

Move More CIO

Charity No. 1175899

Trustees' Report and Unaudited Accounts

31 August 2023

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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 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

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:

W. Parker	G. Brookes
C. Smith	R. Barker
L. Wilkinson	S. Savory
D. Peters	S. Lockley

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 Move More have worked with more children than ever before – over 29,000.

Over the past year there have been several challenges facing all of us, world events have had a real impact on the cost of living and the effects of COVID 19 remain - particularly in children's behaviours, happiness and mental wellbeing. This has increased the level of need, and we will continue to shape our work to support children through schools, families and the community.

We have continued to focus on diversifying our income and have been successful on several bids from a range of funders. This in turn has supported a wider range of provision for children and young people in the area. We have extended our work in the community and have created new programmes which target children we have not previously worked with.

There have been many great programmes and initiatives this year, some highlights to mention would be: the Holiday Activities and Food (HAF) programme in partnership with Gloucestershire County Council, Cheltenham Borough Council, Young Gloucestershire and The Venture – through this programme we provided holiday provision and food for over 650 children and young people who are in receipt of free school meals and/or classed as vulnerable. The 'Creating Active Schools' project in partnership with Active Gloucestershire has continued to see impact within system change and we look forward to building this programme over a larger geographical area next year. The 'Of Course We Can' holiday camp places funded by Active Impact have enabled more children with additional needs to attend our provision and we have received overwhelming feedback from parents. Moving forward we will continue to develop our work for children with a special educational need or disability. Our work with families also continues to build in terms of numbers and is having a real sustainable impact on the lives of parents and children.

We have improved our infrastructure as an organisation; recruiting new trustees onto the board, upgraded our IT and financial systems and added new roles to the team. All of which have already had a positive impact on our work and will support the charity's journey going forward.

PLANS FOR FUTURE PERIODS

Following a period of consultation we will be launching a new 3 year strategy for the charity. Our new strategy will encompass the wider holistic work we have developed in response to new challenges facing children, as well as continuing our focus on 'Every Child', ensuring we continue to identify and respond to the needs of all children.

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

W. Parker
Trustee
1 June 2024

A handwritten signature in dark ink, appearing to be 'W. Parker', written over a horizontal line.

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

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 FFA - Institute of Financial Accountants, which is one of the listed bodies.

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.

Keith Day FFA - Institute of Financial Accountants

Amstone Management Limited

Powys Lodge

6 Court Road

Strensham

Worcestershire

WR8 9LP

31 August 2023

Move More CIO
Statement of Financial Activities
for the year ended 31 August 2023

		Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
	Notes			
Income and endowments from:				
Donations and legacies	4	916	916	1,087
Charitable activities	5	696,198	696,198	646,357
Other	6	8,997	8,997	8,274
Total		706,111	706,111	655,718
Expenditure on:				
Charitable activities	7	460,250	460,250	410,938
Other	8	238,900	238,900	214,315
Total		699,150	699,150	625,253
Net gains on investments		-	-	-
Net income	9	6,961	6,961	30,465
Transfers between funds		-	-	-
Net income before other gains/(losses)		6,961	6,961	30,465
Other gains and losses				
Net movement in funds		6,961	6,961	30,465
Reconciliation of funds:				
Total funds brought forward		94,332	94,332	63,867
Total funds carried forward		101,293	101,293	94,332

Move More CIO
Summary Income and Expenditure Account
for the year ended 31 August 2023

	2023 £	2022 £
Income	706,111	655,718
Gross income for the year	<u>706,111</u>	<u>655,718</u>
Expenditure	686,717	614,538
Depreciation and charges for impairment of fixed assets	12,433	10,715
Total expenditure for the year	<u>699,150</u>	<u>625,253</u>
Net income before tax for the year	<u>6,961</u>	<u>30,465</u>
Net income for the year	<u><u>6,961</u></u>	<u><u>30,465</u></u>

Move More CIO
Balance Sheet
at 31 August 2023

Company No. CE012427	Notes	2023 £	2022 £
Fixed assets			
Intangible assets	12	-	-
Tangible assets	13	28,115	16,378
		<u>28,115</u>	<u>16,378</u>
Current assets			
Debtors	14	36,922	46,696
Cash at bank and in hand		54,563	53,378
		<u>91,485</u>	<u>100,074</u>
Creditors: Amount falling due within one year	15	(18,307)	(22,120)
Net current assets		<u>73,178</u>	<u>77,954</u>
Total assets less current liabilities		<u>101,293</u>	<u>94,332</u>
Net assets excluding pension asset or liability		<u>101,293</u>	<u>94,332</u>
Total net assets		<u><u>101,293</u></u>	<u><u>94,332</u></u>
The funds of the charity			
Restricted funds	16		
Unrestricted funds	16		
General funds		101,293	94,332
		<u>101,293</u>	<u>94,332</u>
Reserves	16		
Total funds		<u><u>101,293</u></u>	<u><u>94,332</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 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 31 August 2023

And signed on its behalf by:

