

LEGS

ANNUAL REPORT & ACCOUNTS

2024-2025



Registered charity: 1177659

Report for year ended 31 March 2025

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INTRODUCTION FROM CHAIR

LEGS ANNUAL REPORT | 03

I am delighted to present the LEGS Annual Report for April 2024 – March 2025, a year in which we deepened our impact, strengthened our community, and laid careful foundations for sustainable growth. Week by week, our clinical excellence and warm, inclusive culture have continued to turn rehabilitation into connection, confidence and momentum for the people we serve.

We delivered 1,360 physiotherapist-led classes, ending the year with 34 weekly sessions and 10,703 bookable spaces. Of these, 97% were booked and 69% attended. Face-to-face delivery rose to 43% as we balanced in-person access with flexible online groups. We supported 296 people across assessments, classes and cafés, received 178 referrals and completed 148 specialist assessments. Neuro Café remained a lifeline, with 725 attendances, and our 12-week drop-off rate held at a low 17%.

Our offer kept evolving: added targeted seated and stretch options, expanded where waiting lists grew, and piloted mind-body and peer-support formats. Partnerships, from lectures and NHS in-service training to pro bono legal education kept our practice evidence-informed and outward-looking.

Our people remain LEGS' heartbeat. We welcomed a full-time Participant Co-ordinator, increased capacity to 2.1 FTE, and appointed six new freelance physiotherapists.

My thanks to every staff member, volunteer, Trustee and Participant Voice representative, and in particular to Clinical Director Sarah Sparkes and Operational Director Victoria Bailey-King, for leadership grounded in kindness and rigour.

Looking ahead, we will grow carefully: increase access where demand is clear, pilot short courses, develop simple at-home progress tools, and complete our brand and website refresh, always balancing ambition with stewardship so quality, safety and compassionate expertise remain non-negotiable.

To our donors, funders, partners and friends—thank you. And to our participants and families—thank you for your trust, courage and humour. Together we are building an active, empowered community where no one faces neurological challenges alone.

Annys Fairweather

Annys Fairweather
Chair, LEGS, October 2025



OBJECTIVE AND ACTIVITIES IN 2024-2025

LEGS ANNUAL REPORT | 04

VISION

To build a world where people with neurological conditions lead active and fulfilling lives.

MISSION

To create an active and empowered community for people with neurological conditions, through exercise, peer support and education.



VALUES

Our values express who we are. They form the basis for all we do.

Empowerment

We ensure people get the support they need that is right for them. Everybody in our community is respected, valued and celebrated for their unique experiences and strengths. Our work helps people regain, or build, physical fitness, confidence, and control over their lives. We provide the resources, encouragement, and autonomy people need to thrive and achieve their goals and live life on their own terms.

Compassionate Expertise

We bring together clinical skill with human understanding. Our support is grounded in evidence, experience, and empathy - and always delivered with care. We listen first, act thoughtfully, and adapt to each person's needs, ensuring that expertise never comes at the cost of compassion.

Inclusivity

We welcome everyone, regardless of background, ability, or income. You deserve access to support that helps you move, connect, and thrive. We proactively seek ways of breaking down barriers to access of care, and we treat everybody with a warm professionalism and dignity.

OBJECTIVE AND ACTIVITIES IN 2024-2025

LEGS was founded to provide high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end.

NHS rehabilitation is often time-limited and under-resourced for people following a stroke or living with a long term neurological condition in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with both professional and peer support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve their physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

The LEGS programme enables participants to improve their physical function, independence and confidence, whilst reducing their reliance on carers and family.

LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.



OBJECTIVE AND ACTIVITIES IN 2024-2025

Our outcomes include:

- improving health and emotional well-being
- increasing physical activity and
- reducing social isolation.

We help people to enjoy activities that are meaningful to them and assist them to fulfil their personal and societal roles.

Our aims are consistent with our founding object which is:

"the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions."

The main activities undertaken in relation to those purposes are:

- The provision of physiotherapy assessments and reassessments
- The provision of online and face to face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

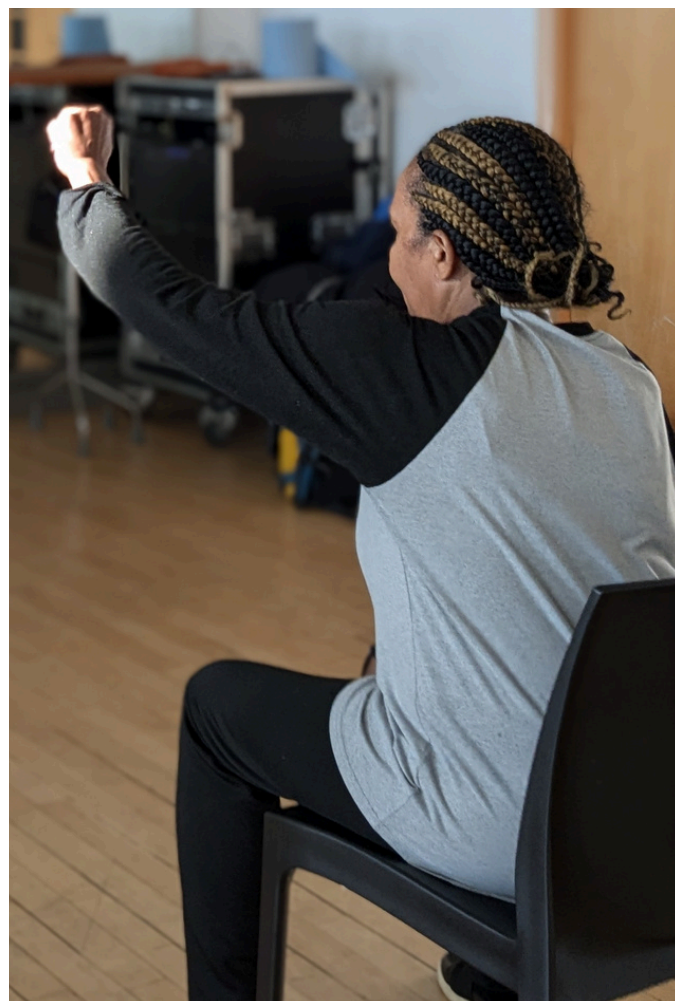
The charity's aims for this year and next are

1. Increase physical activity and fitness among people with neurological conditions Open face to face groups in local authority and social enterprise leisure centres.
2. Expand our neuro community so more people can access the support they need, through nationally available online services, and face to face services in Greater London.

