

Fitmums And Friends

Charity No. 1173919

Company No. CE011383

Trustees' Report and Unaudited Accounts

31 December 2024

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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 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE011383

Charity No. 1173919

Registered Office

123 Hallgate
Cottingham
HU16 4DA

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
H. Horth
A. Hunter
S. Lee
A. N. Sutton

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 role 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.

Hannah Horth joined the board of Fitmums on 9 January 2024. Her background is in Law and is an experienced solicitor with a demonstrated history of working in the law practice industry. Skilled in Legal Assistance, Arbitration, International Arbitration, Maritime Law, and Dispute Resolution.

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.

Overview of Our Work

Fitmums and Friends exists to make physical activity accessible, enjoyable, and inclusive for people of all ages and abilities. Our community-based sessions include running, fitness walking, Nordic walking, cycling, junior athletics, and family-friendly activities, delivered by an inspiring team of volunteers across Yorkshire. Alongside these activities, we also provide specialist programmes to support people through life's challenges. These include groups for those who are bereaved, affected by sight loss, managing the peri-menopause and menopause, and for people with additional needs. We know that taking part in activity can transform health and wellbeing, but we also recognise that many people need extra support to get started. That's why we offer a range of personalised support — from a reassuring text before a session, to meeting outside a venue, or even a one-to-one chat in a café — ensuring that no one feels alone when taking their first steps with us.

Our extensive volunteer structure is at the heart of the charity. Volunteers not only deliver sessions but also gain opportunities for training, qualifications, and valuable experience.

ACHIEVEMENTS AND PERFORMANCE

To sustain and grow our work, Fitmums and Friends continues to generate income from membership, kit sales, charitable donations, grant funding, and programme delivery. We are committed to diversifying our income streams to ensure the charity remains resilient and sustainable, enabling us to keep supporting our communities long into the future.

FINANCIAL REVIEW

The Trustee Board have assessed the financial obligations of the charity and have determined that the level of reserves required by the charity should equate to 40% 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:

| | Unrestricted | Restricted | Total |
|-------------------------|--------------|------------|---------|
| Closing Reserves | 44,813 | 82,219 | 127,032 |
| % of annual expenditure | 31.56% | 105.67% | 57.79% |

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
10 October 2025

I report to the charity trustees on my examination of the financial statements of Fitmums And Friends for the year ended 31 December 2024.

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

10 October 2025

Fitmums And Friends
Statement of Financial Activities
for the year ended 31 December 2024

| | Notes | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total funds 2024 £ | Total funds 2023 £ |
|--|-------|------------------------------------|----------------------------------|--------------------------|--------------------------|
| Income and endowments from: | | | | | |
| Donations and legacies | 4 | 33,144 | 100,190 | 133,334 | 156,760 |
| Other trading activities | 5 | 101,180 | 1,745 | 102,925 | 66,774 |
| Total | | 134,324 | 101,935 | 236,259 | 223,534 |
| Expenditure on: | | | | | |
| Raising funds | 6 | 19,280 | | 19,280 | 17,511 |
| Charitable activities | 7 | 91,398 | 77,809 | 169,207 | 12,176 |
| Other | 8 | 31,317 | | 31,317 | 136,356 |
| Total | | 141,995 | 77,809 | 219,804 | 166,043 |
| Net gains on investments | | - | - | - | - |
| Net income | 9 | (7,671) | 24,126 | 16,455 | 57,491 |
| Transfers between funds | | - | - | - | - |
| Net income before other gains/(losses) | | (7,671) | 24,126 | 16,455 | 57,491 |
| Other gains and losses | | | | | |
| Net movement in funds | | (7,671) | 24,126 | 16,455 | 57,491 |
| Reconciliation of funds: | | | | | |
| Total funds brought forward | | 52,484 | 58,093 | 110,577 | 53,086 |
| Total funds carried forward | | 44,813 | 82,219 | 127,032 | 110,577 |