W. Parker
Trustee
1 June 2024



Move More CIO
Statement of Cash flows
for the year ended 31 August 2023

	2023 £	2022 £
Cash flows from operating activities		
Net income per Statement of Financial Activities	6,961	30,465
Adjustments for:		
Depreciation of property, plant and equipment	12,433	10,715
Dividends, interest and rents from investments	(8,997)	(8,274)
Decrease/(Increase) in trade and other receivables	9,774	(28,754)
Increase/(Decrease) in trade and other payables	11,166	(3,237)
Net cash provided by operating activities	<u>31,337</u>	<u>915</u>
Cash flows from investing activities		
Payments for property, plant and equipment	(24,170)	(1,513)
Dividends, interest and rents from investments	8,997	8,274
Net cash (used in)/from investing activities	<u>(15,173)</u>	<u>6,761</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase in cash and cash equivalents	16,164	7,676
Cash and cash equivalents at the beginning of the year	52,871	30,283
Cash and cash equivalents at the end of the year	<u>69,035</u>	<u>37,959</u>
Components of cash and cash equivalents		
Cash and bank balances	54,563	53,378
Bank overdrafts	(440)	(507)
	<u>54,123</u>	<u>52,871</u>

for the year ended 31 August 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.

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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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.

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:

Plant and machinery 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.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. 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. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

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 2022 £	Total funds 2022 £
Income and endowments from:		
Donations and legacies	1,087	1,087
Charitable activities	646,357	646,357
Other	8,274	8,274
Total	<u>655,718</u>	<u>655,718</u>
Expenditure on:		
Charitable activities	410,938	410,938
Other	214,315	214,315
Total	<u>625,253</u>	<u>625,253</u>
Net income	<u>30,465</u>	<u>30,465</u>
Net income before other gains/(losses)	30,465	30,465
Other gains and losses:		
Net movement in funds	<u>30,465</u>	<u>30,465</u>
Reconciliation of funds:		
Total funds brought forward	63,867	63,867
Total funds carried forward	<u>94,332</u>	<u>94,332</u>

4 Income from donations and legacies

Unrestricted	Total 2023	Total 2022
£	£	£
916	916	1,087
<u>916</u>	<u>916</u>	<u>1,087</u>

5 Income from charitable activities

Unrestricted	Total 2023	Total 2022
£	£	£
Commission and grants	137,283	124,488
School based activities	336,872	321,045
Holiday provision	222,043	200,824
<u>696,198</u>	<u>696,198</u>	<u>646,357</u>

6 Other income

	Unrestricted	Total 2023	Total 2022
	£	£	£
Interest received	5	5	3
Competition and events	8,992	8,992	8,271
	<u>8,997</u>	<u>8,997</u>	<u>8,274</u>

7 Expenditure on charitable activities

	Unrestricted	Total 2023	Total 2022
	£	£	£
<i>Expenditure on charitable activities</i>			
Commission and grants	7,530	7,530	3,841
School based activities	303,947	303,947	750
Holiday provision	123,368	123,368	382,157
Events and competitions	25,405	25,405	24,190
	<u>460,250</u>	<u>460,250</u>	<u>410,938</u>

8 Other expenditure

	Unrestricted	Total 2023	Total 2022
	£	£	£
Employee costs	165,084	165,084	140,238
Motor and travel costs	15,831	15,831	11,429
Premises costs	9,886	9,886	9,470
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	12,433	12,433	10,715
General administrative costs	19,147	19,147	31,811
Legal and professional costs	16,519	16,519	10,652
	<u>238,900</u>	<u>238,900</u>	<u>214,315</u>

9 Net income before transfers

	2023	2022
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	12,433	10,715

10 Trustee remuneration and expenses

	2023 Number	2022 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

	2023	2022
Salaries and wages	130,106	121,946
Social security costs	14,451	9,716
Pension costs	5,211	4,504
	<u>149,768</u>	<u>136,166</u>

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

12 Intangible fixed assets

	Develop-ment costs	Total
	£	£
Cost		
At 1 September 2022	<u>7,500</u>	<u>7,500</u>
At 31 August 2023	<u>7,500</u>	<u>7,500</u>
Amortisation and impairment		
At 1 September 2022	<u>7,500</u>	<u>7,500</u>
At 31 August 2023	<u>7,500</u>	<u>7,500</u>
Net book values		
At 31 August 2023	<u>-</u>	<u>-</u>
At 31 August 2022	<u>-</u>	<u>-</u>

13 Tangible fixed assets

	Plant and machinery	Motor vehicles	Sports equipment	Total
	£	£	£	£
Cost or revaluation				
At 1 September 2022	3,871	21,192	30,027	55,090
Additions	9,706	-	14,464	24,170
At 31 August 2023	<u>13,577</u>	<u>21,192</u>	<u>44,491</u>	<u>79,260</u>
Depreciation and impairment				
At 1 September 2022	3,419	16,414	18,879	38,712
Depreciation charge for the year	602	4,238	7,593	12,433
At 31 August 2023	<u>4,021</u>	<u>20,652</u>	<u>26,472</u>	<u>51,145</u>
Net book values				
At 31 August 2023	<u>9,556</u>	<u>540</u>	<u>18,019</u>	<u>28,115</u>
At 31 August 2022	<u>452</u>	<u>4,778</u>	<u>11,148</u>	<u>16,378</u>