3. Develop affordable and flexible support offerings for immediate, short-term, and long-term needs.

4. Improve the wellbeing of people with neurological conditions by reducing isolation, building confidence, and supporting self-management through inclusive, community-based activities and education.

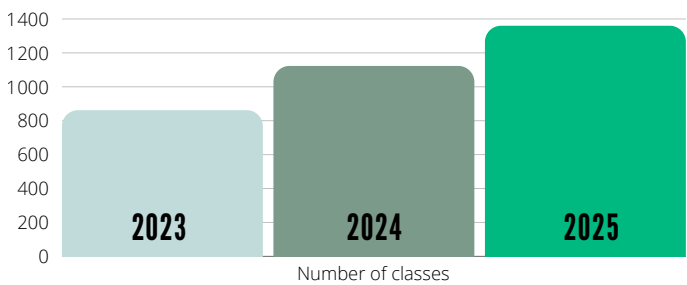
For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.



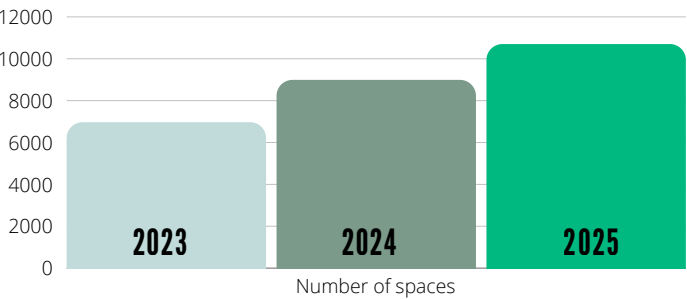
ACHIEVEMENTS AND PERFORMANCE

EXERCISE CLASSES

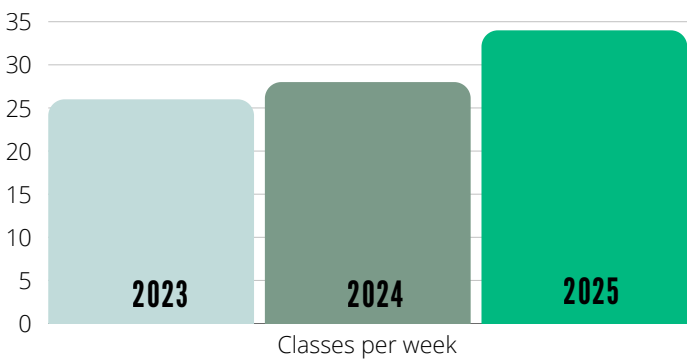
We ran 1,360 LEGS classes this year (1,123 in 2024 and 862 in 2023).



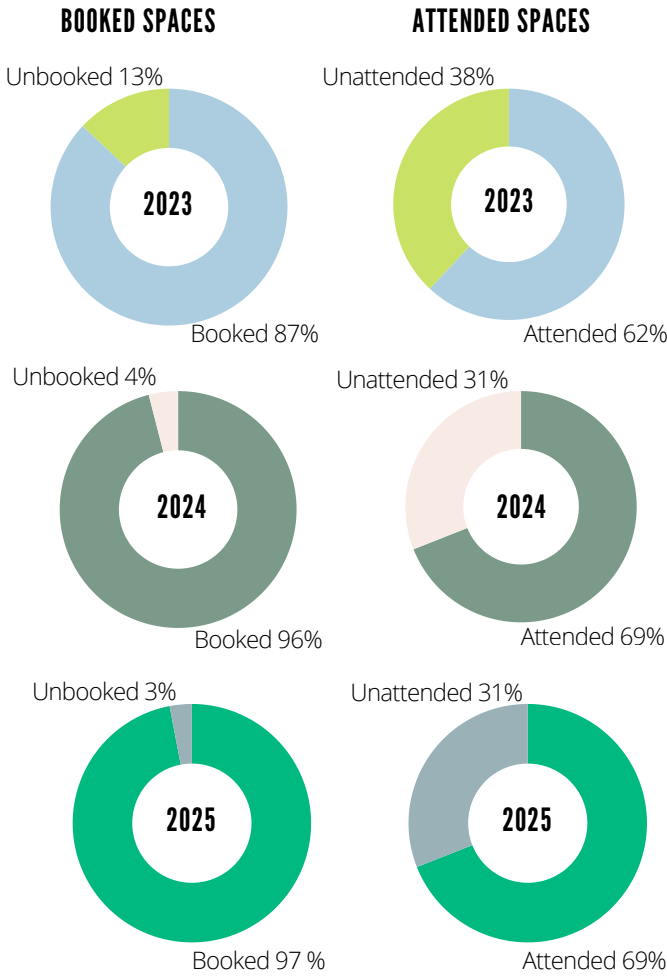
We provided 10,703 spaces (8,992 in 2024 and 6,970 in 2023). A space = a place for 1 person in a 45 or 60 minute class.



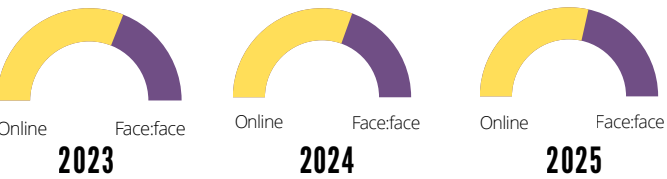
By the end of the year we were running 34 classes per week (28 in 2024 and 26 in 2023).



97% of all spaces provided were booked (last year=96%) and 69% were attended (the same as last year).