Fitmums And Friends
Summary Income and Expenditure Account
for the year ended 31 December 2024

| | 2024 £ | 2023 £ |
|--|----------------------|----------------------|
| Income | 236,259 | 223,534 |
| Gross income for the year | <u>236,259</u> | <u>223,534</u> |
| Expenditure | 217,655 | 174,918 |
| Depreciation and charges for impairment of fixed assets | 2,149 | (8,875) |
| Total expenditure for the year | <u>219,804</u> | <u>166,043</u> |
| Net income before tax for the year | <u>16,455</u> | <u>57,491</u> |
| Net income for the year | <u><u>16,455</u></u> | <u><u>57,491</u></u> |

Fitmums And Friends
Balance Sheet
at 31 December 2024

| Company No. CE011383 | Notes | 2024 £ | 2023 £ |
|---|-------|----------------|----------------|
| Fixed assets | | | |
| Intangible assets | 12 | - | - |
| Tangible assets | 13 | 3,614 | 2,839 |
| | | <u>3,614</u> | <u>2,839</u> |
| Current assets | | | |
| Debtors | 14 | 1,745 | 11,150 |
| Cash at bank and in hand | | 129,055 | 132,814 |
| | | <u>130,800</u> | <u>143,964</u> |
| Creditors: Amount falling due within one year | 15 | (7,382) | (36,226) |
| Net current assets | | 123,418 | 107,738 |
| Total assets less current liabilities | | 127,032 | 110,577 |
| Net assets excluding pension asset or liability | | 127,032 | 110,577 |
| Total net assets | | <u>127,032</u> | <u>110,577</u> |
| The funds of the charity | | | |
| Restricted funds | 16 | | |
| Restricted income funds | | 82,219 | 58,093 |
| | | <u>82,219</u> | <u>58,093</u> |
| Unrestricted funds | 16 | | |
| General funds | | 17,643 | 52,484 |
| Designated funds | | 27,171 | - |
| | | <u>44,813</u> | <u>52,484</u> |
| Total funds | | <u>127,032</u> | <u>110,577</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 2024 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 10 October 2025

And signed on its behalf by:

A.N. Sutton
Trustee
10 October 2025

for the year ended 31 December 2024

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.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

| | |
|--------------------|--|
| Unrestricted funds | Can be used in accordance with the charitable objectives at the discretion of the Trustees. |
| Designated funds | These are unrestricted funds earmarked by the trustees for particular purposes. |
| Revaluation funds | These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values. |
| 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. |
|-----------------------|---|

| | |
|---------------------------------|--|
| Income with related expenditure | Where income has related expenditure the income and related expenditure is reported gross in the SoFA. |
|---------------------------------|--|

| | |
|------------------------|--|
| Donations and legacies | Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income. |
|------------------------|--|

| | |
|-------------------------------------|---|
| Tax reclaims on donations and gifts | Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates. |
|-------------------------------------|---|

| | |
|---------------------------------|--|
| Donated services and facilities | These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material. |
|---------------------------------|--|

| | |
|----------------|---|
| Volunteer help | The value of any volunteer help received is not included in the accounts. |
|----------------|---|

| | |
|-------------------|---|
| Investment income | This is included in the accounts when receivable. |
|-------------------|---|

| | |
|---|---|
| Gains/(losses) on revaluation of fixed assets | This includes any gain or loss resulting from revaluing investments to market value at the end of the year. |
|---|---|

| | |
|-------------------------------------|--|
| Gains/(losses) on investment assets | This includes any gain or loss on the sale of investments. |
|-------------------------------------|--|

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.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

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

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

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

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

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

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

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 trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

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.

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 plan for its employees. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The charity is a Charitable Incorporated Organisation.

