

Move More CIO

Charity No. 1175899

Company No. CE012427

Trustees' Report and Unaudited Accounts

31 August 2022

	Pages
Trustees' Annual Report	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Summary Income and Expenditure Account	7
Balance Sheet	8
Statement of Cash flows	9
Notes to the Accounts	10 to 16
Detailed Statement of Financial Activities	17 to 18

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 2022.

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:

R. Barker

S. Lockley

W. Parker

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

This financial year has seen the easing of restrictions associated with COVID 19, which has meant Move More has been able to operate in a more traditional way since the pandemic started. Although how we deliver our work has become easier, it has been clear that the pandemic has left behind challenges on a social and economic level, creating further barriers towards physical activity and health. It is therefore important that these additional barriers are addressed in our work going forwards.

The re-establishment of events and competitions this year has been a real positive and has brought children, parents and families together to participate and celebrate together. Over 8,500 children attended a Move More event, highlights being 1,000 children participating at the Feet First dance festival and over 1,300 children taking part in our athletics programme. We have delivered to almost 8,000 children through teaching and coaching and interventions, providing high quality sessions to children whilst also improving teachers knowledge and confidence of delivering Physical Education. We have continued to support the Holiday Activities and Food programme funded by Gloucestershire County Council, which resulted in over 1,100 children attending funded Move More holiday provision which included free healthy meals within Cheltenham and Tewkesbury.

Our family support has continued to provide a positive impact on families and children. We have worked with 64 families across 400 hours on a bespoke 1:1 basis, which has provided impactful qualitative feedback. We have also worked with over 350 families through webinars, small group support sessions and coffee mornings, covering topics such as sleep, emotional self-regulation, food, screens and tantrums. We have found that this support has impacted a variety of areas within health and mental wellbeing, however, the most impactful feedback has been around how the support has positively influenced relationships and behaviours between parent and child.

We received funding from Active Gloucestershire to support the development of the Creating Active School pilot. This has been successful in creating a whole school approach to physical activity under policy, environments, opportunities and stakeholders which is valued at a senior strategic level. We have worked initially with 8 schools and 151 teachers and early findings suggest physical activity has become embedded across the schools through vision, policy and environment. We look forward to observing the impact of this on physical activity levels of children.

PLANS FOR FUTURE PERIODS

Through our vision of Every Child Active we want to alleviate barriers to children living a healthy and active lifestyle such as deprivation, disability and ethnicity. We will continue to work with partners and funders to build and expand opportunities and improve environments surrounding children so more can benefit from the physical and mental health advantages of being active.

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).

Move More CIO
Trustees Annual Report

Signed on behalf of the board

S. Savory
Trustee

A handwritten signature in dark ink, appearing to read 'S. Savory', written over a horizontal line.

26 September 2022

I report to the charity trustees on my examination of the financial statements of Move More CIO for the year ended 31 August 2022 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 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

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 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 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 financial statements to be reached.

Keith Day

Institute of Financial Accountants

Amstone Management Limited

Powys Lodge

6 Court Road

Strensham

Worcestershire

WR8 9LP

26 September 2022

Move More CIO
Statement of Financial Activities
for the year ended 31 August 2022

		Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
	Notes			
Income and endowments from:				
Donations and legacies	4	1,087	1,087	40
Charitable activities	5	646,357	646,357	462,759
Other	6	8,274	8,274	56,226
Total		655,718	655,718	519,025
Expenditure on:				
Charitable activities	7	410,938	410,938	329,418
Other	8	214,315	214,315	194,242
Total		625,253	625,253	523,660
Net gains on investments		-	-	-
Net income/(expenditure)	9	30,465	30,465	(4,635)
Transfers between funds		-	-	-
Net income/(expenditure) before other gains/(losses)		30,465	30,465	(4,635)
Other gains and losses				
Net movement in funds		30,465	30,465	(4,635)
Reconciliation of funds:				
Total funds brought forward		63,867	63,867	68,502
Total funds carried forward		94,332	94,332	63,867

Move More CIO
Summary Income and Expenditure Account
for the year ended 31 August 2022