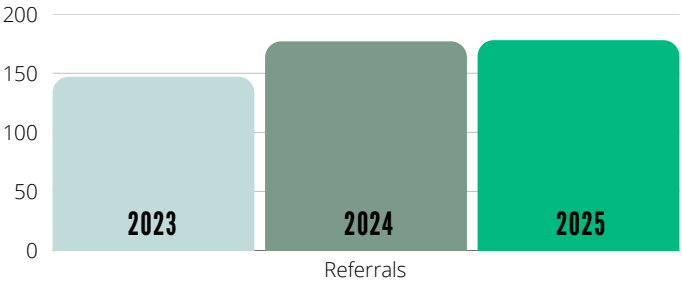
584 of the 1,360 classes we ran this year were face to face (43%). Last year it was 39%.



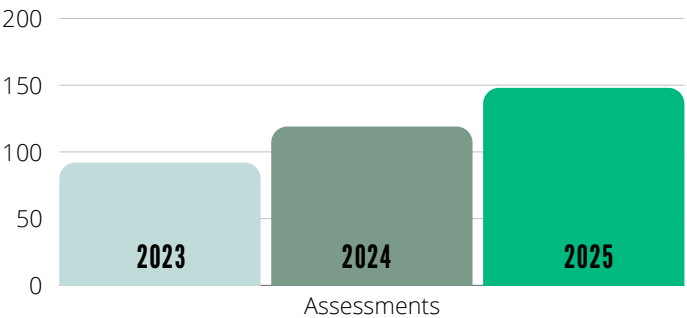
ACHIEVEMENTS AND PERFORMANCE

REFERRALS & BENEFICIARIES

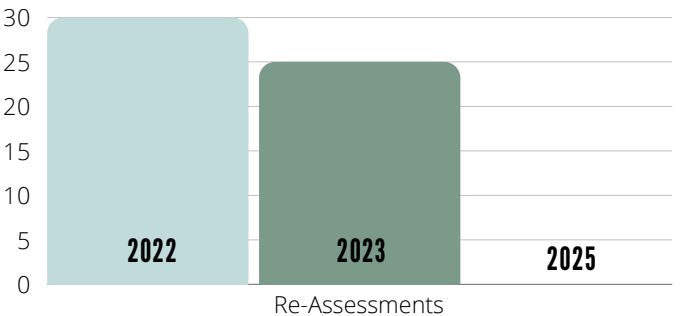
We received 178 referrals (177 last year).



We completed 148 individual assessments with a specialist physiotherapist for new participants (119 in 2024, 92 in 2023).

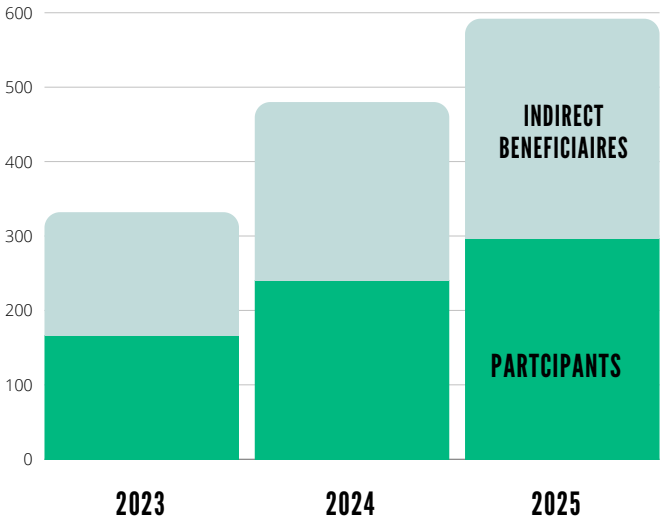


We stopped delivering re-assessments for participants (25 in 2024, 20 in 2023) as we are rolling out a self-assessment process participants can conduct independently.



We provided services (a class, an assessment or a club/café) to 296 people and their families/carers.

For every person who attends our service, we estimate that at least 1 other member of that household *directly* benefits, through attending one of our carer support groups, or through support/advice from our physiotherapists, meaning that overall, LEGS supported 592 people last year (a 23% increase on the previous year)..



We made 38 onward referrals (4 more than last year) supporting participants with ongoing specialist referrals and applications (including for blue badges and benefits).

ACHIEVEMENTS AND PERFORMANCE

NEURO CAFÉ

The number of times somebody attended a Neuro Café session was 725 (777 in 2024, 641 in 2023). There were 45 sessions, with an average of 16 attendees per session.



NEURO CAFÉ

2025 HIGHLIGHTS

The Neuro Café is a free, weekly, online session for participants and their families and carers. Physios and visiting speakers speak about a variety of topics.

RESOURCES & ADVICE

- Wills
- Pensions
- Welfare Benefits
- Cost of Living Advice
- Travel Tips
- Legal Advice
- Accessible Day Trips





HEALTH & WELLNESS

- Dizziness
- Cholesterol
- Diabetes
- Blood Pressure
- Falls Prevention
- Complementary Therapies
- Physical Activity





SPECIALISED SUPPORT

- Self Care
- Sleep
- Walking Aids
- Menopause
- Mental Health
- Health Screenings

INTERACTIVE ACTIVITIES

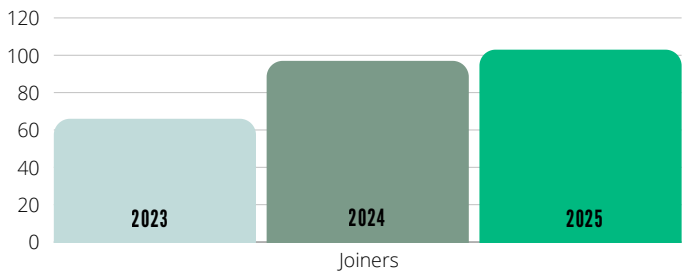
- Quiz Night
- Peer Support
- Laughter Yoga
- Shared Experiences