3 Statement of Financial Activities - prior year

| | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total funds 2023 £ |
|---|------------------------------------|----------------------------------|--------------------------|
| Income and endowments from: | | | |
| Donations and legacies | 49,988 | 106,772 | 156,760 |
| Other trading activities | 66,774 | - | 66,774 |
| Total | 116,762 | 106,772 | 223,534 |
| Expenditure on: | | | |
| Raising funds | 12,712 | 4,799 | 17,511 |
| Charitable activities | 10,306 | 1,870 | 12,176 |
| Other | 83,438 | 52,918 | 136,356 |
| Total | 106,455 | 59,588 | 166,043 |
| Net income | 10,307 | 47,184 | 57,491 |
| Net income before other gains/(losses) | 10,307 | 47,184 | 57,491 |
| Other gains and losses: | | | |
| Net movement in funds | 10,307 | 47,184 | 57,491 |
| Reconciliation of funds: | | | |
| Total funds brought forward | 42,177 | 10,909 | 53,086 |
| Total funds carried forward | 52,484 | 58,093 | 110,577 |

4 Income from donations and legacies

| | Unrestricted £ | Restricted £ | Total 2024 £ | Total 2023 £ |
|---------------|-------------------|-----------------|--------------------|--------------------|
| Affiliation | 1,202 | - | 1,202 | 1,632 |
| Donations | 27,227 | 1,246 | 28,473 | 24,424 |
| Grants | 490 | 98,944 | 99,434 | 119,445 |
| Other revenue | 4,225 | - | 4,225 | 11,259 |
| | 33,144 | 100,190 | 133,334 | 156,760 |

5 Income from other trading activities

| | Unrestricted | Restricted | Total 2024 | Total 2023 |
|----------------------|----------------|--------------|----------------|---------------|
| | £ | £ | £ | £ |
| Contracted sessions | 31,710 | 1,631 | 33,341 | 29,154 |
| Member contributions | 65,424 | 114 | 65,538 | 33,265 |
| Merchandise | 4,046 | - | 4,046 | 4,355 |
| | <u>101,180</u> | <u>1,745</u> | <u>102,925</u> | <u>66,774</u> |

6 Expenditure on raising funds

| | Unrestricted | Total 2024 | Total 2023 |
|----------------------------------|---------------|---------------|---------------|
| | £ | £ | £ |
| <i>Fundraising trading costs</i> | | | |
| Employee Costs | 12,796 | 12,796 | |
| Cost of good sold | 5,095 | 5,095 | 4,630 |
| Events | 1,389 | 1,389 | 12,881 |
| | <u>19,280</u> | <u>19,280</u> | <u>17,511</u> |

7 Expenditure on charitable activities

| | Unrestricted | Restricted | Total 2024 | Total 2023 |
|---|---------------|---------------|----------------|---------------|
| | £ | £ | £ | £ |
| <i>Expenditure on charitable activities</i> | | | | |
| Direct expenses | 1,419 | 10,923 | 12,342 | |
| Employees costs | 78,761 | 50,039 | 128,800 | |
| Premises costs | | 4,423 | 4,423 | 5,000 |
| Cost of good sold | | 323 | 323 | |
| Genral admin costs | 2,202 | 10,509 | 12,711 | |
| Staff travel and training | 7,518 | 1,592 | 9,110 | 3,693 |
| Accountancy and legal fees | | | - | 1,790 |
| Subscriptions | 1,448 | - | 1,448 | 1,693 |
| Consulting | 50 | - | 50 | - |
| | <u>91,398</u> | <u>77,809</u> | <u>169,207</u> | <u>12,176</u> |

8 Other expenditure

| | Unrestricted | Total 2024 | Total 2023 |
|---|---------------|---------------|----------------|
| | £ | £ | £ |
| Employee costs | 11,608 | 11,608 | 130,601 |
| Premises costs | 11,153 | 11,153 | 6,995 |
| Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets | 2,149 | 2,149 | (8,875) |
| Accountancy | 5,247 | 5,247 | |
| General administrative costs | | | 7,635 |
| Insurance | 1,160 | 1,160 | |
| | <u>31,317</u> | <u>31,317</u> | <u>136,356</u> |

