

Move More CIO

Charity No. 1175899

Trustees' Report and Unaudited Accounts

31 August 2021

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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 August 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE012427

Charity No. 1175899

Registered Office

All Saints Academy

Blaisdon Way

Cheltenham

GL51 0WH

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:

S. Lockley

A. Peck

D. Peters

S. Savory

L. Wilkinson

Key Management Personnel

CEO

D Derrick

Deputy CEO

J Quinn

Accountants

Amstone Management Limited

Powys Lodge

6 Court Road

Strensham

Worcestershire

WR8 9LP

Bankers

Barclays Bank plc

3 Church Street

Weybridge

Surrey

KT13 8DD

OBJECTIVES AND ACTIVITIES

Move More is a registered Charitable Incorporated Organisation registered in England & Wales 1175899 and is governed by its Trust Deed.

The objective of the Charity, as set out in the Trust Deed, is to promote the education (including social and physical training) of young people for public benefit in such ways as the Trustees think fit.

ACHIEVEMENTS AND PERFORMANCE

The academic year of 2020-21 has been another year which has provided unprecedented challenges to children, families, schools and the wider society. In September, COVID-19 restrictions were reduced in schools with the removal of bubbles and various other measures. The return of lockdown and home-schooling after Christmas led us to a very familiar place without the benefit of the previous lockdown's warmer days. During this time, we improved our online offer through videos, challenges and webinars to support children and their families with physical activity and mental wellbeing. We also continued to support schools with their key worker and vulnerable groups throughout this time. As spring arrived, we were able to deliver in a more traditional fashion with the easing of restrictions.

During the pandemic as an organisation, we have restructured and invested heavily in the delivery team, improving and strengthening the internal structure and impact of work. We have also built upon the number of organisations we work in partnership with. This has meant that the resilience to the various changes during the year have been absorbed easier and therefore the impact of our work has been greater.

Throughout the year we have hit the following milestones:- 20,095 child engagements with Move More, 8,555 views of our online offer and over 600 hours watched, 548 families supported with 161 hours of bespoke 1:1 support with 28 families, and 174 teachers attended teacher training

The mission of Every Child Active is more pertinent than ever with children and families being disproportionately affected by the impact of COVID-19, based on household circumstances, such as access to IT equipment and a garden, as well as affluency and ethnicity. We feel the benefit of physical activity to physical health, mental wellbeing and wider outcomes was widely recognised during the first lockdown, a position to build upon and keep at the forefront of people's minds.

PLANS FOR FUTURE PERIODS

As we enter into a new year, we want to continue working towards our mission of Every Child Active. With the child at the centre, we want to focus upon the environments that surround children; families, schools and the community. For example:-

Families – Building on our offer for families through additional funding streams. Schools – Implementing the Creating Active Schools framework, a whole school approach to physical activity within primary schools.

Communities – Introducing opportunities for children to be active in the community through non competitive provision.

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.

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

S. Savory
Trustee
31 January 2022



I report to the charity trustees on my examination of the accounts of Move More CIO for the year ended 31 August 2021 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the accounts 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 accounts 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

As the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Financial Accountants.

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 that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements under section 396 of the 2006 Act 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; or
- the accounts have not been prepared in accordance with the Charities SORP (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 accounts to be reached.

Keith Day FFA
Institute of Financial Accountants
Amstone Management Limited
Powys Lodge
6 Court Road
Strensham
Worcestershire
WR8 9LP
31 January 2022

Move More CIO
Statement of Financial Activities
for the year ended 31 August 2021

		Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
	Notes			
Income and endowments from:				
Donations and legacies	4	40	40	1,055
Charitable activities	5	462,759	462,759	420,838
Other	6	56,226	56,226	93,368
Total		519,025	519,025	515,261
Expenditure on:				
Charitable activities	7	329,418	329,418	321,189
Other	8	194,242	194,242	182,104
Total		523,660	523,660	503,293
Net gains on investments		-	-	-
Net (expenditure)/income	9	(4,635)	(4,635)	11,968
Transfers between funds		-	-	-
Net (expenditure)/income before other gains/(losses)		(4,635)	(4,635)	11,968
Other gains and losses				
Net movement in funds		(4,635)	(4,635)	11,968
Reconciliation of funds:				
Total funds brought forward		68,502	68,502	56,534
Total funds carried forward		63,867	63,867	68,502