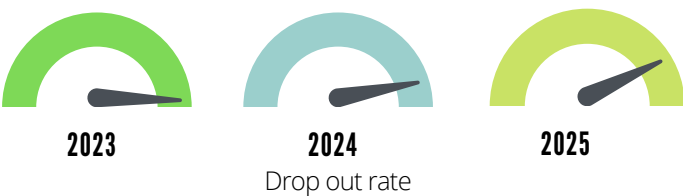
ACHIEVEMENTS AND PERFORMANCE

OUR PARTICIPANTS

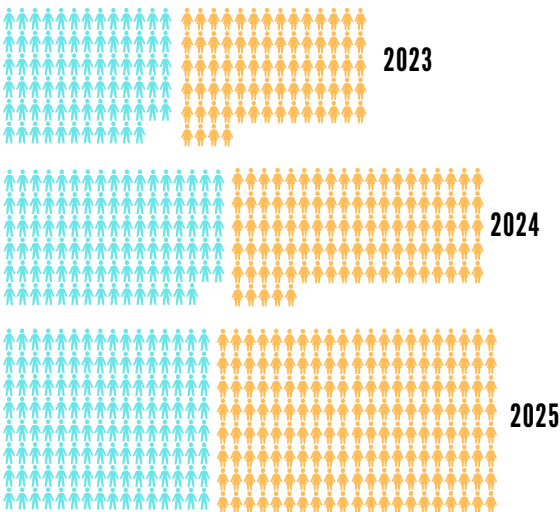
103 people joined LEGS (97 in 2024, 66 in 2023).



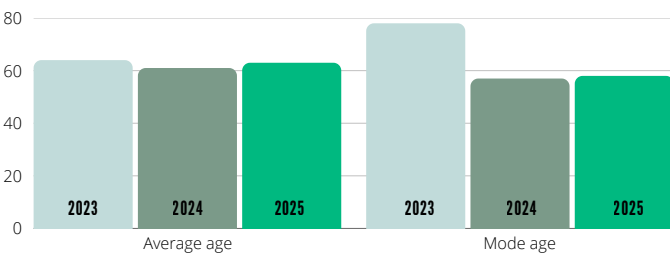
Of the 103 joiners, 17 stopped attending within 12 weeks of starting, meaning our drop-out rate was 17% (14%, in 2024, 9% in 2023). We could not find any published reports from comparable services but we have verbal reports of drop out rates between 30-50% so we consider 17% a good outcome.



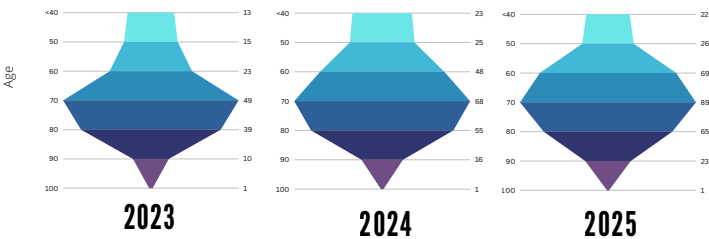
The ratio of people who attended a service this year, who identified as male compared to female was 16:21 (23:25 in 2024, 1:1 in 2023), so we have slightly more female participants.



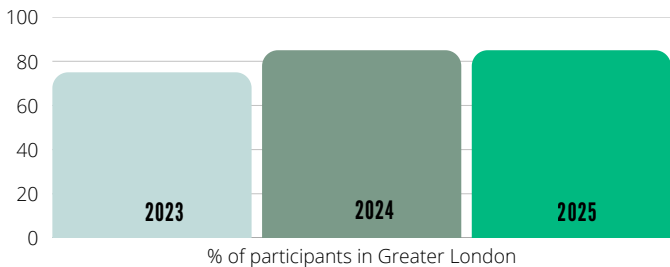
The age range of our participants was 20-95 (last year, 19-94) with an average age of 63 (last year, 61) and mode age of 58 (last year 57).



We had a similar age profile to last year, with an even increase across the 51-60 and 61-70 age ranges.



Our percentage of participants living in Greater London remained the same as last year (85%).



As in previous years, the other participants were spread throughout the UK from Wales to Yorkshire to Kent to Lanarkshire.

ACHIEVEMENTS AND PERFORMANCE

SUMMARY

Classes delivered

- We provided 10,703 hours of exercise classes services (19% increase from last year).
- We added 6 new weekly classes to the timetable (21% increase).

Attendance efficiency

- 97% of spaces were booked (up from 96%, exceeding our goal of 87%).
- 69% of spaces were attended (the same as last year).

Referrals and beneficiaries:

- 592 people (including participant's families/carers) were supported (23% increase from last year).
- 178 referrals were received (177 last year).

Physiotherapy assessments

- We provided 148 new assessments (20% increase).

Neuro Café attendance:

- There were 725 instances of attendance (7% decrease), over 45 sessions, with an average of 16 participants per session.

Demographics:

- Participants aged 20-95 (average: 63, two years younger than last year).
- We maintained a balanced gender ratio, with a slight increase in women.

Retention:

- There were 103 new joiners (6% increase).
- The drop-out rate was 17%, well below industry-reported rates (30-50%).



ACHIEVEMENTS AND PERFORMANCE

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OTHER KEY ACHIEVEMENTS

- We opened a new face to face **Rise and Pilates** class in **Croydon**.
- We launched a third **Move class in Notting Hill**, due to demand.
- We designed and launched a new class, **Stretch & Connect**: an online, seated class focusing on the mind-body connection.
- We opened another online, seated **Start** class due to demand.
- We added an additional **Move class in Barnet** due to a substantial waiting list.
- We had a **summer** and **Christmas staff social**, and a **Leadership Retreat**, setting goals for the year ahead and reviewing our progress.
- We continued to build our **social media following**. Our audience on Facebook grew by 19% (27% last year), on Instagram by 26% (55%) and X (formerly Twitter) by 5% (22%). In December 2024 we left X and joined Blue Sky.
- We provided advice and signposting to the families and carers of our participants, and ran **Family and Carers' Group** support sessions.
- We ran regular **Creativity Clubs** as well as launching a **Book Club** and **Menopause & Hormone Group**. We made these available for free to all of our participants and their families.
- For participants, we held an online **Christmas party** and **face to face tea parties and coffee meet-ups**.



ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

The support my husband has received from LEGS has a very positive impact. It's clear the physio's have got to know him well and feedback to him on how he is doing which he really appreciates.

He has made friends at the class and also joined the Book Club, where he has enjoyed reading books and discussing them. Knowing that he has this regular weekly support is a great relief to me.

Our classes make a big difference to my ability to remain mobile.

Exercising alone is difficult. It is highly motivating to be guided each week...

