

# **Move the Masses**

(Charity number: 1179679)

## **Trustees annual report & financial statements for the year ended**

**30th June 2025**

# **outsourc**

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 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
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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
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<b>Independent Examiner</b>	Karen Wood ACMA, CGMA	Outsource Accountancy Services & Independent Examinations 2 Galligap Lane, Osbaldwick York, YO10 3NR
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<b>Bankers</b>	Lloyds Bank	7 Carter Street Uttoxeter, Staffordshire ST14 8HD
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**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

27/04/2026

Date:

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

<b>Receipts &amp; payments accounts for the year ended:</b>			<b>30th June 2025</b>	
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2025 Total funds</b>	<b>2024 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Receipts</b>				
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
<b>Total receipts</b>	<b>8,472</b>	<b>53,387</b>	<b>61,859</b>	<b>102,453</b>
<b>Payments</b>				
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	-
<b>Total payments</b>	<b>28,423</b>	<b>96,971</b>	<b>125,394</b>	<b>142,052</b>
<b>Net of receipts/(payments)</b>	<b>( 19,951)</b>	<b>( 43,584)</b>	<b>( 63,535)</b>	<b>( 39,599)</b>
<b>Transfers between funds</b>	<b>(287)</b>	<b>287</b>	<b>-</b>	<b>-</b>
<b>Balance brought forward</b>	<b>19,633</b>	<b>51,943</b>	<b>71,576</b>	<b>111,175</b>
<b>Balance carried forward</b>	<b>(605)</b>	<b>8,646</b>	<b>8,041</b>	<b>71,576</b>

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

Statement of assets and liabilities at:	30th June 2025
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	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>Assets</b>				
<b>Cash at bank and in hand</b>				
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 Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
<b>Liabilities</b>				
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**

<b>Fund name</b>	<b>Purpose</b>
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
	£	£	£	£	£
<b>General Unrestricted Funds</b>	19,633	8,472	28,423	(287)	(605)
<b>Restricted Funds</b>					
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	-	-
<b>Total Restricted Funds</b>	<u>51,934</u>	<u>53,387</u>	<u>96,971</u>	<u>287</u>	<u>8,646</u>
<b>Total Funds</b>	<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.

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



**Signed for and on behalf of the trustees**

Hayden Holmes

**Print name**

27 April 2026

**Date**

Chair

**Position (e.g. Chair etc)**