

MOVE THE MASSES

England & Wales · Charity number 1179679

Details

Status Registered

Legal form CIO

Registered 2018-08-28

Register [View on the Charity Commission register](#)

Contact

Address Move the Masses
20 Falsgrave Crescent
York
YO30 7AZ

Phone 01904 373017

Email hello@movethemasses.org.uk

Website <https://movethemasses.org.uk>

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PROMOTION OF PHYSICAL AND MENTAL HEALTH OF PEOPLE THROUGHOUT ENGLAND, THROUGH THE PROVISION OF INFORMATION, SIGNPOSTING, EDUCATION AND OPPORTUNITIES TO PARTICIPATE IN PHYSICAL ACTIVITY

Activities: We run projects, activities and campaigns to create healthy communities by enabling people to improve their wellbeing through movement. We promote free-to-access outdoor gym facilities and educate the public on how to use this equipment safely and effectively. We run a walking buddy service called Move Mates where volunteers walk with people who would otherwise struggle to leave their homes.

Classification

- **How:** Provides Other Finance, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Amateur Sport, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£61,859	£125,394	-	-
2024-06-30	£102,453	£142,052	-	-
2023-06-30	£103,254	£129,136	-	-
2022-06-30	£194,301	£89,730	-	-
2021-06-30	£97,963	£90,599	-	-

Trustees

Name	Role	Appointed
Hayden Holmes	Chair	2022-01-21
Angela Graham		2022-01-20
Chukwudiebere Joanne Okonji		2025-12-24
Evie Page		2025-04-01
John Douglas Mylchreest		2024-07-15
Katherine Louise Gardner		2024-09-23

MOVE THE MASSES

England & Wales - Charity number 1179679

Accounts

Move the Masses

(Charity number: 1179679)

Trustees annual report & financial statements for the year ended

30th June 2025

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Charity accounts preparation &
independent examination service

Move the Masses

(Charity number: 1179679)

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Trustees' Annual Report

From: 1st July 2024

To: 30th June 2025

Charity's full name Move the Masses

Registered Charity number 1179679

Objectives and activities

Summary of the purposes of the charity set out in its governing document

For the public benefit, the promotion of physical and mental health of people throughout England, through the provision of information, signposting, education and opportunities to participate in physical activity.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise. The main schemes which support that mission are:

a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company.

b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website.

a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company. This service operates in York with Durham and Leeds launched at the very end of the reporting year. The project will expand into the Selby and Pocklington areas in 2023.

b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Move the Masses continued to deliver strong outcomes for beneficiaries and volunteers through our flagship initiative, Move Mates. During 2025, we maintained our delivery across Leeds, Durham and Selby, building on the foundations established in prior years. Across all locations during the 2024/25 financial year, the charity facilitated 156 pairings, resulting in 3501 supported walks. Of these, 106 beneficiaries participated in their first walk with the charity, marking an important step in improving physical activity and reducing social isolation.

Volunteer engagement remained a key strength, with 315 active volunteers, including 62 new joiners. Volunteers contributed a total of 4911 hours, of which 2904 hours were spent directly walking with beneficiaries, demonstrating the continued commitment of our volunteer community.

The charity continues to evidence positive impact on wellbeing, with the average self-reported health rating of beneficiaries changing from 6.3 to 6.5 over the financial year.

Through these activities, Move the Masses has continued to reduce social isolation, improve health outcomes, and foster meaningful community connections.

Financial review

Review of the charity's financial position at the end of the period

We have received £61,859 of income in the year (£52,887 Grants, Donations £7,848). Our expenditure has been £125,394 leaving an end of period balance of £8,041 which is made up of £7,345 of restricted and £696 of unrestricted funds.

Statement explaining the policy for holding reserves stating why they are held

Any unrestricted funds not committed to projects or invested in tangible fixed assets ('the free reserves') held by Move the Masses should be equal to or greater than a minimum of 3 months of fixed costs.

Amount of reserves held

Reasons for holding zero reserves

n/a

Funds materially in deficit

None

Explanation of any uncertainties about the charity continuing as a going concern

The charity's financial position was carefully monitored throughout the year. Following the year end, in July 2025, the Trustees undertook a detailed review of the charity's financial sustainability and future operating model in light of ongoing funding challenges.

As a result of this review, the Trustees made the difficult decision to restructure the charity's activities. This included the redundancy of staff and the closure of all projects outside of York, with a move to a volunteer-led delivery model. These actions were taken to ensure the long-term viability of the charity and to preserve its ability to continue delivering its charitable objectives.

Following the year ended 30 June 2025, the charity received a combination of grants and donations. This funding, alongside the reduction in operating costs, has enabled the charity to continue operating beyond the year end.

While the charity remains reliant on continued funding and volunteer support, the Trustees are satisfied that with the restructure towards a more voluntary led service delivery along side some small guaranteed funding, the charity remains in a position to continue its operations for the foreseeable future.

Accordingly, the financial statements have been prepared on a going concern basis. The Trustees continue to actively monitor the charity's financial position and funding opportunities and will take further action as required to safeguard the charity's future.

Structure, governance and management

Description of the charity's trusts

Type of governing document Foundation Model Constitution

How the charity is constituted Charitable Incorporated Constitution

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees Appointed by existing trustees

Reference and administration details

Charity's full name Move the Masses

Other names the charity is known by n/a

Charity's principal address 20, Falsgrave Crescent
York
YO30 7AZ

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Hayden Holmes	Chair		
Jack Strickland	Treasurer		
Evie Page	Secretary	From April 25	
Angela Graham	Trustee		
John Mylchreest	Trustee	From July 2024	
Katherine Gardner	Trustee	From September 2024	
Rachael Armstrong		From July 2025	

Names and addresses of advisers

Type of adviser	Name	Address
Independent Examiner	Karen Wood ACMA, CGMA	Outsource Accountancy Services & Independent Examinations 2 Galligap Lane, Osbaldwick York, YO10 3NR
Bankers	Lloyds Bank	7 Carter Street Uttoxeter, Staffordshire ST14 8HD

Name of chief executive or names of senior staff members

Becci Blues left Jan 25 and replaced by Libby Croft in Feb 25

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees



Signature
Full Name Hayden Holmes
Position Chair
Date 27 April 2026

Independent examiner's report to the trustees of Move the Masses

I report on the accounts of: **Move the Masses**
for the year ended: **30th June 2025** which are set out on pages 5 to 8.