9 Net income before transfers

| | 2024 | 2023 |
|---|-------|----------|
| | £ | £ |
| This is stated after charging: | | |
| Depreciation of owned fixed assets | 2,149 | 1,257 |
| Amortisation of intangible fixed assets | - | (10,132) |

10 Trustee remuneration and expenses

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

| Trustee | Remuneration | Pension | Other Benefits |
|----------|--------------|---------|-------------------|
| P. Broad | 12,796 | | |

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

11 Staff costs

| | 2024 | 2023 |
|--------------------|----------------|----------------|
| Salaries and wages | 151,588 | 129,192 |
| Pension costs | 1,616 | 1,409 |
| | <u>153,204</u> | <u>130,601</u> |

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

12 Intangible fixed assets

| | Goodwill | Total |
|-----------------------------|-----------------|-----------------|
| | £ | £ |
| Cost | | |
| At 1 January 2024 | (50,659) | (50,659) |
| At 31 December 2024 | <u>(50,659)</u> | <u>(50,659)</u> |
| Amortisation and impairment | | |
| At 1 January 2024 | (50,659) | (50,659) |
| At 31 December 2024 | <u>(50,659)</u> | <u>(50,659)</u> |
| Net book values | | |
| At 31 December 2024 | - | - |
| At 31 December 2023 | <u>-</u> | <u>-</u> |

13 Tangible fixed assets

| | Computer equipment | Fixtures and fittings | Total |
|----------------------------------|--------------------|-----------------------|---------------|
| | £ | £ | £ |
| Cost or revaluation | | | |
| At 1 January 2024 | 4,484 | 4,243 | 8,727 |
| Additions | 2,224 | 700 | 2,924 |
| At 31 December 2024 | <u>6,708</u> | <u>4,943</u> | <u>11,651</u> |
| Depreciation and impairment | | | |
| At 1 January 2024 | 3,717 | 2,171 | 5,888 |
| Depreciation charge for the year | 1,407 | 742 | 2,149 |
| At 31 December 2024 | <u>5,124</u> | <u>2,913</u> | <u>8,037</u> |
| Net book values | | | |
| At 31 December 2024 | <u>1,584</u> | <u>2,030</u> | <u>3,614</u> |
| At 31 December 2023 | <u>767</u> | <u>2,072</u> | <u>2,839</u> |

14 Debtors

| | 2024 | 2023 |
|--------------------------------|--------------|---------------|
| | £ | £ |
| Trade debtors | 671 | 10,657 |
| Prepayments and accrued income | 1,074 | 493 |
| | <u>1,745</u> | <u>11,150</u> |

15 Creditors:
amounts falling due within one year

| | 2024 | 2023 |
|---------------------------------|--------------|---------------|
| | £ | £ |
| Trade creditors | 4,672 | 2,545 |
| Other taxes and social security | 2,710 | 1,516 |
| Other creditors | - | 32,165 |
| | <u>7,382</u> | <u>36,226</u> |