Move More CIO
Summary Income and Expenditure Account
for the year ended 31 August 2021

	2021 £	2020 £
Income	519,025	515,261
Gross income for the year	<u>519,025</u>	<u>515,261</u>
Expenditure	514,256	493,889
Depreciation and charges for impairment of fixed assets	9,404	9,404
Total expenditure for the year	<u>523,660</u>	<u>503,293</u>
Net (expenditure)/income before tax for the year	(4,635)	11,968
Net (expenditure)/income for the year	<u>(4,635)</u>	<u>11,968</u>

Move More CIO
Balance Sheet
at 31 August 2021

Company No. CE012427	Notes	2021 £	2020 £
Fixed assets			
Intangible assets	12	-	-
Tangible assets	13	25,580	28,428
		<u>25,580</u>	<u>28,428</u>
Current assets			
Debtors	14	17,942	11,881
Cash at bank and in hand		30,283	43,346
		<u>48,225</u>	<u>55,227</u>
Creditors: Amount falling due within one year	15	(9,938)	(15,153)
Net current assets		<u>38,287</u>	<u>40,074</u>
Total assets less current liabilities		<u>63,867</u>	<u>68,502</u>
Net assets excluding pension asset or liability		<u>63,867</u>	<u>68,502</u>
Total net assets		<u><u>63,867</u></u>	<u><u>68,502</u></u>
The funds of the charity			
Restricted funds	16		
Unrestricted funds	16		
General funds		63,867	68,502
		<u>63,867</u>	<u>68,502</u>
Reserves	16		
Total funds		<u><u>63,867</u></u>	<u><u>68,502</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 August 2021 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 31 January 2022

And signed on its behalf by:

S. Savory
Trustee
31 January 2022



Move More CIO
Statement of Cash flows
for the year ended 31 August 2021

	2021 £	2020 £
Cash flows from operating activities		
Net (expenditure)/income per Statement of Financial Activities	(4,635)	11,968
Adjustments for:		
Depreciation of property, plant and equipment	9,404	9,404
Dividends, interest and rents from investments	(56,226)	(93,368)
(Increase)/Decrease in trade and other receivables	(6,061)	17,467
Decrease in trade and other payables	(3,985)	(14,387)
Net cash used in operating activities	<u>(61,503)</u>	<u>(68,916)</u>
Cash flows from investing activities		
Payments for property, plant and equipment	(6,556)	-
Dividends, interest and rents from investments	56,226	93,368
Net cash from investing activities	<u>49,670</u>	<u>93,368</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net (decrease)/increase in cash and cash equivalents	(11,833)	24,452
Cash and cash equivalents at the beginning of the year	42,116	17,664
Cash and cash equivalents at the end of the year	<u>30,283</u>	<u>42,116</u>
Components of cash and cash equivalents		
Cash and bank balances	30,283	43,346
Bank overdrafts	-	(1,230)
	<u>30,283</u>	<u>42,116</u>

for the year ended 31 August 2021

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	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
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	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
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Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
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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.
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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.
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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.
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Volunteer help	The value of any volunteer help received is not included in the accounts.
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Investment income	This is included in the accounts when receivable.
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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.
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Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
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Move More CIO

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
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.

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.

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 structure is that of a Charitable Incorporated Organisation, generally referred to as a CIO.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Income and endowments from:			
Donations and legacies	1,055	-	1,055
Charitable activities	420,838	-	420,838
Other	90,786	2,582	93,368
Total	512,679	2,582	515,261
Expenditure on:			
Charitable activities	321,189	-	321,189
Other	182,104	-	182,104
Total	503,293	-	503,293
Net income	9,386	2,582	11,968
Net income before other gains/(losses)	9,386	2,582	11,968
Other gains and losses:			
Net movement in funds	9,386	2,582	11,968
Reconciliation of funds:			
Total funds brought forward	56,534	-	56,534
Total funds carried forward	65,920	2,582	68,502

