

**Fitmums And Friends**

**Charity No. 1173919**

**Company No. CE011383**

**Trustees' Report and Unaudited Accounts**

**31 December 2023**

**Fitmums And Friends**  
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## **Fitmums And Friends Trustees Annual Report**

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2023.

### **REFERENCE AND ADMINISTRATIVE DETAILS**

**Company No. CE011383**

**Charity No. 1173919**

#### **Registered Office**

11 The Paddock  
Cottingham  
HU16 4RA

#### **Directors and Trustees**

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

P. Broad

S. Lee

A.N. Sutton

H. Horth (appointed January 2024)

Tony Sutton 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 Lee 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 role is that of Deputy Director of Communications, Marketing and Engagement for NHS Humber and North Yorkshire Integrated Care Board.

Phoebe Broad joined the board of Fitmums and Friends 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.

Hannah Horth is a solicitor of the Senior Courts having qualified in September 2010. She qualified in private practise in the field of commercial maritime law, and currently practises as an in-house solicitor of a non-departmental public body, specialising in marine environmental regulatory law.

#### **Accountants**

Yorkshire Accountancy Limited  
123 Hallgate  
Cottingham  
East Yorkshire  
HU16 4DA

## **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.

## **Fitmums And Friends**

### **Trustees Annual Report**

#### **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 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 impairment 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, an awareness of mental health 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.

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.

#### **ACHIEVEMENTS AND PERFORMANCE**

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 the reserves amounted to £52,484 (2022 - £53,086), which represents 31.97% of annual expenditure.

Fitmums and Friends 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.

Total expenditure for the year as a percentage of reserves at the balance sheet date are as follows:

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>
Closing reserves	52,484	58,093	110,577
% of annual expenditure	49.3%	97.5%	66.5%

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Charity constitution**

The charity operates as a Charitable Incorporated Organisation (CIO) and is controlled by its governing documents; its constitution is 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.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Fitmums And Friends**  
**Trustees Annual Report**

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.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

A.N. Sutton  
Trustee  
02 September 2024

**Independent Examiner's Report to the trustees of Fitmums And Friends**

I report to the charity trustees on my examination of the financial statements of Fitmums And Friends for the year ended 31 December 2023.

**Responsibilities and basis of report**

As the charity's trustees of the company (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 ('the 2006 Act').

Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act 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
- 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 accounts 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.

Yorkshire Accountancy Limited  
123 Hallgate  
Cottingham  
East Yorkshire  
HU16 4DA  
02 September 2024



**Fitmums And Friends**  
**Statement of Financial Activities**  
**for the year ended 31 December 2023**

		<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>	<b>Total funds 2022 £</b>
	<b>Notes</b>				
<b>Income and endowments from:</b>					
Donations and legacies	4	49,988	106,772	156,760	114,884
Other trading activities	5	66,774	-	66,774	68,604
<b>Total</b>		<b>116,762</b>	<b>106,772</b>	<b>223,534</b>	<b>183,488</b>
<b>Expenditure on:</b>					
Raising funds	6	12,712	4,799	17,511	8,898
Charitable activities	7	10,306	1,870	12,176	33,870
Other	8	83,438	52,918	136,356	128,947
<b>Total</b>		<b>106,455</b>	<b>59,588</b>	<b>166,043</b>	<b>171,715</b>
Net gains on investments		-	-	-	-
<b>Net income</b>	9	<b>10,307</b>	<b>47,184</b>	<b>57,491</b>	<b>11,773</b>
Transfers between funds		-	-	-	-
<b>Net income before other gains/(losses)</b>		<b>10,307</b>	<b>47,184</b>	<b>57,491</b>	<b>11,773</b>
<b>Other gains and losses</b>					
<b>Net movement in funds</b>		<b>10,307</b>	<b>47,184</b>	<b>57,491</b>	<b>11,773</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		42,177	10,909	53,086	41,313
<b>Total funds carried forward</b>		<b>52,484</b>	<b>58,093</b>	<b>110,577</b>	<b>53,086</b>

**Fitmums And Friends**  
**Summary Income and Expenditure Account**  
**for the year ended 31 December 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Income	223,534	183,488
<b>Gross income for the year</b>	<u>223,534</u>	<u>183,488</u>
Expenditure	174,918	179,810
Depreciation and charges for impairment of fixed assets	(8,875)	(8,095)
<b>Total expenditure for the year</b>	<u>166,043</u>	<u>171,715</u>
Net income before tax for the year	57,491	11,773
<b>Net income for the year</b>	<u><u>57,491</u></u>	<u><u>11,773</u></u>

