

Move the Masses

(Charity number: 1179679)

Trustees annual report & financial statements for the year ended

30th June 2022

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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 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
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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	12,748	181,553	194,301	97,963
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	1,995	87,735	89,730	90,599
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	33,751	103,306	137,057	20,839

Move the Masses
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Statement of assets and liabilities at:	30th June 2022
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	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>

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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

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	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)