>	<u>41,313</u>
NET ASSETS		<u>42,177</u>	<u>10,909</u>	<u>53,086</u>	<u>41,313</u>
FUNDS	9				
Unrestricted funds				42,177	32,379
Restricted funds				<u>10,909</u>	<u>8,934</u>
TOTAL FUNDS				<u>53,086</u>	<u>41,313</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 23/10/2023 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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

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.

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Contracted Sessions	41,159	36,442
Member Contributions	24,737	20,257
Merchandise	<u>2,708</u>	<u>3,430</u>
	<u>68,604</u>	<u>60,129</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

Ms PE Broad received remuneration of £10,849 (2021 - £5,429) during the period.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	22,368	16,015	38,383
Other trading activities	<u>60,525</u>	<u>(396)</u>	<u>60,129</u>
Total	<u>82,893</u>	<u>15,619</u>	<u>98,512</u>
EXPENDITURE ON			
Raising funds	6,755	1,096	7,851
Charitable activities			
Charitable	<u>77,948</u>	<u>5,589</u>	<u>83,537</u>
Total	<u>84,703</u>	<u>6,685</u>	<u>91,388</u>
NET INCOME/(EXPENDITURE)	(1,810)	8,934	7,124
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>34,189</u>	<u>-</u>	<u>34,189</u>
TOTAL FUNDS CARRIED FORWARD	<u>32,379</u>	<u>8,934</u>	<u>41,313</u>

5. INTANGIBLE FIXED ASSETS

	Goodwill £
COST	
At 1 January 2022 and 31 December 2022	(50,659)
AMORTISATION	
At 1 January 2022	(30,396)
Charge for year	(10,131)
At 31 December 2022	(40,527)
NET BOOK VALUE	
At 31 December 2022	(10,132)
At 31 December 2021	(20,263)

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2022	2,197	2,490	4,687
Additions	<u>2,047</u>	<u>1,753</u>	<u>3,800</u>
At 31 December 2022	<u>4,244</u>	<u>4,243</u>	<u>8,487</u>
DEPRECIATION			
At 1 January 2022	950	1,643	2,593
Charge for year	<u>637</u>	<u>1,401</u>	<u>2,038</u>
At 31 December 2022	<u>1,587</u>	<u>3,044</u>	<u>4,631</u>
NET BOOK VALUE			
At 31 December 2022	<u>2,657</u>	<u>1,199</u>	<u>3,856</u>
At 31 December 2021	<u>1,247</u>	<u>847</u>	<u>2,094</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	1,048	5,800
Other debtors	375	-
Prepayments and accrued income	<u>352</u>	<u>395</u>
	<u>1,775</u>	<u>6,195</u>

Fitmums and Friends

**Notes to the Financial Statements - continued
for the year ended 31 December 2022**

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	3,372	72
Taxation and social security	359	2,332
Other creditors	<u>94,333</u>	<u>31,161</u>
	<u>98,064</u>	<u>33,565</u>

9. MOVEMENT IN FUNDS

	At 1/1/22 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General fund	32,379	9,798	42,177
Restricted funds			
Restricted Fund	8,934	1,975	10,909
	<u>41,313</u>	<u>11,773</u>	<u>53,086</u>
TOTAL FUNDS	<u>41,313</u>	<u>11,773</u>	<u>53,086</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	124,751	(114,953)	9,798
Restricted funds			
Restricted Fund	58,737	(56,762)	1,975
	<u>183,488</u>	<u>(171,715)</u>	<u>11,773</u>
TOTAL FUNDS	<u>183,488</u>	<u>(171,715)</u>	<u>11,773</u>

Comparatives for movement in funds

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

Notes to the Financial Statements - continued
for the year ended 31 December 2022

9. MOVEMENT IN FUNDS - continued

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

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

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

	At 1/1/21 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General fund	34,189	7,988	42,177
Restricted funds			
Restricted Fund	-	10,909	10,909
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>34,189</u>	<u>18,897</u>	<u>53,086</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 £
Unrestricted funds			
General fund	207,644	(199,656)	7,988
Restricted funds			
Restricted Fund	74,356	(63,447)	10,909
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>282,000</u>	<u>(263,103)</u>	<u>18,897</u>

10. RELATED PARTY DISCLOSURES

Related party transactions in the year are disclosed in Note 3 of these Financial Statements. There were no other related party transactions in the year to 31 December 2022.

Fitmums and Friends**Detailed Statement of Financial Activities
for the year ended 31 December 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Affiliation	1,531	1,741
Donations	21,242	1,583
Grants	81,647	16,014
Other revenue	<u>10,464</u>	<u>19,045</u>
	114,884	38,383
Other trading activities		
Contracted Sessions	41,159	36,442
Member Contributions	24,737	20,257
Merchandise	<u>2,708</u>	<u>3,430</u>
	<u>68,604</u>	<u>60,129</u>
Total incoming resources	183,488	98,512
EXPENDITURE		
Other trading activities		
Purchases	3,568	4,768
Funded charitable activity	5,330	-
Bad debts	<u>-</u>	<u>3,073</u>
	8,898	7,841
Charitable activities		
Pensions	1,735	727
Other operating leases	4,359	2,037
Insurance	888	940
Postage and stationery	771	674
Sundries	1,914	2,414
IT expenses	5,670	2,920
Grants to institutions	<u>20,000</u>	<u>-</u>
	35,337	9,712
Support costs		
Management		
Wages	114,855	73,901
Social security	1,563	-
Advertising	4,192	1,572
Amortisation of intangible fixed assets	(10,132)	(10,132)
Depreciation of tangible and heritage assets	<u>2,037</u>	<u>1,151</u>
	112,515	66,492

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 2022**

	2022 £	2021 £
Management		
Finance		
Bank charges	1,095	563
Governance costs		
Travel	4,228	1,345
Accountancy and legal fees	1,350	1,350
Staff training	1,479	1,884
Subscriptions	1,857	2,201
Consulting	<u>4,956</u>	<u>-</u>
	<u>13,870</u>	<u>6,780</u>
Total resources expended	<u>171,715</u>	<u>91,388</u>
Net income	<u><u>11,773</u></u>	<u><u>7,124</u></u>

This page does not form part of the statutory financial statements