Having Anca (our physio) leading us makes me feel safe.

This has been a lifesaver for me, the team is amazing and its clear they enjoy their job too.

It is inclusive and welcoming.



ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

I can honestly say I really enjoy the class and feel great after it. Thank you LEGS for making this possible. There are many more "me's" out there who would benefit from LEGS.

I have a rare autoimmune neurological condition, which affects my mobility and my balance. And then I discovered LEGS. I now attend a weekly exercise class run by a brilliant Neuro Physio. The exercises are specifically for individuals with a neurological condition, helping to improve mobility and balance.

My class is amazing. Our physio is fantastic and our classes are good fun.

*LEGS has changed my life!
Thanks to all of you.*

LEGS is a huge part of my husband's recovery. The physio's are always there for me too if I have any questions and need some advice.

I would be lost without them.



ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

This class has been a lifesaver! I have got more strength than I did 7 weeks ago . Seeing everyone every week is lovely and I feel almost like myself, but better after the class.

Thank you and thank you for your wonderful attitude and input.



There is great camaraderie in the hall where we do our exercises.

Month by month I see a real improvement with others in the group. And I can see how helpful the LEGS classes are for me and how amazing Sharmin has been for all those in her class and for me.

Thank you, LEGS!

As well as encouraging [my husband] to exercise, LEGS has become one of the highlights of his week.

ACHIEVEMENTS AND PERFORMANCE

PARTNERSHIPS AND COLLABORATIONS

- We gave lectures to **UCL Physiotherapy** students as part of their MSc Course.
- We presented at the **Chartered Society for Physiotherapists Conference** in Manchester.
- We spoke at **UCL's Centre for Neurorehabilitation** seminar.
- We gave a lecture at the **Multiple Sclerosis Society's Well being Day** for Lambeth & Southwark, and attended another event in Edgware.
- We hosted regular **CPD sessions** for our physiotherapists to ensure we are embedding new practice and evidence into our classes.
- We delivered **in-service training** to neurological rehabilitation teams in Homerton, Enfield and Dorset.
- We liaised with **Social Prescribers** in all of the boroughs where we have face to face classes, as well as surrounding boroughs.
- We were invited to attend **Chelsea Football Club's** "Bridging The Blues" event.
- A **UCL Msc Physiotherapy** student received a distinction for their work about LEGS ("*An Exploration of the Perceptions of Stroke Survivors Participating in Non-Time-Bound Exercise Groups and the Factors that Influence their Adherence to Exercise*").
- The Neuro Team from **Nottingham Hospital** observed our upper limb class.
- **Stewarts Law** partnered with us to deliver pro bono legal advice to participants and education sessions via our Neuro Café. They also hosted us at a neurorehab conference.



ACHIEVEMENTS AND PERFORMANCE

FUNDRAISING

- We were delighted to receive £12,777 from **Sport England**, £2,000 from **Drapers Charitable fund**, £15,000 from **Westminster City Council**, £2,500 from **JL Beckwith Trust**, £500 from **Co-Op UK Local Community Fund**, and £2,500 from **Ann Rylands Small Grants** programme.
- We were supported by **Kate Woode**, as our part time freelance fundraiser.
- Huge thanks go to **Laura Jeu Louis** and **Sam Spencer** who ran in **The Big Half** in September, and collectively raised £1,568.
- The indomitable **Dave Merrigan** competing in **The Great North Run** and raised £609.
- The **Finsbury Park Singers Choir** nominated us as their designated charity. They held two concerts and the retiring collections were donated to LEGS. We received £1,623 in cash donations thanks to their generosity, as well as the joy of attending their uplifting concerts.
- We held a **Raffle**, raising £867, with prizes generously donated by staff, Trustees and the Chelsea Football Club.
- We launched the **Pay It Forward** scheme, for participants to fund other members via the Bursary scheme. We raised £1,350.
- The continued and generous support of **individual donors** provided stability to our income and enabled us to provide our services at a heavily subsidised membership fee, or free with the Bursary scheme.

STAFFING AND VOLUNTEERS

- We were delighted to welcome our first full time member of staff, Lauren Rathbone, as **Participant Co-Ordinator**, a role which has been much needed and has already had a huge impact on our charitable outputs.
- We bid a fond farewell to Sarah Shiner, one of our most **long standing Physiotherapists**, who returned to an NHS Community Team in South London.
- We appointed six new **freelance physiotherapists** to our growing team of dedicated practitioners.
- As ever, we benefitted enormously from the generous support of many **volunteers** who supported the delivery of our face to face and online groups, and without whom our day to day operations wouldn't be as smooth.
- We are so grateful to the LEGS participants who voluntarily give their time to help us as **LEGS Ambassadors** and as our **Participant Voice Representative**.



REPORTING RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed

The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the Trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

These financial statements have been prepared in accordance with the Charities Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not required the charity to undertake an audit under section 146 of the Charities Act 2011.

Instead, the accounts have been subject to an independent examination as required under section 145 of the Charities Act 2011.

The Trustees' annual report has been approved by the board of Trustees on xx xx 2025 and signed on its behalf by:



Annys Fairweather
Chair, LEGS

SUMMARY OF FINANCIAL RESULTS

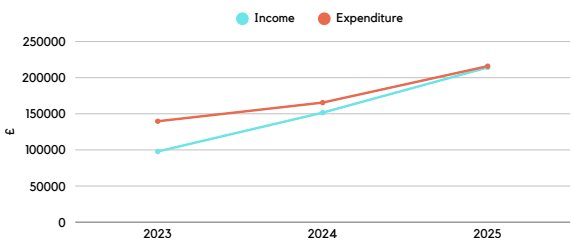
For the year ended 31 March 2025, the charity recorded a deficit of £1,767, a significant improvement compared to the deficit of £13,936 in 2023–2024.

Total income for the year was £214,144 (2023–2024: £151,580), representing a 41% increase. This growth was driven by higher participant numbers (resulting in increased membership fee income), successful diversification of income through grant applications, and the continued generosity of our major donors.