**Fitmums And Friends****Balance Sheet****at 31 December 2023**

<b>Company No.</b>	<b>CE011383</b>	<b>Notes</b>	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
<b>Fixed assets</b>				
		12	-	(10,132)
		13	2,839	3,856
			<u>2,839</u>	<u>(6,276)</u>
<b>Current assets</b>				
		14	11,150	1,775
			132,814	155,651
			<u>143,964</u>	<u>157,426</u>
<b>Creditors:</b> Amount falling due within one year		15	(36,226)	(98,064)
<b>Net current assets</b>			<u>107,738</u>	<u>59,362</u>
<b>Total assets less current liabilities</b>			<u>110,577</u>	<u>53,086</u>
<b>Net assets excluding pension asset or liability</b>			<u>110,577</u>	<u>53,086</u>
<b>Total net assets</b>			<u><u>110,577</u></u>	<u><u>53,086</u></u>
<b>The funds of the charity</b>				
<b>Restricted funds</b>		16		
			58,093	10,909
			<u>58,093</u>	<u>10,909</u>
<b>Unrestricted funds</b>		16		
			52,484	42,177
			<u>52,484</u>	<u>42,177</u>
<b>Reserves</b>		16		
<b>Total funds</b>			<u><u>110,577</u></u>	<u><u>53,086</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 02 September 2024

And signed on its behalf by:

A.N. Sutton

Trustee

02 September 2024

**for the year ended 31 December 2023**

## **1 Accounting policies**

### **Basis of preparation**

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### **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.

### **Income**

Recognition of 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.
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### **Expenditure**

Recognition of 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.
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### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Tangible fixed assets and depreciation**

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

Computer equipment	33% Straight line
Fixtures and fittings	15% Straight line

### **Intangible fixed assets and amortisation**

Intangible fixed assets (including purchased goodwill, patents and trademarks) are carried at cost less accumulated amortisation and impairment losses.

Goodwill	20% Straight line
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### **Trade and other debtors**

Trade and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any discounts due.

**Trade and other creditors**

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

**Leased assets**

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

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

**Pension costs**

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 Company status**

The charity is a Charitable Incorporated Organisation.

**3 Statement of Financial Activities - prior year**

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
<b>Income and endowments from:</b>			
Donations and legacies	56,147	58,737	114,884
Other trading activities	68,604	-	68,604
<b>Total</b>	<b>124,751</b>	<b>58,737</b>	<b>183,488</b>
<b>Expenditure on:</b>			
Raising funds	3,568	5,330	8,898
Charitable activities	111,385	51,432	162,817
<b>Total</b>	<b>114,953</b>	<b>56,762</b>	<b>171,715</b>
<b>Net income</b>	<b>9,798</b>	<b>1,975</b>	<b>11,773</b>
<b>Net income before other gains/(losses)</b>	<b>9,798</b>	<b>1,975</b>	<b>11,773</b>
<b>Other gains and losses:</b>			
<b>Net movement in funds</b>	<b>9,798</b>	<b>1,975</b>	<b>11,773</b>
<b>Reconciliation of funds:</b>			
Total funds brought forward	32,379	8,934	41,313
<b>Total funds carried forward</b>	<b>42,177</b>	<b>10,909</b>	<b>53,086</b>

**4 Income from donations and legacies**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Affiliation	1,632	-	1,632	1,531
Donations	18,904	5,520	24,424	21,242
Grants	18,493	100,952	119,445	81,647
Other revenue	10,959	300	11,259	10,464
	<u>49,988</u>	<u>106,772</u>	<u>156,760</u>	<u>114,884</u>

**5 Income from other trading activities**

	<b>Unrestricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Contracted sessions	29,154	29,154	41,159
Member contributions	33,265	33,265	24,737
Merchandise	4,355	4,355	2,708
	<u>66,774</u>	<u>66,774</u>	<u>68,604</u>

**6 Expenditure on raising funds**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<i>Fundraising trading costs</i>				
Purchases	4,539	91	4,630	3,568
Member contributions	8,173	4,708	12,881	5,330
	<u>12,712</u>	<u>4,799</u>	<u>17,511</u>	<u>8,898</u>

**7 Expenditure on charitable activities**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<i>Expenditure on charitable activities</i>				
Grants made	5,000	-	5,000	20,000
<i>Governance costs</i>				
Staff travel and training	1,823	1,870	3,693	5,707
Accountancy and legal fees	1,790	-	1,790	1,350
Subscriptions	1,693	-	1,693	1,857
Consulting	-	-	-	4,956
	<u>10,306</u>	<u>1,870</u>	<u>12,176</u>	<u>33,870</u>