4 Income from donations and legacies

Unrestricted	Total 2021	Total 2020
£	£	£
40	40	1,055
40	40	1,055

5 Income from charitable activities

Unrestricted	Total 2021	Total 2020
£	£	£
131,031	131,031	52,212
93,943	93,943	94,381
75,860	75,860	86,350
161,925	161,925	187,895
<u>462,759</u>	<u>462,759</u>	<u>420,838</u>

6 Other income

Unrestricted	Total 2021	Total 2020
£	£	£
1,618	1,618	8,841
804	804	7
13,209	13,209	64,742
40,595	40,595	19,778
<u>56,226</u>	<u>56,226</u>	<u>93,368</u>

7 Expenditure on charitable activities

*Expenditure on charitable
activities*

Unrestricted	Total 2021	Total 2020
£	£	£
14,334	14,334	15,553
298,774	298,774	290,628
12,627	12,627	8,326
3,683	3,683	6,682
<u>329,418</u>	<u>329,418</u>	<u>321,189</u>

Governance costs

8 Other expenditure

	Unrestricted	Total 2021	Total 2020
	£	£	£
Employee costs	137,490	137,490	130,219
Motor and travel costs	5,818	5,818	4,654
Premises costs	6,393	6,393	7,809
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	9,404	9,404	9,404
General administrative costs	27,469	27,469	22,350
Legal and professional costs	7,668	7,668	7,668
	<u>194,242</u>	<u>194,242</u>	<u>182,104</u>

9 Net (expenditure)/income before transfers

	2021	2020
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	9,404	9,404

10 Trustee remuneration and expenses

	2021 Number	2020 Number
The nature of the reimbursed expenses	Trustees received no remuneration or other benefits during the period, and there were no Trustees' expenses paid	

11 Staff costs

Salaries and wages	116,189	88,746
Social security costs	12,371	26,600
Pension costs	5,618	12,837
	<u>134,178</u>	<u>128,183</u>

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

12 Intangible fixed assets

	Develop-ment costs	Total
	£	£
Cost		
At 1 September 2020	7,500	7,500
At 31 August 2021	<u>7,500</u>	<u>7,500</u>
Amortisation and impairment		
At 1 September 2020	7,500	7,500
At 31 August 2021	<u>7,500</u>	<u>7,500</u>
Net book values		
At 31 August 2021	-	-
At 31 August 2020	<u>-</u>	<u>-</u>

13 Tangible fixed assets

	£	£	£	£
Cost or revaluation				
At 1 September 2020	3,871	21,192	21,958	47,021
Additions	-	-	6,556	6,556
At 31 August 2021	<u>3,871</u>	<u>21,192</u>	<u>28,514</u>	<u>53,577</u>
Depreciation and impairment				
At 1 September 2020	1,871	7,938	8,784	18,593
Depreciation charge for the year	774	4,238	4,392	9,404
At 31 August 2021	<u>2,645</u>	<u>12,176</u>	<u>13,176</u>	<u>27,997</u>
Net book values				
At 31 August 2021	<u>1,226</u>	<u>9,016</u>	<u>15,338</u>	<u>25,580</u>
At 31 August 2020	<u>2,000</u>	<u>13,254</u>	<u>13,174</u>	<u>28,428</u>

14 Debtors

	2021	2020
	£	£
Trade debtors	6,005	10,756
Other debtors	-	1,125
Prepayments and accrued income	11,937	-
	<u>17,942</u>	<u>11,881</u>

15 Creditors:

amounts falling due within one year

	2021	2020
	£	£
Bank loans and overdrafts	-	1,230
Trade creditors	9,938	43
Accruals and deferred income	-	13,880
	<u>9,938</u>	<u>15,153</u>

16 Movement in funds

	At 1 September 2020	Incoming resources (including other gains/losses) £	Resources expended £	At 31 August 2021 £
Restricted funds:				
Unrestricted funds:				
General funds	68,502	519,025	(523,660)	63,867
Revaluation Reserves:				
Total funds	<u>68,502</u>	<u>519,025</u>	<u>(523,660)</u>	<u>63,867</u>

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	25,580	-	25,580
Net current assets	26,350	11,937	38,287
	<u>51,930</u>	<u>11,937</u>	<u>63,867</u>

