

Move the Masses

Charity Number 1179679

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

outsource

Charity accounts preparation &
independent examination service

Contents

	Page
■ Index	
■ Report of the Trustees	1
■ Independent Examiner's Report	4
■ Receipts & Payments Accounts	5
■ Statement of Assets & Liabilities	6
■ Notes to the Accounts	7

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

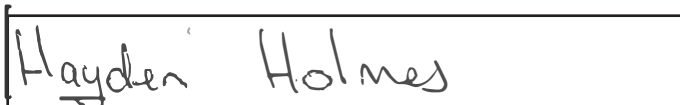
Signed for and on behalf of the trustees



Signature



Signature



Name

Jack Strickland

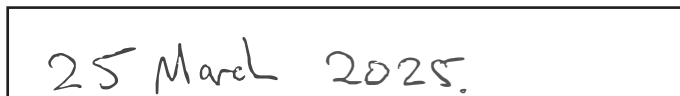
Name



Position (e.g. Chair etc)

Treasurer

Position (e.g. Chair etc)



Date

25/03/2025

Date