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 examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

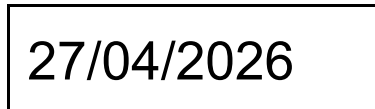
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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



Karen Wood (ACMA)
Outsource independent examination
service
2 Galligap Lane
Osbalwick
York YO10 3NR



Date:

Move the Masses
(Charity number: 1179679)

Receipts & payments accounts for the year ended:		30th June 2025		
	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Receipts				
Donations & fundraising	7,848	-	7,848	5,413
Grants received	500	52,387	52,887	95,540
Sessions & services	124	-	124	-
Intern	-	1,000	1,000	1,500
Total receipts	<u>8,472</u>	<u>53,387</u>	<u>61,859</u>	<u>102,453</u>
Payments				
Staff salaries	23,157	91,682	114,839	132,796
Staff expenses, DBS & recruitment	634	1,970	2,604	1,384
Office equipment, costs & room hire	1,266	2,311	3,577	4,559
Project management & evaluation	-	-	-	600
Independent examination	350	-	350	330
Payroll fees	1,074	-	1,074	-
Insurance	-	649	649	495
Publicity & website	70	41	111	32
Volunteer costs & coordination	-	102	102	1,500
Memberships & subscriptions	-	210	210	80
Fundraising costs	1,871	-	1,871	241
Trustee expenses	-	-	-	35
Bank charges	1	6	7	-
Total payments	<u>28,423</u>	<u>96,971</u>	<u>125,394</u>	<u>142,052</u>
Net of receipts/(payments)	(19,951)	(43,584)	(63,535)	(39,599)
Transfers between funds	(287)	287	-	-
Balance brought forward	19,633	51,943	71,576	111,175
Balance carried forward	<u>(605)</u>	<u>8,646</u>	<u>8,041</u>	<u>71,576</u>

Move the Masses
(Charity number: 1179679)

Statement of assets and liabilities at:		30th June 2025			
	Unrestricted	Restricted	2024	2023	
	funds	funds	Total	Total	
Assets	£	£	£	£	
Cash at bank and in hand					
Current bank account	(605)	8,646	8,041	71,576	
	<u>(605)</u>	<u>8,646</u>	<u>8,041</u>	<u>71,576</u>	
	Unrestricted	Restricted	2024	2023	
	Funds	Funds	Total	Total	
Liabilities	£	£	£	£	
Independent examination fee	350	-	350	330	
	<u>350</u>	<u>-</u>	<u>350</u>	<u>330</u>	

Move the Masses
(Charity number 1179679)

Notes to the accounts for the year ended:

30th June 2025

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

2. Restricted income funds

Fund name	Purpose
Durham County Council	Funding towards running of Move Mates in Durham
Coop Durham	Funding towards running of Move Mates in Durham
Coop Leeds	Funding towards running of Move Mates in Leeds
Coop Pocklington	Funding towards staff and volunteer training in Pocklington
Awards for All	Funding towards running of Move Mates in Leeds
Sir George Martin	Funding towards running of Move Mates in Leeds
City of York BCF	Funding towards Move Mates and Wellbeing Walks in York
Leeds Bramall	Funding towards running of Move Mates in Leeds
Leeds Community Committee	Funding towards running of Move Mates in Leeds
Active Travel - Capability Fund	Funding towards running of Move Mates in Durham
Durham Movement Fund (Sports England)	Funding towards running of Move Mates in Durham
Durham Point North	Funding towards running of Move Mates in Durham
Feofees	Funding towards Move Mates and Wellbeing Walks in York
Heart of Selby	Funding towards running of Move Mates in Selby
CYC - Whitwam	Funding towards Move Mates and Wellbeing Walks in York
York Community Fund	Funding towards Move Mates and Wellbeing Walks in York
Leeds University	Funding towards running of Move Mates in Leeds
Purey Cust	Funding towards Move Mates and Wellbeing Walks in York

Move the Masses
(Charity number 1179679)

	Balance b/fwd	Incoming resources	Resources expended	Trf btwn funds	Balance c/fwd
	£	£	£	£	£
General Unrestricted Funds	19,633	8,472	28,423	(287)	(605)
Restricted Funds					
Durham CF Social Prescription	30	-	-	(30)	-
TRCF Nimbuscare	148	-	-	(148)	-
Durham County Council	10,933	-	10,933	-	-
Coop Durham	2,841	-	2,802	-	39
Coop Leeds	1,108	1,771	1,884	-	996
Coop Pocklington	559	965	1,567	43	-
Awards for All	11,428	-	11,428	-	-
Sir George Martin	2,000	-	2,000	-	-
City of York BCF	17,887	-	17,800	-	87
Leeds Bramall	5,000	-	5,000	-	-
Leeds Community Committee	9	-	-	-	9
Active Travel - Capability Fund	-	-	3,404	-	(3,404)
Durham Movement Fund (Sports)	-	14,820	11,573	-	3,247
Durham Point North	-	4,831	3,270	-	1,561
Feofees	-	2,500	2,500	-	-
Heart of Selby	-	10,000	4,007	-	5,993
CYC - Whitwam	-	2,500	2,500	-	-
York Community Fund	-	5,000	5,422	422	-
Leeds University	-	1,000	882	-	118
Purey Cust	-	10,000	10,000	-	-
Total Restricted Funds	<u>51,934</u>	<u>53,387</u>	<u>96,971</u>	<u>287</u>	<u>8,646</u>
Total Funds	<u>71,567</u>	<u>61,859</u>	<u>125,394</u>	<u>-</u>	<u>8,041</u>

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Transfer between funds

The overspend of £422 on York Community Fund and £43 on Coop Pocklington have been transferred to unrestricted funds. The Durham CF Social Prescription and Nimbuscare funds are finished and the small surplus left was transferred to unrestricted funds.