- Donations remained our largest income stream, totalling £89,724 (2023–2024: £82,163).
- Income from charitable activities (membership fees and commissioned groups) rose to £84,904 (2023–2024: £52,889).
- We received £35,211 in grants (2023–2024: £13,500)

Expenditure for the year was £215,911 up from £165,516 in the previous year: an increase of 31%, reflecting the growth in our services and the corresponding increase in staffing and support costs. Most expenditure is on frontline delivery: staff and freelance physiotherapists costs are around 83% of total expenditure.

Over the past three years, income has risen by 119% and expenditure by 55%, reflecting the organisation’s strategic focus on scaling services in a sustainable way.



LEGS’ income has grown steadily each year, more than doubling from £97,808 in 2023 to £214,144 in 2025. Expenditure has also risen, though at a slower pace, reflecting the charity’s expanding activities and investment in service delivery. Encouragingly, by 2025 income has almost matched expenditure, indicating improved financial sustainability and effective fundraising growth.

Staff capacity grew, with directly employed staff rising to 2.1 full-time equivalents (FTE), compared to 1.82 FTE in 2023–2024.

At year-end, cash in the bank stood at £55,157 (2023–2024: £62,677). The Trustees calculate reserves as the portion of unrestricted income funds that is freely available for general use. The charity maintains a reserves policy to hold between three and six months of running costs (based on an average of current and forecasted annual expenditure) in free reserves within unrestricted funds, to provide a buffer in the event that any major funders reduce or withdraw support. This policy is reviewed regularly by the Trustees.

As at 31 March 2025:

- A three-month reserve target was £65,506
- Unrestricted funds totalled £60,711.

At 31 March 2025, free reserves were £60,711, equivalent to just under three months of running costs. A £50,000 unrestricted donation received in May 2025, not reflected in these year-end figures, has subsequently increased reserves above the three-month threshold.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS OF LEGS

Report to the Trustees of LEGS. Charity no 1177659.

I report to the Trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 'Act').

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF
8 December 2025

FINANCIAL REVIEW

		2025				2024			
		General Funds (£)	Designated Funds (£)	Restricted Funds (£)	2025 Total Funds (£)	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	2024 Total Funds (£)
Notes									
Incomes and endowments:	3								
Donations and grants		95,224	-	29,711	124,935	82,163	-	13,500	95,663
Charitable activities		88,787	-	-	88,787	54,282	-	-	54,282
Other trading activities		422	-	-	422	1,635	-	-	1,635
Total		184,433	-	29,711	214,144	138,080	-	13,500	151,580
Expenditure on:	4								
Raising funds		9,628	-	-	9,628	8,702	-	-	8,702
Charitable activities		171,192	-	35,091	206,283	153,628	-	3,186	156,814
Other		-	-	-	-	-	-	-	-
Total		180,820	-	35,091	215,911	162,330	-	3,186	165,516
Net income/(expenditure)		3,613	-	(5,380)	(1,767)	(24,250)	-	10,314	(13,936)
Transfer between funds		-	-	-	-	-	-	-	-
Other recognised gains/(losses)									
Gains and losses on revaluation of fixed assets for the charity's own use	8	-	-	-	-	-	-	-	-
Net movement in funds		3,613	-	(5,380)	(1,767)	(24,250)	-	10,314	(13,936)
Reconciliation of funds:									
Total funds brought forward		52,165	-	10,314	62,479	76,415	-	0	76,415
Total funds carried forward		55,779	0	4,934	60,713	52,165	0	10,314	62,479

The results of the year, as set out above, have been derived entirely from continuing operations.

The notes on pages 23 to 28 form part of these financial statements.

FINANCIAL REVIEW

			General Funds (£)	Designated Funds (£)	Restricted Funds (£)	2025 Total Funds (£)	2024 Total Funds (£)
	Notes						
Fixed Assets	8						
Tangible assets			-	-	-	-	-
Total fixed assets			-	-	-	-	-
Current Assets							
Debtors	9		8,239	-	-	8,239	-
Cash at bank and in hand			55,157	-	-	55,157	62,850
Total Current Assets			63,396	-	-	63,396	62,850
Creditors: amounts falling due within one year	10		2,685	-	-	2,685	372
Net current assets/(liabilities)			60,711	-	-	60,711	62,478
Total assets less current liabilities			60,711	-	-	60,711	62,478
Total net assets or liabilities			60,711	-	-	60,711	62,478

The notes on pages 23 to 28 form part of these financial statements.

The accounts presented here have been prepared on an accruals basis in accordance with the Charities SORP (FRS 102) and the Charities Act 2011, for the year ended 31 March 2025.

In accordance with Charity Commission guidance, and at the request of the trustees, these accounts have been independently examined. The independent examiner's report accompanies these notes.

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.



Annys Fairweather
Chair
13 November 2025

NOTES TO THE FINANCIAL STATEMENTS

1. Basis of preparation

1.1 Basis of accounting

These financial statements have been prepared in accordance with:

- the Charities Act 2011,
- the Charities SORP (FRS 102) "Accounting and Reporting by Charities," and
- Financial Reporting Standard 102 (FRS 102) applicable in the UK and Republic of Ireland.

The charity is a public benefit entity. The accounts have been prepared under the historical cost convention and on an accruals basis. The financial statements are presented in sterling and rounded to the nearest £1.

1.2 Going concern

The trustees have assessed the charity's ability to continue as a going concern for at least 12 months from the date of approval of these accounts. They have concluded that there are no material uncertainties and that the charity has adequate resources to continue in operational existence. Accordingly, the accounts are prepared on a going concern basis.

1.3 Change of accounting policy

These are the first financial statements prepared in accordance with the Charities SORP (FRS 102). The transition has not resulted in any adjustments to the previously reported figures. Comparative figures have been restated on the same basis.

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.5 Material prior year errors

During the preparation of the 2023–2024 financial statements, the Trustees reviewed the analysis of restricted and unrestricted funds reported for the year ended 31 March 2024.

It was identified that an amount of £10,314, representing unspent restricted grant funds brought forward at 1 April 2023, had previously been included within restricted income for that year. This amount has now been reclassified as opening restricted funds. As a result, the comparative figures for 2023–2024 have been restated to reflect the correct split between unrestricted and restricted income and expenditure. These reclassifications do not affect total income, total expenditure, or total funds carried forward for the year ended 31 March 2024.