	2022 £	2021 £
Income	655,718	519,025
Gross income for the year	<u>655,718</u>	<u>519,025</u>
Expenditure	614,538	514,256
Depreciation and charges for impairment of fixed assets	10,715	9,404
Total expenditure for the year	<u>625,253</u>	<u>523,660</u>
Net income/(expenditure) before tax for the year	30,465	(4,635)
Net income /(expenditure)for the year	<u><u>30,465</u></u>	<u><u>(4,635)</u></u>

Move More CIO
Balance Sheet
at 31 August 2022

Company No. CE012427	Notes	2022 £	2021 £
Fixed assets			
Intangible assets	12	-	-
Tangible assets	13	16,378	25,580
		<u>16,378</u>	<u>25,580</u>
Current assets			
Debtors	14	46,696	17,942
Cash at bank and in hand		53,378	30,283
		<u>100,074</u>	<u>48,225</u>
Creditors: Amount falling due within one year	15	(22,120)	(9,938)
Net current assets		<u>77,954</u>	<u>38,287</u>
Total assets less current liabilities		<u>94,332</u>	<u>63,867</u>
Net assets excluding pension asset or liability		<u>94,332</u>	<u>63,867</u>
Total net assets		<u><u>94,332</u></u>	<u><u>63,867</u></u>
The funds of the charity			
Restricted funds	16		
Unrestricted funds	16		
General funds		94,332	63,867
		<u>94,332</u>	<u>63,867</u>
Reserves	16		
Total funds		<u><u>94,332</u></u>	<u><u>63,867</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 2022 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 26 September 2022

And signed on its behalf by:

S. Savory
Trustee



26 September 2022

Move More CIO
Statement of Cash flows
for the year ended 31 August 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income/(expenditure) per Statement of Financial Activities	30,465	(4,635)
Adjustments for:		
Depreciation of fixtures and equipment	10,715	9,404
Interest received	(8,274)	(56,226)
Increase in debtors	(28,754)	(6,061)
Decrease in creditors	(3,237)	(3,985)
Net cash provided by/(used in) operating activities	<u>915</u>	<u>(61,503)</u>
Cash flows from investing activities		
Payments for fixtures and equipment	(1,513)	(6,556)
Interest received	8,274	56,226
Net cash from investing activities	<u>6,761</u>	<u>49,670</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents	7,676	(11,833)
Cash and cash equivalents at the beginning of the year	30,283	42,116
Cash and cash equivalents at the end of the year	<u>37,959</u>	<u>30,283</u>
Components of cash and cash equivalents		
Cash and bank balances	53,378	30,283
Credit card balances	(507)	-
	<u>52,871</u>	<u>30,283</u>

for the year ended 31 August 2022

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	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity. There has been a change in the way that the figures are presented in the current year, for comparative purposes.
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.
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	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.

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:

Cycling equipment	20% Straight line
Motor vehicles	20% Straight line
Sports equipment	20% Straight line

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.

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 company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2021 £	Total funds 2021 £
Income and endowments from:		
Donations and legacies	40	40
Charitable activities	462,759	462,759
Other	56,226	56,226
Total	<u>519,025</u>	<u>519,025</u>
Expenditure on:		
Charitable activities	329,418	329,418
Other	194,242	194,242
Total	<u>523,660</u>	<u>523,660</u>
Net income	<u>(4,635)</u>	<u>(4,635)</u>
Net income before other gains/(losses)	(4,635)	(4,635)
Other gains and losses:		
Net movement in funds	<u>(4,635)</u>	<u>(4,635)</u>
Reconciliation of funds:		
Total funds brought forward	68,502	68,502
Total funds carried forward	<u><u>63,867</u></u>	<u><u>63,867</u></u>

4 Income from donations and legacies

Unrestricted	Total 2022	Total 2021
£	£	£
1,087	1,087	40
<u>1,087</u>	<u>1,087</u>	<u>40</u>

5 Income from charitable activities

	Unrestricted	Total 2022	Total 2021
	£	£	£
Commission and grants	124,488	124,488	131,031
School based activities	321,045	321,045	93,943
Holiday provision	200,824	200,824	75,860
	-	-	161,925
	<u>646,357</u>	<u>646,357</u>	<u>462,759</u>