Funds in deficit

The funding for Active Travel Community Fund was received on 1st August 2025.

Unrestricted funds are in slight deficit due to underallocation of salaries from restricted funds. This has been reconciled in the allocations next year.

Approval of accounts for the year ended:	30th June 2025
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The report and accounts were approved by the Trustees



Signed for and on behalf of the trustees

27 April 2026

Date

Hayden Holmes

Print name

Chair

Position (e.g. Chair etc)

MOVE THE MASSES

England & Wales - Charity number 1179679

Accounts

Move the Masses

Charity Number 1179679

Trustees' Annual Report & Financial Statements for the year ended 30th June 2024

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Charity accounts preparation &
independent examination service

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Trustees' Annual Report

From: 1st July 2023 **To: 30th June 2024**
Charities Full Name: Move the Masses
Registered Charity Number: 1179679

Objectives and Activities

Summary of the purposes of the charity set out in its governing document

For the public benefit, the promotion of physical and mental health of people throughout England, through the provision of information, signposting, education and opportunities to participate in physical activity.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise. The main schemes which support that mission are:

- a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company. This service operates in York with Durham and Leeds launched at the very end of the reporting year. The project will expand into the Selby and Pocklington areas in 2023.

- b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website.

The trustees consider that they have complied with their duties for the public benefit guidance published by the Charity Commission.

Achievements and Performance

Move the Masses continued to achieve great outcomes for beneficiaries and volunteers through our flagship initiative, Move Mates. Our projects in Leeds and Durham continued to grow. In 2023 we introduced two pilot Move Mates projects in the smaller towns of Selby and Pocklington. Across all areas in 23/24 FY we had a total of 285 pairings who achieved 3,338 paired walks. Of these there were 52 beneficiaries who enjoyed their first walk with the charity. We had 311 volunteers, of which 96 were new volunteers. The total volunteer time commitment was 4,220 hours with 2,595 hours spent walking with beneficiaries. The average health rating of beneficiaries who completed periodic reviews increased from 6.2 to 6.7 over the FY. **Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.**

Trustees' Annual Report

Financial Review

Review of the charity's financial position at the end of the period

We have received £102,453 of income in the year (£97,040 Grants, donations £5,413). Our expenditure has been £142,043 leaving an end of period balance of £71,586 which is made up of £51,943 of restricted and £19,633 of unrestricted funds.

Statement explaining the policy for holding reserves stating why they are held

Any unrestricted funds not committed to projects or invested in tangible fixed assets ('the free reserves') held by Move the Masses should be equal to or greater than a minimum of 3 months of fixed costs.

Amount of reserves held

£18,718 of unrestricted reserve

Reasons for holding zero reserves

n/a

Funds materially in deficit

None

Explanation of any uncertainties about the charity continuing as a going concern

No current uncertainty on continuing as a going concern

Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, royal charter)	Foundation Model Constitution
How the charity is constituted (e.g. unincorporated association, CIO)	Charitable Incorporated Constitution
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Appointed by existing trustees

Trustees' Annual Report

Reference and administration details

Charity's full name Move the Masses

Other names the charity is known by n/a

Charity's principal address 20, Falsgrave Crescent
York
YO30 7AZ

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not whole year	Name of person entitled to appoint trustee
Hayden Holmes	Chair		
Jack Strickland	Treasurer		
Tonuse Falaiye	Secretary	July 23 to April 24	
Victoria Robinson	Trustee	July 23 to March	
Angela Graham	Trustee		
Brigit Coleman-Green	Trustee	July 23 to March	

Names and addresses of advisors

Type of advisor	Name	Address
Independent Examiner	Karen Wood ACMA	Outsource Accountancy & Independent Examinations 2 Galligap Lane Osbalwick, York YO10 3NR
Bankers	Lloyds Bank	7 Carter Street Uttoxeter, Staffordshire ST14 8HD

Name of chief executive or names of senior staff members

Becci Blues

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature  **Position** **Treasurer**

Full Name **Jack Strickland** **Date** **22.02/2025**

Move the Masses

(Charity Number 1179679)

Independent examiner's report to the trustees of Move the Masses

I report on the accounts of: **Move the Masses**

For the year ended: **30th June 2024** Which are set out on pages 5 to 8

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 examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act;
- or**
2. the accounts do not accord with those records

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



Karen Wood (ACMA)
Outsource independent examination service
2 Galligap Lane
Osbalwick
York YO10 3NR

26/03/2025

Date

Move the Masses

(Charity Number 1179679)

Receipts & Payments Accounts for the year ended 30th June 2024

	Unrestricted funds	Restricted funds	2024 Total	2023 Total
	£	£	£	£
Receipts				
Donations & fundraising	5,413	-	5,413	10,684
Grants recieved	-	95,540	95,540	92,270
Sessions & services	-	-	-	300
Intern	-	1,500	1,500	-
Total receipts	5,413	97,040	102,453	103,254
Payments	£	£	£	£
Staff salaries	24,582	108,214	132,796	120,255
Staff expenses, DBS & recruitment	16	1,368	1,384	1,356
Office equipment, costs & room hire	1,158	3,401	4,559	4,413
Project management & evaluation	600	-	600	770
Independent examination	300	-	300	300
Payroll fees	-	-	-	105
Insurance	495	-	495	438
Publicity & website	32	-	32	820
Volunteer costs & coordination	-	1,500	1,500	180
Memberships & subscriptions	80	-	80	50
Fundraising costs	241	-	241	439
Trustee expenses	35	-	35	-
Bank charges	-	-	-	10
Total payments	27,569	114,483	142,052	129,136
Net of receipts/(payments)	(22,156)	(17,443)	(39,599)	(25,882)
Transfer between funds	915	(915)	-	-
Balance brought forward	40,874	70,301	111,175	137,057
Balance carried forward	19,633	51,943	71,576	111,175

Move the Masses

(Charity Number 1179679)

Statement of Assets and Liabilities at:

30th June 2024

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Assets				
Cash at bank and in hand				
Current bank account	19,633	51,943	71,576	111,175
	19,633	51,943	71,576	111,175
	Unrestricted funds	Restricted funds	2024 Total Funds	2023 Total funds
	£	£	£	£
Liabilities				
Independent examination fee	350	-	350	330
	350	-	350	330

Move the Masses

(Charity Number 1179679)

Notes to the Accounts for the year ended:

31st July 2024

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

2. Restricted income funds

Fund name	Purpose
Olympian Homes	Development of Wellbeing Walks project
NHS Together	Development of Move Mates
Better Care Fund 23/24	Funding towards Move Mates and Wellbeing Walks in York
Durham Community Fund	Funding towards running of Move Mates in Durham
Leeds donor CDCF	Funding towards running of Move Mates in Leeds
NHS Selby	Funding towards running of Move Mates in Selby
TRCF Nimbuscare	Funding towards running of Move Mates in Pocklington
Wesleyan	Funding towards running of Move Mates in Leeds
Northern trains 21/22	Funding towards running of Move Mates in Leeds and Durham
Durham County Council	Funding towards running of Move Mates in York
AAP Durham	Funding towards running of Move Mates in Durham
Coop Durham	Funding towards running of Move Mates in Durham
Coop Leeds	Funding towards running of Move Mates in Leeds
Coop Pocklington	Funding towards staff and volunteer training in Pocklington
Awards for All	Funding towards running of Move Mates in Leeds
Sir George Martin	Funding towards running of Move Mates in Leeds
City of York BCF	Funding towards Move Mates and Wellbeing Walks in York
Leeds Bramall	Funding towards running of Move Mates in Leeds
Leeds Community Committee	Funding towards running of Move Mates in Leeds
City of York University	Funding for staff costs

Move the Masses

(Charity Number 1179679)

	Balance b/fwd	Incoming resources	Resources expended	Trf btwn funds	Balance c/fwd
		£	£	£	£
General Unrestricted Funds	40,874	5,413	27,569	915	19,633
Restricted Funds					
Olympian Homes	1,081	-	-	(1,081)	-
NHS Together	13,853	10,000	23,961	108	-
Better Care Fund 23/24	35,610	-	35,650	40	-
Durham Community Fund	4,316	-	4,316	-	-
Durham CF Social Prescription	-	3,000	2,970	-	30
Leeds donor CDCF	2,000	-	2,000	-	-
NHS Selby	2,761	-	2,761	-	-
TRCF Nimbuscare	3,971	-	3,823	-	148
Wesleyan	6,709	-	6,709	-	-
Northern trains 21/22	-	-	18	18	-
Durham County Council	-	19,297	8,364	-	10,933
AAP Durham	-	2,868	2,868	-	-
Coop Durham	-	2,941	100	-	2,841
Coop Leeds	-	1,108	-	-	1,108
Coop Pocklington	-	559	-	-	559
Awards for All	-	20,000	8,572	-	11,428
Sir George Martin	-	2,000	-	-	2,000
City of York BCF	-	26,250	8,363	-	17,887
Leeds Bramall	-	5,000	-	-	5,000
Leeds Community Committee	-	2,517	2,508	-	9
City of York University	-	1,500	1,500	-	-
Total Restricted Funds	70,301	97,040	114,483	(915)	51,943
Total Funds	111,175	102,453	142,052	-	71,576

Transfer between funds

Olympian homes is an unrestricted fund so the balance has been transferred. The other transfers are from unrestricted funds to clear the slight overspend of restricted funds.

Move the Masses

(Charity Number 1179679)

Approval of accounts for the year ended

30th June 2024

The report and accounts were approved at a meeting
of the trustees held on

10/03/2025

Date

Signed for and on behalf of the trustees



Signature



Signature

Hayden Holmes

Name

Jack Strickland

Name

Chair

Position (e.g. Chair etc)

Treasurer

Position (e.g. Chair etc)

25 March 2025.

Date

25/03/2025

Date

MOVE THE MASSES

England & Wales - Charity number 1179679

Accounts

Move the Masses

Charity Number 1179679

Trustees' Annual Report & Financial Statements for the year ended 30th June 2023

outsource

Charity accounts preparation &
independent examination service

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Trustees' Annual Report

From: 1st July 2022

To: 30th June 2023

Charities Full Name:

Move the Masses

Registered Charity Number:

1179679

Objectives and Activities

Summary of the purposes of the charity set out in its governing document

For the public benefit, the promotion of physical and mental health of people throughout England, through the provision of information, signposting, education and opportunities to participate in physical activity.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise. The main schemes which support that mission are:

- a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company. This service operates in York with Durham and Leeds launched at the very end of the reporting year. The project will expand into the Selby and Pocklington areas in 2023.

- b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website.

The trustees consider that they have complied with their duties for the public benefit guidance published by the Charity Commission.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Move the Masses continued to achieve great outcomes for beneficiaries and volunteers. Specifically, through our flagship initiative, Move Mates. Throughout York we had 185 active periods during the 22/23 FY who achieved 2184 paired walks. Of these there were 77 beneficiaries who enjoyed their first walks through the charity. We consolidated and grew in Durham and Leeds. The Leeds projects had its first active pairing during August 2022. Both the Leeds and Durham projects had over 30 pairings throughout the FY. Overall, across York, Leeds, and Durham, we had 254 pairings who achieved 2683 walks. We had 308 volunteers of which 102 were new volunteers. The total volunteer time commitment was >4,000 hours with 2,300 hours spent walking with beneficiaries.

Trustees' Annual Report

Financial Review

Review of the charity's financial position at the end of the period

We have received £103,254 of income in the year (£92,270 Grants, donations £10,684). Our expenditure has been £129,136 leaving an end of period balance of £111,175 which is made up of £70,301 of restricted and £40,874 of unrestricted funds.

Statement explaining the policy for holding reserves stating why they are held

Any unrestricted funds not committed to projects or invested in tangible fixed assets ('the free reserves') held by Move the Masses should be equal to or greater than a minimum of 3 months of fixed costs.