**8 Other expenditure**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Employee costs	79,789	50,812	130,601	118,153
Premises costs	5,893	1,102	6,995	4,359
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	(8,875)	-	(8,875)	(8,095)
General administrative costs	6,631	1,004	7,635	14,530
	<u>83,438</u>	<u>52,918</u>	<u>136,356</u>	<u>128,947</u>

**9 Net income before transfers**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
This is stated after charging:		
Depreciation of owned fixed assets	1,257	2,037
Amortisation of intangible fixed assets	(10,132)	(10,132)

**10 Trustee remuneration and expenses**

One or more of the trustees has been paid remuneration in the current or prior periods.

<b>Trustee</b>	<b>Remuneration</b>	<b>Pension</b>	<b>Other benefits</b>
P. Broad	12,322	-	-

Remuneration is provided in respect of fundraising and bid writing services.

**11 Staff costs**

	<b>2023</b>	<b>2022</b>
Salaries and wages	129,192	114,855
Social security costs	-	1,563
Pension costs	1,409	1,735
	<u>130,601</u>	<u>118,153</u>

No employee received emoluments in excess of £60,000.

12 Intangible fixed assets

	Goodwill	Total
	£	£
<b>Cost</b>		
At 1 January 2023	(50,659)	(50,659)
At 31 December 2023	<u>(50,659)</u>	<u>(50,659)</u>
<b>Amortisation and impairment</b>		
At 1 January 2023	(40,527)	(40,527)
Amortisation charge for the year	(10,132)	(10,132)
At 31 December 2023	<u>(50,659)</u>	<u>(50,659)</u>
<b>Net book values</b>		
At 31 December 2023	-	-
At 31 December 2022	<u>(10,132)</u>	<u>(10,132)</u>

13 Tangible fixed assets

	Computer equipment	Fixtures and fittings	Total
	£	£	£
<b>Cost or revaluation</b>			
At 1 January 2023	4,243	4,243	8,486
Additions	241	-	241
At 31 December 2023	<u>4,484</u>	<u>4,243</u>	<u>8,727</u>
<b>Depreciation and impairment</b>			
At 1 January 2023	3,044	1,587	4,631
Depreciation charge for the year	673	584	1,257
At 31 December 2023	<u>3,717</u>	<u>2,171</u>	<u>5,888</u>
<b>Net book values</b>			
At 31 December 2023	<u>767</u>	<u>2,072</u>	<u>2,839</u>
At 31 December 2022	<u>1,199</u>	<u>2,656</u>	<u>3,855</u>

14 Debtors

	2023	2022
	£	£
Trade debtors	10,657	1,048
Other debtors	-	375
Prepayments and accrued income	493	352
	<u>11,150</u>	<u>1,775</u>



**Fitmums And Friends**  
**Notes to the Accounts**

**15 Creditors:**

amounts falling due within one year

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade creditors	2,545	3,372
Other taxes and social security	1,516	359
Other creditors	32,165	94,333
	<u>36,226</u>	<u>98,064</u>

16 Movement in funds

	At 1 January 2023	Incoming resources (including other gains/losses) £	Resources expended £	At 31 December 2023 £
<b>Restricted funds:</b>				
<b>Restricted income funds:</b>				
Forest Project	8,937	29,850	(12,601)	26,186
Social Prescribing	1,972	1,641	(3,613)	-
ERCCG - Bereavement Walk & Yoga	-	14,647	(9,406)	5,241
ERCCG - Forest Project	-	13,308	(12,105)	1,203
ERCCG - Let's Get Going	-	8,496	(4,360)	4,136
Project Workers	-	15,617	(15,617)	-
National Lottery Grant	-	13,214	(1,886)	11,327
Withenwick Windfarm	-	10,000	-	10,000
<i>Total</i>	<u>10,909</u>	<u>106,772</u>	<u>(59,588)</u>	<u>58,093</u>
<b>Unrestricted funds:</b>				
<b>General funds</b>	42,177	116,762	(106,455)	52,484
<b>Total funds</b>	<u>53,086</u>	<u>223,534</u>	<u>(166,043)</u>	<u>110,577</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

Forest Project	Group activities
Social Prescribing	Project roles
ERCCG - Bereavement Walk & Yoga	Group activities
ERCCG - Forest Project	Group activities
ERCCG - Let's Get Going	Group activities
Project Workers	Project roles
National Lottery Grant	Group activities
Withenwick Windfarm	Group activities

**17 Analysis of net assets between funds**

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Fixed assets	2,839	-	2,839
Net current assets	49,645	58,093	107,738
	<u>52,484</u>	<u>58,093</u>	<u>110,577</u>

**18 Related party disclosures**

**Controlling party**

The charity is under the control of the Trustees. Other than salaries drawn as disclosed in note 10 to these accounts, there were no related party transactions in the years to 31 December 2023 or 2022.