18 Reconciliation of net debt

	At 1 September 2020 £	Cash flows £	At 31 August 2021 £
Cash and cash equivalents	43,346	(13,063)	30,283
	<u>43,346</u>	<u>(13,063)</u>	<u>30,283</u>
Net debt	<u>43,346</u>	<u>(13,063)</u>	<u>30,283</u>

19 Commitments

Operating lease commitments

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

	2021	2021	2020	2020
	Land and	Other	Land and	Other
	buildings		buildings	
	£	£	£	£
Operating leases with expiry date:				

Pension commitments

	2021	2020
	£	£
The pension cost charge to the company amounted to:	5,618	12,837

20 Related party disclosures

Controlling party

Move More CIO
Detailed Statement of Financial Activities
for the year ended 31 August 2021

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:			
Donations and legacies	40	40	1,055
	<u>40</u>	<u>40</u>	<u>1,055</u>
Charitable activities			
	131,031	131,031	52,212
	93,943	93,943	94,381
	75,860	75,860	86,350
	161,925	161,925	187,895
	<u>462,759</u>	<u>462,759</u>	<u>420,838</u>
Other			
	1,618	1,618	8,841
	804	804	7
	13,209	13,209	64,742
	40,595	40,595	19,778
	<u>56,226</u>	<u>56,226</u>	<u>93,368</u>
Total income and endowments	519,025	519,025	515,261
Expenditure on:			
Charitable activities			
	14,334	14,334	15,553
	298,774	298,774	290,628
	12,627	12,627	8,326
	3,683	3,683	6,682
	<u>329,418</u>	<u>329,418</u>	<u>321,189</u>
Total of expenditure on charitable activities	329,418	329,418	321,189
Employee costs			
Salaries/wages	116,189	116,189	88,746
Employer's NIC	12,371	12,371	26,600
Pension costs	5,618	5,618	12,837
Staff recruitment	-	-	27
Staff training	3,312	3,312	2,009
	<u>137,490</u>	<u>137,490</u>	<u>130,219</u>
Motor and travel costs			
Vehicles - General costs	5,675	5,675	3,591
Travel and subsistence	143	143	1,063
	<u>5,818</u>	<u>5,818</u>	<u>4,654</u>
Premises costs			
Rent	6,383	6,383	7,307

Detailed Statement of Financial Activities

Premises cleaning	10	10	-
Premises repairs and maintenance	-	-	502
	<u>6,393</u>	<u>6,393</u>	<u>7,809</u>
General administrative costs, including depreciation and amortisation			
Depreciation of	774	774	774
Depreciation of	4,238	4,238	4,238
Depreciation of	4,392	4,392	4,392
Bank charges	335	335	245
Equipment leasing and hire charges	837	837	1,410
General insurances	9,443	9,443	7,410
Information and publications	3,554	3,554	370
Postage and couriers	-	-	115
Software, IT support and related costs	1,761	1,761	3,144
Stationery and printing	1,455	1,455	5,129
Subscriptions	713	713	35
Sundry expenses	5,288	5,288	918
Telephone, fax and broadband	4,083	4,083	3,574
	<u>36,873</u>	<u>36,873</u>	<u>31,754</u>
Legal and professional costs			
Accountancy and bookkeeping	7,668	7,668	7,668
	<u>7,668</u>	<u>7,668</u>	<u>7,668</u>
Total of expenditure of other costs	<u>194,242</u>	<u>194,242</u>	<u>182,104</u>
Total expenditure	523,660	523,660	503,293
Net gains on investments	-	-	-
	<u>(4,635)</u>	<u>(4,635)</u>	<u>11,968</u>
Net (expenditure)/income			
Net (expenditure)/income before other gains/(losses)	<u>(4,635)</u>	<u>(4,635)</u>	<u>11,968</u>
Other Gains	-	-	-
	<u>(4,635)</u>	<u>(4,635)</u>	<u>11,968</u>
Net movement in funds			
Reconciliation of funds:			
Total funds brought forward	68,502	68,502	56,534
Total funds carried forward	<u>63,867</u>	<u>63,867</u>	<u>68,502</u>