Amount of reserves held

£40,874 of unrestricted reserve.

Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, royal charter)

Foundation Model Constitution

How the charity is constituted (e.g. unincorporated association, CIO)

Charitable Incorporated Constitution

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Appointed by existing trustees

Trustees' Annual Report

Reference and administration details

Charity's full name Move the Masses

Other names the charity is known by n/a

Charity's principal address 20, Falsgrave Crescent
York
YO30 7AZ

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not whole year	Name of person entitled to appoint trustee
Hayden Holmes	Chair		
Jack Strickland	Treasurer		
Tonuse Falaiye	Secretary		
Victoria Robinson	Trustee		
Angela Graham	Trustee		
Brigit Coleman-Green	Trustee		

Names and addresses of advisors

Type of advisor	Name	Address
Independent Examiner	Karen Wood ACMA	Outsource Accountancy & Independent Examinations Hiscox Building Peasholme Green, York YO1 7PR
Bankers	Lloyds Bank	7 Carter Street Uttoxeter, Staffordshire ST14 8HD

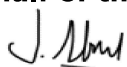
Name of chief executive or names of senior staff members

Becci Blues

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature  **Position** Treasurer

Full Name Jack Strickland **Date** 07/02/2024

Move the Masses

(Charity Number 1179679)

Independent examiner's report to the trustees of Move the Masses

I report on the accounts of: **Move the Masses**

For the year ended: **30th June 2023** Which are set out on pages 5 to 9

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 examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act;
- or**
2. the accounts do not accord with those records

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



Karen Wood (ACMA)
Outsource independent examination service
The Hiscox Building
Peasholme Green
York YO1 7PR

08/02/2024

Date

Move the Masses

(Charity Number 1179679)

Receipts & Payments Accounts for the year ended 30th June 2023

	Unrestricted funds	Restricted funds	2023 Total	2022 Total
	£	£	£	£
Receipts				
Donations & fundraising	10,684	-	10,684	10,880
Grants recieved	500	91,770	92,270	182,553
Sessions & services	300	-	300	-
Gift aid	-	-	-	868
Total receipts	11,484	91,770	103,254	194,301
Payments	£	£	£	£
Staff salaries	1,629	118,626	120,255	72,805
Staff expenses, DBS & recruitment	517	839	1,356	484
Office equipment, costs & room hire	637	3,776	4,413	6,877
Project management & evaluation	770	-	770	795
Independent examination	300	-	300	300
Payroll fees	-	105	105	526
Insurance	438	-	438	364
Publicity & website	60	760	820	5,318
Volunteer costs & coordination	-	180	180	2,098
Memberships & subscriptions	-	50	50	-
Fundraising costs	-	439	439	96
Trustee expenses	-	-	-	59
Bank charges	10	-	10	8
Total payments	4,361	124,775	129,136	89,730
Net of receipts/(payments)	7,123	(33,005)	(25,882)	104,571
Transfer between funds	-	-	-	-
Balance brought forward	33,751	103,306	137,057	32,486
Balance carried forward	40,874	70,301	111,175	137,057

Move the Masses

(Charity Number 1179679)

Notes to the Accounts for the year ended:

30th June 2023

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

2. Restricted income funds

Fund name	Purpose
CYC Huntington Ward 21/22	Funding towards running of Move Mates
Better Care Fund 22/23	Funding towards running of Move Mates in York
Olympian Homes	Development of Wellbeing Walks project
Northern Rail CCIF	Customer & Community Investment Fund a 12 month Move Mates pilot program in Leeds and Durham
Ways to Wellbeing	Promotion of NHS App through our own outreach and marketing
NHS Together	Funding to support the development of internal systems and the expansion of the Move Mates Projects to new areas
UN Ltd	Professional development/salary costs for CEO
Two Ridings Community Foundation	Funding for office space and administration
Better Care Fund 23/24	Funding towards running of Move Mates
Durham Community Fund	Funding for the Durham Move Mates Project post pilot phase
Leeds Donor	Funding for Leeds Move Mates project manager staff costs
NHS Selby	Funding for a pilot Move Mates project in Selby
TRCF Nimbuscare	Fund for a pilot Move Mates project in Pocklington
Wesleyan	Funding for the Leeds Moves Mates project

Move the Masses

(Charity Number 1179679)

	Balance b/fwd	Incoming resources	Resources expended	Balance c/fwd
	£	£	£	£
CYC Huntington Ward 21/22	1,415	-	1,415	-
Better Care Fund 22/23	40,000	-	40,000	-
Olympian Homes	2,285	-	1,204	1,081
Northern Rail CCIF	41,740	-	41,740	-
Ways to Wellbeing	1,571	-	1,571	-
NHS Together	10,000	20,000	16,147	13,853
UN Ltd	5,504	4,950	10,454	-
Two Ridings Community Foundation	791	-	791	-
Better Care Fund 23/24	-	41,000	5,390	35,610
Durham Community Fund	-	5,500	1,184	4,316
Leeds Donor	-	2,000	-	2,000
NHS Selby	-	3,500	739	2,761
TRCF Nimbuscare	-	4,820	849	3,971
Wesleyan	-	10,000	3,291	6,709
	103,306	91,770	124,775	70,301

Move the Masses

(Charity Number 1179679)

Approval of accounts for the year ended

30th June 2023

The report and accounts were approved at a meeting
of the trustees held on

11/09/2023

Date

Signed for and on behalf of the trustees



Signature

Jack Strickland

Name

Treasurer

Position (e.g. Chair etc)

07/02/2024

Date

MOVE THE MASSES

England & Wales - Charity number 1179679

Accounts

Move the Masses

(Charity number: 1179679)

Trustees annual report & financial statements for the year ended

30th June 2022

outsource

Charity accounts preparation &
independent examination service

Move the Masses

(Charity number: 1179679)

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Trustees' Annual Report

From: 1st July 2021

To: 30th June 2022

Charity's full name Move the Masses

Registered Charity number 1179679

Objectives and activities

Summary of the purposes of the charity set out in its governing document

For the public benefit, the promotion of physical and mental health of people throughout England, through the provision of information, signposting, education and opportunities to participate in physical activity.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise.