2. Accounting policies

2.1 Income

Income is recognised in the Statement of Financial Activities (SoFA) when the following criteria are met:

- the charity has entitlement to the funds;
- it is probable that the income will be received; and
- the amount can be measured reliably.

Fund accounting

The charity maintains the following types of funds:

- Unrestricted funds: Funds that can be used at the discretion of the trustees to further the general objectives of the charity.
- Restricted funds: Funds that can only be used for specific purposes imposed by donors or grant conditions. See note 5.

Donations, legacies, Gift Aid

Donations are recognised when received or when the charity is notified of entitlement and receipt is probable. Gift Aid is recognised when a valid declaration has been received from the donor.

Gift Aid is recognised when a valid declaration has been received from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Grants

Grants are recognised as income when the charity is entitled to the income, any performance conditions have been met, and the income can be reliably measured. Restricted grants are accounted for separately in the relevant fund. See note 5.

We continue to rely on a relatively small number of high-value grants and major donors, highlighting the importance of diversifying income through regular giving and commissioned services

Donated services

The charity is supported by a dedicated team of volunteers, including trustees, admin helpers, and professional physiotherapists who contribute their time and expertise. While the financial value of these contributions is not included in the accounts, they are vital to the delivery and sustainability of our work.

2.2 Expenditure

Expenditure is recognised on an accruals basis once there is a legal or constructive obligation to make a payment. It is classified under headings that aggregate all costs related to the category.

Charitable activities

Includes all costs incurred in undertaking the work of the charity.

Governance costs

These include the costs of independent examination, legal advice, and trustee meetings related to statutory compliance and accountability.

2.3 Assets

Tangible fixed assets for use by charity are capitalised if they can be used for more than one year, and are valued at cost. The depreciation rates and methods used are disclosed in note 8.

Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Creditors

Creditors 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 can be measured or estimated reliably. Creditors are recognised at settlement amount.

3. Income

		<u>2025</u>				<u>2024</u>			
		General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)
Donations and legacies									
	Donations and gifts	89,724	-	-	89,724	82,163	-	-	82,163
	Grants	5,500	-	29,711	35,211	-	-	13,500	13,500
	Donated goods, facilities, services	-	-	-	-	-	-	-	-
Total		95,224	-	29,711	124,935	82,163	-	13,500	95,663
Charitable Activities									
	Membership	84,904	-	-	84,904	52,889	-	-	52,889
	Fundraising	3,883	-	-	3,883	1,392	-	-	1,392
Total		88,787	-	-	88,787	54,281	-	-	54,281
Other trading activities									
	Other	422	-	-	422	1,635	-	-	1,635
Total		422	-	-	422	1,635	-	-	1,635
Total income		184,433	-	29,711	214,144	138,079	-	13,500	151,579

4. Expenditure

	<u>2025</u>				<u>2024</u>			
	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)
Raising funds								
Fundraising events	176	-	-	176	202	-	-	202
Freelance Fundraiser	9,452	-	-	9,452	8,500	-	-	8,500
Total	9,628	-	-	9,628	8,702	-	-	8,702
Charitable Activities								
Staff costs	115,035	-	12,178	127,213	92,200	-	2,747	94,947
Contractors	30,323	-	20,447	50,770	44,061	-	39	44,100
Audit	1,772	-	-	1,772	1,603	-	-	1,603
Insurance	220	-	100	320	320	-	-	320
Bank & Other charges	483	-	-	483	24	-	-	24
Rent	15,045	-	1,700	16,745	7,697	-	400	8,097
Equipment & IT	3,294	-	550	3,843	3,818	-	-	3,818
Recruitment	541	-	-	541	240	-	-	240
Training	2,664	-	-	2,664	1,109	-	-	1,109
Benefits in Kind	-	-	-	-	1,635	-	-	1,635
Other	1,103	-	56	1,159	509	-	-	509
PR, Marketing & Comms	712	-	60	772	413	-	-	413
Total	171,192	-	35,091	206,283	153,628	-	3,186	156,814
Other								
Other	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Total expenditure	180,820	-	35,091	215,911	162,330	-	3,186	165,516

5. Restricted Funds

The charity held £10,314 in restricted funds at the start of the financial year. During the year, £29,711 of restricted income was received, and £35,091 was spent in line with the conditions attached to those funds. £4,934 in restricted funds remains carried forward into 2025–2026 to be spent on ongoing project delivery.

		Restricted Funds			
		Brought forward from 2024 (£)	Received 2025 (£)	Expenditure 2025 (£)	Carried forward from 2025 (£)
Funder					
	Magic Little Grants	500	-	500	-
	London Catalyst	2,314	-	2,314	-
	The National Lottery Community Fund	7,500	-	7,500	-
	Drapers Charitable Fund	-	2,000	1,050	950
	Westminster City Council	-	15,000	15,000	-
	Sport England	-	12,711	8,727	3,984
Total		10,314	29,711	35,091	4,934

6. Paid employees

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000 nor for the previous period.

The charity had an average head count of 3 this year (2024: 3).

There were no ex-gratia payments to employees and others (excluding trustees) and no redundancy or termination payment was made in the period nor in the previous period.

No trustees' expenses have been incurred in the reporting period or the previous period. See note 11 for other expenditure relating to trustees.

		2025 (£)	2024 (£)
Paid employees			
	Salaries and wages	115,552	86,577
	Social security costs	9,046	975
	Pension costs - defined contribution	2,615	2,554
	Other	-	
Total staff costs		127,213	90,105

7. Defined contribution pensions

The charity assesses each employee for eligibility as a jobholder under the auto-enrolment system. Any eligible jobholders are auto-enrolled to a group money purchase defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost represents the contributions payable under the scheme by the charity and the charity has no further liability other than the payment of those contributions and the jobholder is responsible for their own pension fund with the pension administrators.

8. Tangible fixed assets

Fixed assets are capitalised where the purchase price exceeds £500 per item and the expected useful life exceeds one year. Purchases below this threshold are treated as expenditure in the year of acquisition.

