

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

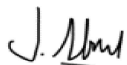
Name of chief executive or names of senior staff members

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

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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

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Statement of Assets and Liabilities at:	30th June 2023
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Statement of Assets and Liabilities at:	30th June 2023
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	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
Assets	£	£	£	£
Cash at bank and in hand				
Current bank account	40,874	70,301	111,175	137,057
	40,874	70,301	111,175	137,057

	Unrestricted funds	Restricted funds	2023 Total Funds	2022 Total funds
Liabilities	£	£	£	£
Independent examination fee	330	-	330	300
	330	-	330	300

Move the Masses

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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

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	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

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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