16 Movement in funds

| | At 1 January 2024 | Incoming resources (including other gains/losses) £ | Resources expended £ | At 31 December 2024 £ |
|------------------------------------|----------------------|--|----------------------------|--------------------------------|
| Restricted funds: | | | | |
| Restricted income funds: | | | | |
| Forest Project | 26,186 | 8,104 | (17,827) | 16,463 |
| ERCCG - Bereavement Walk & Yoga | 5,241 | - | (3,024) | 2,217 |
| ERCCG - Forest Project | 1,203 | - | (1,203) | 0 |
| ERCCG - Let's Get Going | 4,136 | - | (374) | 3,762 |
| National Lottery Grant | 11,327 | 25,664 | (21,319) | 15,672 |
| Withenwick Windfarm | 10,000 | - | (6,979) | 3,021 |
| Sport England | - | 42,394 | (19,380) | 23,014 |
| Baysgarth | - | 7,000 | (370) | 6,630 |
| Friday 5 | - | 2,273 | (1,875) | 398 |
| CHCP Small Grant | - | 2,500 | (1,365) | 1,135 |
| North Yorkshire Sport Menopause | - | 6,000 | (480) | 5,520 |
| Transforming Care Grant LD | - | 8,000 | (3,613) | 4,387 |
| <i>Total</i> | <u>58,093</u> | <u>101,935</u> | <u>(77,808)</u> | <u>82,219</u> |
| Unrestricted funds: | | | | |
| General funds | 52,484 | 95,888 | (130,729) | 17,643 |
| Designated funds: | | | | |
| Clubs | - | 38,437 | (11,266) | 27,171 |
| <i>Total</i> | <u>-</u> | <u>38,437</u> | <u>(11,266)</u> | <u>27,171</u> |
| Total funds | <u>110,577</u> | <u>236,259</u> | <u>(219,804)</u> | <u>127,032</u> |

Purposes and restrictions in relation to the funds:

Restricted funds:

| | |
|------------------------------------|------------------|
| Forest Project | Group Activities |
| ERCCG - Bereavement Walk & Yoga | Group Activities |
| ERCCG - Forest Project | Group Activities |
| ERCCG - Let's Get Going | Group Activities |

Fitmums And Friends
Notes to the Accounts

| | |
|-------------------------|------------------|
| National Lottery Grant | Group Activities |
| Sport England | Group Activities |
| Baysgarth | Group Activities |
| Friday 5 | Group Activities |
| CHCP Small Grant | Group Activities |
| North Yorkshire Sport | Group Activities |
| Menopause | |
| Transforming Care Grant | Group Activities |
| LD | |
| Designated funds: | |
| Clubs | |

Total

Revaluation fund

17 Analysis of net assets between funds

| | Unrestricted funds | Total |
|--------------------|--------------------|----------------|
| | £ | £ |
| Fixed assets | 3,614 | 3,614 |
| Net current assets | 123,374 | 123,374 |
| | <u>126,988</u> | <u>126,988</u> |

18 Reconciliation of net debt

| | At 1 January 2024 | Cash flows | At 31 December 2024 |
|---------------------------|----------------------|----------------|---------------------------|
| | £ | £ | £ |
| Cash and cash equivalents | 132,814 | (3,759) | 129,055 |
| | <u>132,814</u> | <u>(3,759)</u> | <u>129,055</u> |
| Net debt | <u>132,814</u> | <u>(3,759)</u> | <u>129,055</u> |

19 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

| | 2024 | 2024 | 2023 | 2023 |
|------------------------------------|-----------|-------|-----------|-------|
| | Land and | Other | Land and | Other |
| | buildings | | buildings | |
| | £ | £ | £ | £ |
| Operating leases with expiry date: | | | | |

Pension commitments

| | 2024 | 2023 |
|---|--------------|--------------|
| | £ | £ |
| The pension cost charge to the company amounted to: | <u>1,616</u> | <u>1,409</u> |

20 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 2024 or 2023.

Fitmums And Friends
Detailed Statement of Financial Activities
for the year ended 31 December 2024

| | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total funds 2024 £ | Total funds 2023 £ |
|---|---------------------------------|-------------------------------|--------------------------|--------------------------|
| Income and endowments from: | | | | |
| Donations and legacies | | | | |
| Affiliation | 1,202 | - | 1,202 | 1,632 |
| Donations | 27,227 | 1,246 | 28,473 | 24,424 |
| Grants | 490 | 98,944 | 99,434 | 119,445 |
| Other revenue | 4,225 | - | 4,225 | 11,259 |
| | <u>33,144</u> | <u>100,190</u> | <u>133,334</u> | <u>156,760</u> |
| Other trading activities | | | | |
| Contracted sessions | 31,710 | 1,631 | 33,341 | 29,154 |
| Member contributions | 65,424 | 114 | 65,538 | 33,265 |
| Merchandise | 4,046 | - | 4,046 | 4,355 |
| | <u>101,180</u> | <u>1,745</u> | <u>102,925</u> | <u>66,774</u> |
| Total income and endowments | 134,324 | 101,935 | 236,259 | 223,534 |
| Expenditure on: | | | | |
| Fundraising trading costs | | | | |
| Employee Costs | 12,796 | - | 12,796 | - |
| Cost of goods sold | 5,095 | - | 5,095 | 4,630 |
| Event | 1,389 | - | 1,389 | 12,881 |
| | <u>19,280</u> | <u>-</u> | <u>19,280</u> | <u>17,511</u> |
| Total of expenditure on raising funds | 19,280 | - | 19,280 | 17,511 |
| Direct expenses | 1,419 | 10,923 | 12,342 | - |
| Employees costs | 78,761 | 50,039 | 128,800 | - |
| Premises costs | | 4,423 | 4,423 | 5,000 |
| Cost of goods sold | | 323 | 323 | - |
| General admin costs | 2,202 | 10,509 | 12,711 | - |
| Staff travel and training | 7,518 | 1,592 | 9,110 | 3,693 |
| Accountancy and legal fees | - | - | - | 1,790 |
| Subscriptions | 1,448 | - | 1,448 | 1,693 |
| Consulting | 50 | - | 50 | - |
| | <u>91,398</u> | <u>77,809</u> | <u>169,207</u> | <u>12,176</u> |
| Total of expenditure on charitable activities | 91,398 | 77,809 | 169,207 | 12,176 |
| Other expenditure | | | | |
| Salaries/wages | 9,992 | - | 9,992 | 129,192 |
| Pension costs | 1,616 | - | 1,616 | 1,409 |
| | <u>11,608</u> | <u>-</u> | <u>11,608</u> | <u>130,601</u> |
| Premises costs | | | | |
| Rent | 11,153 | - | 11,153 | 6,995 |

Fitmums And Friends
Detailed Statement of Financial Activities

| | | | | |
|---|---------|--------|---------|----------|
| | 11,153 | - | 11,153 | 6,995 |
| General administrative costs, including depreciation and amortisation | | | | |
| Amortisation | - | - | - | (10,132) |
| Depreciation of Computer equipment | 1,407 | - | 1,407 | 584 |
| Depreciation of Fixtures and fittings | 742 | - | 742 | 673 |
| Bank charges | - | - | - | 981 |
| General insurances | 1,160 | - | 1,160 | 845 |
| Information and publications | - | - | - | 1,121 |
| Software, IT support and related costs | - | - | - | 1,672 |
| Stationery and printing | - | - | - | 592 |
| Subscriptions | - | - | - | 50 |
| Sundry expenses | - | - | - | 2,374 |
| Accountancy | 5,247 | - | 5,247 | - |
| | 8,556 | - | 8,556 | (1,240) |
| Total of expenditure of other costs | 31,317 | - | 31,317 | 136,356 |
| Total expenditure | 141,995 | 77,809 | 219,804 | 166,043 |
| Net gains on investments | - | - | - | - |
| Net income | (7,671) | 24,126 | 16,455 | 57,491 |
| Net income before other gains/(losses) | (7,671) | 24,126 | 16,455 | 57,491 |
| Other Gains | - | - | - | - |
| Net movement in funds | (7,671) | 24,126 | 16,455 | 57,491 |
| Reconciliation of funds: | | | | |
| Total funds brought forward | 52,484 | 58,093 | 110,577 | 53,086 |
| Total funds carried forward | 44,813 | 82,219 | 127,032 | 110,577 |