14 Debtors

	2023	2022
	£	£
Trade debtors	36,922	46,696
	<u>36,922</u>	<u>46,696</u>

15 Creditors:

amounts falling due within one year

	2023	2022
	£	£
Credit cards	440	507
Trade creditors	9,269	6,701
Other taxes and social security	6,521	-
Other creditors	2,077	-
Accruals	-	14,912
	<u>18,307</u>	<u>22,120</u>

16 Movement in funds

	At 1 September 2022	Incoming resources (including other gains/losses) £	Resources expended £	At 31 August 2023 £
Restricted funds:				
Unrestricted funds:				
General funds	94,332	706,111	(699,150)	101,293
Total funds	<u>94,332</u>	<u>706,111</u>	<u>(699,150)</u>	<u>101,293</u>

17 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	28,115	28,115
Net current assets	<u>73,178</u>	<u>73,178</u>
	<u>101,293</u>	<u>101,293</u>

18 Reconciliation of net debt

	At 1 September 2022 £	Cash flows £	At 31 August 2023 £
Cash and cash equivalents	53,378	1,185	54,563
	<u>53,378</u>	<u>1,185</u>	<u>54,563</u>
Net debt	<u>53,378</u>	<u>1,185</u>	<u>54,563</u>

19 Commitments

Operating lease commitments

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

	2023 Land and buildings £	2023 Other £	2022 Land and buildings £	2022 Other £
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Operating leases with expiry date:

Pension commitments

	2023 £	2022 £
The pension cost charge to the company amounted to:	<u>5,211</u>	<u>4,504</u>

Move More CIO

Notes to the Accounts

20 Related party disclosures

Controlling party

Move More CIO
Detailed Statement of Financial Activities
for the year ended 31 August 2023

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:			
Donations and legacies	916	916	1,087
	<u>916</u>	<u>916</u>	<u>1,087</u>
Charitable activities			
Commission and grants	137,283	137,283	124,488
School based activities	336,872	336,872	321,045
Holiday provision	222,043	222,043	200,824
	<u>696,198</u>	<u>696,198</u>	<u>646,357</u>
Other			
Interest received	5	5	3
Competition and events	8,992	8,992	8,271
	<u>8,997</u>	<u>8,997</u>	<u>8,274</u>
Total income and endowments	706,111	706,111	655,718
Expenditure on:			
Charitable activities			
Commission and grants	7,530	7,530	3,841
School based activities	303,947	303,947	750
Holiday provision	123,368	123,368	382,157
Events and competitions	25,405	25,405	24,190
	<u>460,250</u>	<u>460,250</u>	<u>410,938</u>
Total of expenditure on charitable activities	460,250	460,250	410,938
Employee costs			
Salaries/wages	130,106	130,106	121,946
Employer's NIC	14,451	14,451	9,716
Pension costs	5,211	5,211	4,504
Staff training	8,516	8,516	4,072
Other staff costs	6,800	6,800	-
	<u>165,084</u>	<u>165,084</u>	<u>140,238</u>
Motor and travel costs			
Vehicles - General costs	10,032	10,032	9,348
Travel and subsistence	5,799	5,799	2,081
	<u>15,831</u>	<u>15,831</u>	<u>11,429</u>
Premises costs			
Rent	9,000	9,000	9,470
Premises repairs and maintenance	886	886	-
	<u>9,886</u>	<u>9,886</u>	<u>9,470</u>

Detailed Statement of Financial Activities

General administrative costs, including depreciation and amortisation			
Depreciation of Plant and machinery	602	602	774
Depreciation of Motor vehicles	4,238	4,238	4,238
Depreciation of Sports equipment	7,593	7,593	5,703
Equipment expensed	-	-	295
General insurances	3,003	3,003	9,202
Information and publications	183	183	2,074
Software, IT support and related costs	5,047	5,047	678
Stationery and printing	3,251	3,251	2,364
Subscriptions	2,978	2,978	1,876
Sundry expenses	-	-	11,331
Telephone, fax and broadband	4,685	4,685	3,991
	<u>31,580</u>	<u>31,580</u>	<u>42,526</u>
Legal and professional costs			
Accountancy and bookkeeping	13,545	13,545	7,668
Consultancy fees	2,974	2,974	2,949
Other legal and professional costs	-	-	35
	<u>16,519</u>	<u>16,519</u>	<u>10,652</u>
Total of expenditure of other costs	<u>238,900</u>	<u>238,900</u>	<u>214,315</u>
Total expenditure	699,150	699,150	625,253
Net gains on investments	-	-	-
	<u>6,961</u>	<u>6,961</u>	<u>30,465</u>
Net income			
Net income before other gains/(losses)	<u>6,961</u>	<u>6,961</u>	<u>30,465</u>
Other Gains	-	-	-
	<u>6,961</u>	<u>6,961</u>	<u>30,465</u>
Net movement in funds			
Reconciliation of funds:			
Total funds brought forward	94,332	94,332	63,867
Total funds carried forward	<u>101,293</u>	<u>101,293</u>	<u>94,332</u>