Assets are depreciated on a straight-line basis over their estimated useful lives:

- Furniture: 7 years
- Physiotherapy equipment: 3–5 years
- Computer equipment: 20% annually

9. Debtors & prepayments

	2025 (£)	2024 (£)
Trade debtors	8,239	-
Prepayments	-	-
Other debtors	-	-
Total	8,239	-

10. Creditors and accruals

	2025 (£)	2024 (£)
Trade creditors	495	-
Payments received on account	-	-
Accruals	-	-
Tax and social security	2,190	372
Other creditors	-	-
Total	2,685	372

11. Transactions with related parties

During the year, the charity paid £400 to Annys Fairweather, a trustee, for delivery of specialist physiotherapy, provided to the charity in a professional capacity. These services were entirely separate from her role as a Trustee. All necessary conflict of interest procedures were followed. Trustees receive no remuneration for their role as trustees.

12. Risk

The Trustees continue to monitor financial risks, particularly the reliance on short-term grant funding and the cost of expanding service provision. A risk register is reviewed quarterly to ensure mitigation strategies, such as fundraising diversification and cost controls, are in place.

STRUCTURE, GOVERNANCE AND MANAGEMENT

OUR ORGANISATION

LEGS was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The Trustees may, by and from their number and from time to time, elect such officers (Chair, Secretary, Treasurer) as they see fit.

All Trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

TRUSTEE BOARD STRUCTURE

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

Additionally, we have four sub-committees: Finance, Marketing & Fundraising, Participant Voice, Business Planning, which meet at least twice a year, or as required to work on focused projects.

We want our board to reflect the diverse communities we serve and for LEGS' leadership structure to represent the equality, diversity and inclusion that we strive to create through our charity's aims.

All of our Trustees have personal and lived experience of living with or caring for somebody with a neurological condition. And they each bring a wealth of professional experience which strengthens our governance and leadership.

PREMISES

We continue to benefit from the generous support of **Barrecore** whom offer us accessible studio space at a subsidised rate so that we can run our face to face classes affordably in Notting Hill, Islington and Wandsworth.

The **William Hobbayne Hall** in Hanwell, home to our Tai Chi classes generously provide their venue at a charity rate meaning we can offer face to face Tai Chi classes affordably. The **John Trotter Trust** also provide us with generously subsidised rates for our Barnet class.

This year we started a hire agreement with a second **GLL Better Gym** (in Thornton Heath). Hiring such accessible spaces on a weekly basis ensures we reach more participants and reduces our charity costs.

The ability of our team to work remotely and from home means we have no need for a dedicated office space, which again is a cost saving.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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TRUSTEE INDUCTION & TRAINING

New Trustees receive induction through 1:1 meetings with the Chair and the Director of Operations, training courses, attending board meetings and self-directed reading. Induction is an ongoing process. We recognise that it needs to be tailored to the individual and lasts many months.

On or prior to appointment, Trustees are provided with a copy of the charity constitution, latest copy of the annual report as well as Charity Commission publications on the roles and obligations of Trustees, as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Charity Commission and Getting On Board.

We encourage Trustees to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates.

We have a dedicated Trustee training budget and Trustees are directed to undertake training.

Our Chair and Director of Operations lead on Trustee induction but it is the collective responsibility of the board to support one another, welcome new Trustees and work together collaboratively.

POLICIES, PROCEDURES, STANDARDS & RISK MANAGEMENT

We work to all relevant professional standards and our clinicians are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance.

We have a comprehensive set of policies and procedures which are regularly reviewed by Trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of Trustees at least annually.



OUR PLANS FOR NEXT YEAR

We're rebranding.

Following a thoughtful consultation process, we've decided to keep our name but drop the acronym. From 2025, we will simply be known as LEGS - a name that has become synonymous with physio-led rehab and recovery.

We're also investing in a visual rebrand. As a charity, we believe that resources should go directly towards services, and we've deliberately kept our marketing and branding in-house. It's important to us that as we grow, we keep our running costs as low as possible, which is why we've waited until now to seek professional support. However, we recognise the importance of a fully accessible and easy to use website, with an identity that reflects our ethos of inclusivity and accessibility, and that truly serves the needs of our participants. While our logo and website may look different, our core identity remains unchanged.

We're updating our aims and objectives.

We'll be using strategy days and Trustee meetings to re-evaluate our purpose, and ensure that the charity's aims are truly reflective of what we want to be, and that they are ambitious.

We're being creative about how we can help people

In response to feedback, we're designing short courses for people who want targeted help but are unable to commit to weekly classes.

We're also developing at-home assessment tools to help participants track their progress independently. This exciting project is being developed in collaboration with students from St Mary's University, who are helping us create engaging, accessible video resources.

We're growing, but sustainably.

We plan to increase the number of classes we offer, but we are committed to doing so within the limits of our current staffing structure and realistic budget. Sustainability is at the heart of our approach.

Financial stability remains a key priority.

In a challenging fundraising environment, we are choosing to grow carefully and responsibly. We won't expand beyond our capacity or compromise on the excellence and high standards that define our work. Our focus is on sustainable impact, not just expansion.

REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY NAME

LEGS

REGISTERED ADDRESS

LEGS
c/o LB Group
1 Vicarage Lane
London
E15 4HF

CONTACT DETAILS

Telephone: 07377 259 778
Email: info@legs.org.uk
Website: www.legs.org.uk

TRUSTEES

Annys Fairweather, Chair of Trustees
Esther Kufrin, Deputy Chair of Trustees
Hugh Baxter, Treasurer
Caroline Appel
Rupert Cockcroft
Frederick Baidoo
Stuart Davies
Sophia Forrest
Anthony (Paul) Mylrea (resigned October 2024)

LEADERSHIP TEAM

Annys Fairweather, Chair of Trustees and
Founding Physiotherapist

Victoria Bailey-King, Operational Director

Sarah Sparkes, Clinical Director & Lead
Physiotherapist

BANKERS

Barclays Bank
35 Notting Hill Gate
London
W11 3JR

INDEPENDENT EXAMINER

Mark Middleton
Director

LB Group
1 Vicarage Lane
London
E15 4HF