6 Other income

	Unrestricted	Total 2022	Total 2021
	£	£	£
Interest received	3	3	1,618
Competition and events	8,271	8,271	804
	-	-	13,209
	-	-	40,595
	<u>8,274</u>	<u>8,274</u>	<u>56,226</u>

7 Expenditure on charitable activities

	Unrestricted	Total 2022	Total 2021
	£	£	£
<i>Expenditure on charitable activities</i>			
Cost of goods sold	3,841	3,841	14,334
Sundry costs	750	750	298,774
Staff and subcontractor costs	382,157	382,157	12,627
Camp, event and competition costs	24,190	24,190	3,683
	<u>410,938</u>	<u>410,938</u>	<u>329,418</u>

8 Other expenditure

	Unrestricted	Total 2022	Total 2021
	£	£	£
Employee costs	140,238	140,238	137,490
Motor and travel costs	11,429	11,429	5,818
Premises costs	9,470	9,470	6,393
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	10,715	10,715	9,404
General administrative costs	31,811	31,811	27,469
Legal and professional costs	10,652	10,652	7,668
	<u>214,315</u>	<u>214,315</u>	<u>194,242</u>

9 Net income/(expenditure) before transfers

	2022	2021
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	10,715	9,404

10 Trustee remuneration and expenses

	2022 Number	2021 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

	2022	2021
Salaries and wages	121,946	116,189
Social security costs	9,716	12,371
Pension costs	4,504	5,618
	<u>136,166</u>	<u>134,178</u>

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

12 Intangible fixed assets

	Develop-ment costs	Total
	£	£
Cost		
At 1 September 2021	<u>7,500</u>	<u>7,500</u>
At 31 August 2022	<u>7,500</u>	<u>7,500</u>
Amortisation and impairment		
At 1 September 2021	<u>7,500</u>	<u>7,500</u>
At 31 August 2022	<u>7,500</u>	<u>7,500</u>
Net book values		
At 31 August 2022	<u>-</u>	<u>-</u>
At 31 August 2021	<u>-</u>	<u>-</u>

13 Tangible fixed assets

	Cycling equipment	Motor vehicles	Sports equipment	Total
	£	£	£	£
Cost or revaluation				
At 1 September 2021	3,871	21,192	28,514	53,577
Additions	-	-	1,513	1,513
At 31 August 2022	<u>3,871</u>	<u>21,192</u>	<u>30,027</u>	<u>55,090</u>
Depreciation and impairment				
At 1 September 2021	2,645	12,176	13,176	27,997
Depreciation charge for the year	774	4,238	5,703	10,715
At 31 August 2022	<u>3,419</u>	<u>16,414</u>	<u>18,879</u>	<u>38,712</u>
Net book values				
At 31 August 2022	<u>452</u>	<u>4,778</u>	<u>11,148</u>	<u>16,378</u>
At 31 August 2021	<u>1,226</u>	<u>9,016</u>	<u>15,338</u>	<u>25,580</u>

14 Debtors

	2022	2021
	£	£
Trade debtors	46,696	6,005
Prepayments and accrued income	-	11,937
	<u>46,696</u>	<u>17,942</u>

15 Creditors:

amounts falling due within one year

	2022	2021
	£	£
Credit cards	507	-
Trade creditors	6,701	9,938
Accruals	14,912	-
	<u>22,120</u>	<u>9,938</u>

16 Movement in funds

	At 1 September 2021	Incoming resources (including other gains/losses) £	Resources expended £	At 31 August 2022 £
Restricted funds:				
Unrestricted funds:				
General funds	63,867	655,718	(625,253)	94,332
Total funds	<u>63,867</u>	<u>655,718</u>	<u>(625,253)</u>	<u>94,332</u>

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	16,378	-	16,378
Net current assets	78,461	(507)	77,954
	<u>94,839</u>	<u>(507)</u>	<u>94,332</u>