The main schemes which support that mission are:

- a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company. This service operates in York with Durham and Leeds launched at the very end of the reporting year. The project will expand into the Selby and Pocklington areas in 2023.
- b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

a) Move Mates in 2021-2022: 127 volunteers have supported 147 individual beneficiaries to complete 2298 walks (1824 2020-21). The average time that beneficiaries have walked for is 51 minutes. In addition to this, 100 doorstep chats and 228 phone calls were logged by volunteers when a walk was not possible, still providing social contact for isolated people. Through our quarterly monitoring, 83% of beneficiaries reported progress against their goals. We have positive verbatim feedback around our impact in increasing confidence, increasing independence, improving physical health, improving mental health and reducing loneliness. We have developed robust processes and a custom CRM to expand Move Mates into new areas, with Leeds and Durham ready to launch at the start of the next reporting year.

b) Move Map - we have continued to develop our Move Map within 2021-2022, adding sites nationwide. Website users can submit sites and 42 individual users have submitted sites to the map so far. We have 108 outdoor gyms, 17 Trim Trails and 5 workout challenges up on the map.

Financial review

Review of the charity's financial position at the end of the period

We have received £194,301 of income in the year (£182,553 Grants, donations £10,880). Our expenditure has been £89,729 leaving an end of period balance of £137,057 which is made up of £103,306 of restricted and £33,751 of unrestricted funds.

Statement explaining the policy for holding reserves stating why they are held

Any unrestricted funds not committed to projects or invested in tangible fixed assets ('the free reserves') held by Move the Masses should be equal to or greater than a minimum of 3 months of fixed costs.

Amount of reserves held

£33,751 of unrestricted reserve

Reasons for holding zero reserves

n/a

Funds materially in deficit

None

Explanation of any uncertainties about the charity continuing as a going concern

No current uncertainty on continuing as a going concern

Structure, governance and management**Description of the charity's trusts****Type of governing document** Foundation Model Constitution**How the charity is constituted** Charitable Incorporated Constitution**Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees** Appointed by existing trustees**Reference and administration details****Charity's full name** Move the Masses**Other names the charity is known by** n/a**Charity's principal address** First Floor Rougier House
5 Rougier Street
York
Postcode YO1 6HZ**Names of the trustees who manage the charity**

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Nicholas Griffin	Chair	Until Feb 22	
Jack Strickland	Treasurer		
Barbara Willett	Secretary	Until Feb 22	
Deborah Rack	Trustee	Until Feb 22	
John Bourton	Trustee	Until Feb 22	
Hayden Holmes	Chair	From Jan 22	
Tonuse Falaiye	Secretary	From Aug 22	
Victoria Gartland	Trustee	From Jan 22	
Angela Graham	Trustee	From Jan 22	
Brigit Coleman-Green	Trustee	From Jan 22	


Names and addresses of advisers

Type of adviser	Name	Address
Independent Examiner	Karen Wood ACMA,CGMA	Outsource Accountancy Services & Independent Examinations Hiscox Building, Peasholme Green YO1 7PR
Bankers	Lloyds Bank	7 Carter Street Uttoxeter, Staffordshire ST14 8HD

Name of chief executive or names of senior staff members

Ellen (Egg) Cameron

Declaration**The trustees declare that they have approved the Trustees Annual Report and Accounts****Signed on behalf of the charity's trustees**

Signature 
Full Name Jack Strickland
Position Treasurer & Trustee
Date 10/11/2022

Independent examiner's report to the trustees of Move the Masses

I report on the accounts of: **Move the Masses**
for the year ended: **30th June 2022** which are set out on pages 5 to 8.

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 examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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



Karen Wood (ACMA)

Outsource independent examination
service
The Hiscox Building
Peaseholme Green
York YO1 7PR

14/11/2022

Date:

Move the Masses
(Charity number: 1179679)

Receipts & payments accounts for the year ended:		30th June 2022		
	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Receipts				
Contracted work	-	-	-	1,500
Donations	10,880	-	10,880	10,697
Grants received	1,000	181,553	182,553	83,296
Trading sales	-	-	-	480
Gift aid	868	-	868	1,990
Total receipts	<u>12,748</u>	<u>181,553</u>	<u>194,301</u>	<u>97,963</u>
Payments				
Staff salaries	-	72,805	72,805	44,021
Staff expenses & recruitment	45	439	484	2,700
Office & room hire	-	4,846	4,846	-
Project management & evaluation	-	795	795	1,899
Contracted CEO payments	-	-	-	13,800
Office & administration costs	-	1,515	1,515	3,134
Independent examination	300	-	300	300
Payroll fees	-	526	526	277
Office equipment	516	-	516	1,795
Insurance	-	364	364	348
Publicity & website	665	4,653	5,318	10,049
Design & branding	-	-	-	5,434
Volunteer costs & coordination	314	1,784	2,098	4,319
Memberships & subscriptions	-	-	-	96
Videography	-	-	-	2,400
Fundraising costs	96	-	96	-
Trustee expenses	59	-	59	-
Bank charges	-	8	8	26
Other sundry costs	-	-	-	1
Total payments	<u>1,995</u>	<u>87,735</u>	<u>89,730</u>	<u>90,599</u>
Net of receipts/(payments)	10,753	93,818	104,571	7,364
Transfers between funds	-	-	-	-
Balance brought forward	22,998	9,488	32,486	13,475
Balance carried forward	<u>33,751</u>	<u>103,306</u>	<u>137,057</u>	<u>20,839</u>

Move the Masses
(Charity number: 1179679)

Statement of assets and liabilities at:		30th June 2022		
	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Assets				
Cash at bank and in hand				
Current bank account	33,751	103,306	137,057	20,839
	<u>33,751</u>	<u>103,306</u>	<u>137,057</u>	<u>20,839</u>
	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Liabilities				
Independent examination fee	300	-	300	300
	<u>300</u>	<u>-</u>	<u>300</u>	<u>300</u>