**Fitmums And Friends**  
**Detailed Statement of Financial Activities**  
**for the year ended 31 December 2023**

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
<b>Income and endowments from:</b>				
Donations and legacies				
Affiliation	1,632	-	1,632	1,531
Donations	18,904	5,520	24,424	21,242
Grants	18,493	100,952	119,445	81,647
Other revenue	10,959	300	11,259	10,464
	<u>49,988</u>	<u>106,772</u>	<u>156,760</u>	<u>114,884</u>
Other trading activities				
Contracted sessions	29,154	-	29,154	41,159
Member contributions	33,265	-	33,265	24,737
Merchandise	4,355	-	4,355	2,708
	<u>66,774</u>	<u>-</u>	<u>66,774</u>	<u>68,604</u>
<b>Total income and endowments</b>	<b>116,762</b>	<b>106,772</b>	<b>223,534</b>	<b>183,488</b>
<b>Expenditure on:</b>				
Costs of other trading activities				
Purchases	4,539	91	4,630	3,568
Member contributions	8,173	4,708	12,881	5,330
	<u>12,712</u>	<u>4,799</u>	<u>17,511</u>	<u>8,898</u>
<b>Total of expenditure on raising funds</b>	<b>12,712</b>	<b>4,799</b>	<b>17,511</b>	<b>8,898</b>
Charitable activities				
Grants made	5,000	-	5,000	20,000
	<u>5,000</u>	<u>-</u>	<u>5,000</u>	<u>20,000</u>
Governance costs				
Staff travel and training	1,823	1,870	3,693	5,707
Accountancy and legal fees	1,790	-	1,790	1,350
Subscriptions	1,693	-	1,693	1,857
Consulting	-	-	-	4,956
	<u>5,306</u>	<u>1,870</u>	<u>7,176</u>	<u>13,870</u>
<b>Total of expenditure on charitable activities</b>	<b>10,306</b>	<b>1,870</b>	<b>12,176</b>	<b>33,870</b>
Employee costs				
Salaries/wages	78,380	50,812	129,192	114,855
Employer's NIC	-	-	-	1,563
Pension costs	1,409	-	1,409	1,735
	<u>79,789</u>	<u>50,812</u>	<u>130,601</u>	<u>118,153</u>
Premises costs				
Rent	5,893	1,102	6,995	4,359
	<u>5,893</u>	<u>1,102</u>	<u>6,995</u>	<u>4,359</u>

**Fitmums And Friends**
**Detailed Statement of Financial Activities**

General administrative costs, including depreciation and amortisation				
Amortisation	(10,132)	-	(10,132)	(10,132)
Depreciation of Computer equipment	584	-	584	1,400
Depreciation of Fixtures and fittings	673	-	673	637
Bank charges	981	-	981	1,095
General insurances	845	-	845	888
Information and publications	935	186	1,121	4,192
Software, IT support and related costs	1,672	-	1,672	5,670
Stationery and printing	585	7	592	771
Subscriptions	50	-	50	-
Sundry expenses	1,563	811	2,374	1,914
	(2,244)	1,004	(1,240)	6,435
<b>Total of expenditure of other costs</b>	<b>83,438</b>	<b>52,918</b>	<b>136,356</b>	<b>128,947</b>
<b>Total expenditure</b>	<b>106,455</b>	<b>59,588</b>	<b>166,043</b>	<b>171,715</b>
Net gains on investments	-	-	-	-
<b>Net income</b>	<b>10,307</b>	<b>47,184</b>	<b>57,491</b>	<b>11,773</b>
<b>Net income before other gains/(losses)</b>	<b>10,307</b>	<b>47,184</b>	<b>57,491</b>	<b>11,773</b>
Other Gains	-	-	-	-
<b>Net movement in funds</b>	<b>10,307</b>	<b>47,184</b>	<b>57,491</b>	<b>11,773</b>
<b>Reconciliation of funds:</b>				
Total funds brought forward	42,177	10,909	53,086	41,313
<b>Total funds carried forward</b>	<b>52,484</b>	<b>58,093</b>	<b>110,577</b>	<b>53,086</b>