18 Reconciliation of net debt

	At 1 September 2021 £	Cash flows £	At 31 August 2022 £
Cash and cash equivalents	30,283	23,095	53,378
	<u>30,283</u>	<u>23,095</u>	<u>53,378</u>
Net debt	<u>30,283</u>	<u>23,095</u>	<u>53,378</u>

19 Commitments

Operating lease commitments

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

	2022 Land and buildings £	2022 Other £	2021 Land and buildings £	2021 Other £
Operating leases with expiry date:	0	0	0	0

Pension commitments

	2022 £	2021 £
The pension cost charge to the company amounted to:	<u>4,504</u>	<u>5,618</u>

Move More CIO
Detailed Statement of Financial Activities
for the year ended 31 August 2022

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	1,087	1,087	40
	<u>1,087</u>	<u>1,087</u>	<u>40</u>
Charitable activities			
Commission and grants	124,488	124,488	131,031
School based activities	321,045	321,045	93,943
Holiday provision	200,824	200,824	75,860
	-	-	161,925
	<u>646,357</u>	<u>646,357</u>	<u>462,759</u>
Other			
Interest received	3	3	1,618
Competition and events	8,271	8,271	804
	-	-	13,209
	-	-	40,595
	<u>8,274</u>	<u>8,274</u>	<u>56,226</u>
Total income and endowments	655,718	655,718	519,025
Expenditure on:			
Charitable activities			
Cost of goods sold	3,841	3,841	14,334
Sundry costs	750	750	298,774
Staff and subcontractor costs	382,157	382,157	12,627
Camp, event and competition costs	24,190	24,190	3,683
	<u>410,938</u>	<u>410,938</u>	<u>329,418</u>
Total of expenditure on charitable activities	410,938	410,938	329,418
Employee costs			
Salaries/wages	121,946	121,946	116,189
Employer's NIC	9,716	9,716	12,371
Pension costs	4,504	4,504	5,618
Staff training	4,072	4,072	3,312
	<u>140,238</u>	<u>140,238</u>	<u>137,490</u>
Motor and travel costs			
Vehicles - General costs	9,348	9,348	5,675
Travel and subsistence	2,081	2,081	143
	<u>11,429</u>	<u>11,429</u>	<u>5,818</u>
Premises costs			
Rent	9,470	9,470	6,383

Detailed Statement of Financial Activities

Premises cleaning	-	-	10
	<u>9,470</u>	<u>9,470</u>	<u>6,393</u>
General administrative costs, including depreciation and amortisation			
Depreciation of Cycling equipment	774	774	774
Depreciation of Motor vehicles	4,238	4,238	4,238
Depreciation of Sports equipment	5,703	5,703	4,392
Bank charges	-	-	335
Equipment expensed	295	295	-
Equipment leasing and hire charges	-	-	837
General insurances	9,202	9,202	9,443
Information and publications	2,074	2,074	3,554
Software, IT support and related costs	678	678	1,761
Stationery and printing	2,364	2,364	1,455
Subscriptions	1,876	1,876	713
Sundry expenses	11,331	11,331	5,288
Telephone, fax and broadband	3,991	3,991	4,083
	<u>42,526</u>	<u>42,526</u>	<u>36,873</u>
Legal and professional costs			
Accountancy and bookkeeping	7,668	7,668	7,668
Consultancy fees	2,949	2,949	-
Other legal and professional costs	35	35	-
	<u>10,652</u>	<u>10,652</u>	<u>7,668</u>
Total of expenditure of other costs	<u>214,315</u>	<u>214,315</u>	<u>194,242</u>
Total expenditure	625,253	625,253	523,660
Net gains on investments	-	-	-
Net income/(expenditure)	30,465	30,465	(4,635)
Net income/(expenditure) before other gains/(losses)	30,465	30,465	(4,635)
Other Gains	-	-	-
Net movement in funds	<u>30,465</u>	<u>30,465</u>	<u>(4,635)</u>
Reconciliation of funds:			
Total funds brought forward	63,867	63,867	68,502
Total funds carried forward	<u>94,332</u>	<u>94,332</u>	<u>63,867</u>