**Move the Masses
(Charity number 1179679)**

Notes to the accounts for the year ended:

30th June 2022

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

2. Restricted income funds

Fund name	Purpose
The National Lottery-Awards for All	
Better Care Fund 20/21	Funding towards running of Move Mates in York
CYC Acomb Ward 2021/22	Funding towards running of Move Mates and advertising Acomb Ambles group walks at specific locations
CYC Clifton Ward 21/22	Funding towards running of Move Mates and development of group walk in the ward area
CYC Holgate Ward 21/22	Funding towards running of Move Mates
CYC Haxby Ward 21/22	Funding towards running of Move Mates and development of group walk in the ward area.
CYC Guildhall Ward 21/22	Funding towards running of Move Mates
CYC Huntington Ward 21/22	Funding towards running of Move Mates
Better Care Fund 21/22	Funding towards running of Move Mates in York
Active Towns -Pocklington	Planning and delivery of an outdoor gym activation event
Active Towns -Market Weighton	Research and evaluation of local opinion on the installation of an outdoor gym
Better Care Fund 22/23	Funding towards running of Move Mates in York
Olympian Homes	Development of Wellbeing Walks project
Northern Rail CCIF	Customer & Community Investment Fund a 12 month Move Mates pilot program in Leeds and Durham
Ways to Wellbeing	Promotion of NHS App through our own outreach and marketing
Two Ridings Community Foundation	Funding towards office rental during Covid 19
NHS Together	Maintenance & development of Move Mates in York & East Riding of Yorkshire
UN Ltd	Funding to develop Move Mates project to enable multi-area growth

Move the Masses
(Charity number 1179679)

	Balance b/fwd £	Incoming resources £	Resources expended £	Balance c/fwd £
The National Lottery-Awards for All	1,929	-	1,929	-
Better Care Fund 20/21	7,559	-	7,559	-
CYC Acomb Ward 2021/22	-	2,928	2,928	-
CYC Clifton Ward 21/22	-	2,928	2,928	-
CYC Holgate Ward 21/22	-	2,196	2,196	-
CYC Haxby Ward 21/22	-	4,392	4,392	-
CYC Guildhall Ward 21/22	-	4,392	4,392	-
CYC Huntington Ward 21/22	-	4,392	2,977	1,415
Better Care Fund 21/22	-	40,000	40,000	-
Active Towns -Pocklington	-	750	750	-
Active Towns -Market Weighton	-	990	990	-
Better Care Fund 22/23	-	40,000	-	40,000
Olympian Homes	-	6,495	4,210	2,285
Northern Rail CCIF	-	44,390	2,650	41,740
Ways to Wellbeing	-	2,000	429	1,571
NHS Together	-	10,000	-	10,000
UN Ltd	-	10,000	4,496	5,504
Two Ridings Community Foundation	-	5,700	4,909	791
	<u>9,488</u>	<u>181,553</u>	<u>87,735</u>	<u>103,306</u>

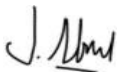
Approval of accounts for the year ended:

30th June 2022

The report and accounts were approved at a meeting of the Trustees held on:

17/10/2022

Date



Signed for and on behalf of the trustees

10/11/2022

Date

Jack Strickland

Print name

Treasurer

Position (e.g. Chair etc)

MOVE THE MASSES

England & Wales - Charity number 1179679

Accounts

Move the Masses

(Charity number: 1179679)

Trustees annual report & financial statements for the year ended

30th June 2021

outsourc

Charity accounts preparation &
independent examination service

Move the Masses

(Charity number: 1179679)

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Trustees' Annual Report

From: 1st July 2020

To: 30th June 2021

Charity's full name Move the Masses

Registered Charity number 1179679

Objectives and activities

Summary of the purposes of the charity set out in its governing document

For the public benefit, the promotion of physical and mental health of people throughout England, through the provision of information, signposting, education and opportunities to participate in physical activity.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise.

The main schemes which support that mission are:

- a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company. This service operates in York, however we are looking to expand into the Durham area in 2021-2022.
- b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website. We launched a brand new and improved Move Map in April, showing outdoor gyms, trim trails, workout challenge and walking routes.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

a) Move Mates in 2020-2021 we have 189 individuals who are partnered (45 2019-2020), 109 active volunteers (35 2019-20) and have completed 1824 walks (306 2019-20). The average time that beneficiaries have walked for has increased to 52 minutes (30 minutes 2019-2020). Our beneficiaries survey has identified that 66% of peoples physical health has improved or stayed the same and 72% of people life satisfaction has improved or stayed the same. We have positive verbatium feedback around our impact in increasing confidence, improving physical health and preventing loneliness.

b) Move Map - we have continued to expand our move map within 2020-2021 covering more of York and the surrounding area. Website users can submit sites and 38 individual users have submitted sites to the map so far. We have 98 outdoor gyms, 16 Trim Trails and 320 walks and 3 workout challenges up on the map.

Financial review

Review of the charity's financial position at the end of the period

We have received £97,963 of income in the year (£83,296 Grants, donations £10,697 and miscellaneous £3970). Our expenditure has been £90,599 leaving an end of period balance of £32,486 which is made up of £9,488 of restricted and £22,998 of unrestricted funds.

Statement explaining the policy for holding reserves stating why they are held

Any unrestricted funds not committed to projects or invested in tangible fixed assets ('the free reserves') held by Move the Masses should be equal to or greater than a minimum of 3 months of fixed costs.

Amount of reserves held

£22,998 of unrestricted reserve

Reasons for holding zero reserves

n/a

Funds materially in deficit

None

Explanation of any uncertainties about the charity continuing as a going concern

Our main grant funding streams end at the end of March 2022 and we are currently looking for additional funding to support our existing projects.

Structure, governance and management

Description of the charity's trusts

Type of governing document Foundation Model Constitution

How the charity is constituted Charitable Incorporated Constitution

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees Appointed by existing trustees

Reference and administration details

Charity's full name Move the Masses

Other names the charity is known by n/a

Charity's principal address First Floor Rougier House
5 Rougier Street
York
Postcode YO1 6HZ

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Nicholas Griffin	Chair		
Jack Strickland	Treasurer	From May 21	
Barbara Willett	Secretary		
Deborah Rack			
John Bourton			

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
--------------	-----------------------------------

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Names and addresses of advisers

Type of adviser	Name	Address
-----------------	------	---------

Independent Examiner Karen Wood
ACMA,CGMA
Outsource Accountancy Services & Independent Examinations
Hiscox Building, Peasholme Green
YO1 7PR

Bankers

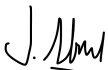
Name of chief executive or names of senior staff members

Ellen (Egg) Cameron

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature 
Full Name Jack Strickland
Position Treasurer & Trustee
Date 19/11/2021

Independent examiner's report to the trustees of Move the Masses

I report on the accounts of: **Move the Masses**
for the year ended: **30th June 2021** which are set out on pages 5 to 8.

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 examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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



Karen Wood (ACMA)
Outsource independent examination
service
The Hiscox Building
Peaseholme Green
York YO1 7PR

20/11/2021

Date:

Move the Masses
(Charity number: 1179679)

Receipts & payments accounts for the year ended:		30th June 2021		
	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Receipts				
Contracted work	1,500	-	1,500	1,860
Donations	10,697	-	10,697	6,057
Grants received	1,000	82,296	83,296	48,206
Trading sales	480	-	480	2,325
Gift aid	1,990	-	1,990	774
Total receipts	<u>15,667</u>	<u>82,296</u>	<u>97,963</u>	<u>59,222</u>
Payments				
Staff salaries	259	43,762	44,021	-
Recruitment	-	2,700	2,700	-
Session delivery	-	-	-	2,370
Project management & consultancy	324	1,575	1,899	18,488
Contracted CEO payments	-	13,800	13,800	6,900
Office & administration costs	-	3,134	3,134	5,599
Independent examination	300	-	300	-
Payroll fees	17	260	277	-
Office equipment	107	1,688	1,795	819
Insurance	348	-	348	-
Publicity & website	-	10,049	10,049	3,182
Design & branding	184	5,250	5,434	-
Volunteer costs & coordination	1,236	3,083	4,319	1,655
Memberships & subscriptions	96	-	96	96
Videography	1,000	1,400	2,400	700
Fundraising costs	-	-	-	256
Trustee training	-	-	-	121
Bank charges	-	26	26	20
Other sundry costs	1	-	1	5
Total payments	<u>3,872</u>	<u>86,727</u>	<u>90,599</u>	<u>40,211</u>
Net of receipts/(payments)	11,795	(4,431)	7,364	19,011
Transfers between funds	-	-	-	-
Balance brought forward	11,203	13,919	25,122	6,111
Balance carried forward	<u>22,998</u>	<u>9,488</u>	<u>32,486</u>	<u>25,122</u>

Move the Masses
(Charity number: 1179679)

Statement of assets and liabilities at:		30th June 2021			
	Unrestricted	Restricted	2021	2020	
	funds	funds	Total	Total	
Assets	£	£	£	£	
Cash at bank and in hand					
Current bank account	22,998	9,488	32,486	25,122	
	<u>22,998</u>	<u>9,488</u>	<u>32,486</u>	<u>25,122</u>	
	Unrestricted	Restricted	2021	2020	
	Funds	Funds	Total	Total	
Liabilities	£	£	£	£	
Independent examination fee	300	-	300	300	
	<u>300</u>	<u>-</u>	<u>300</u>	<u>300</u>	

Move the Masses
(Charity number 1179679)

Notes to the accounts for the year ended:

30th June 2021

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

2. Restricted income funds

Fund name	Purpose
Guildhall Ward	Project to run a series of free sessions at the newly installed Navigation Road fitness area. Project includes a filming sessions and promoting videos via website.
CYC Adult Commissioning	Grant to run the Move Mates project city wide for one year from 1st October 2019.
CYC Sports Grant	Grant to promote six outdoor gyms in York, running filming sessions at each and promoting sites/video via our website
Acomb Ward 2020/21	Acomb Ambles, a walking engagement project setting up group walks and three local walking routes with maps.
Westfield Ward	A grant towards organisation postage costs.
Two Ridings Community Foundation - Step Change	Funding to support the organisation's ongoing Covid-19 response for the period July 2020 to October 2020, specifically, staff costs and setting up payroll.
The National Lottery - Coronavirus Community Support Fund	Funding to restart the Move Mates project post-lockdown with increased capacity.
The National Lottery - Awards for All	Funding towards the running of Move Mates
Better Care Fund	Funding towards the running of Move Mates
City of York Ward Funding - Fishergate	Funding towards the running of Move Mates
TCRF - Coronavirus Community Fund	Improving the organisation's communications and marketing by recruiting a Communications Officer to review and update all digital content and working with a consultant to overhaul the 'Move Map' to improve website SEO.

Move the Masses
(Charity number 1179679)

	Balance b/fwd £	Incoming resources £	Resources expended £	Balance c/fwd £
Guildhall Ward	1,540	-	1,540	-
CYC Adult Commissioning	5,714	-	5,714	-
CYC Sports Grant	3,300	-	3,300	-
Acomb Ward 2020/21	3,265	-	3,265	-
Westfield Ward	100	-	100	-
Two Ridings Community Foundation - Step Change	-	10,000	10,000	-
The National Lottery - Coronavirus Community Support Fund	-	34,443	34,443	-
The National Lottery - Awards for All Better Care Fund	-	10,000	8,071	1,929
City of York Ward Funding - Fishergate	-	10,000	2,441	7,559
TCRF - Coronavirus Community Fund	-	2,928	2,928	-
	-	14,925	14,925	-
	<u>13,919</u>	<u>82,296</u>	<u>86,727</u>	<u>9,488</u>

Approval of accounts for the year ended:	30th June 2021
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The report and accounts were approved at a meeting of the Trustees held on:

21/10/2021

Date



Signed for and on behalf of the trustees

19/11/2021

Date

Jack Strickland

Print name

Treasurer

Position (e.g. Chair etc)