

INNERCYCLE

England & Wales · Charity number 1179976

Details

Status Registered

Legal form CIO

Registered 2018-09-18

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

Contact

Address 71-75 Shelton Street
Covent Garden
London
WC2H 9JQ

Phone 02071936043

Email support@innercycle.org

Website www.innercycle.org

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE BENEFIT OF PEOPLE WITH MENTAL HEALTH CONCERNS, INCLUDING THOSE ON THE CUSP OF RECOVERY FROM (OR ON THE VERGE OF) MENTAL HEALTH CONCERNS:THE ADVANCEMENT OF HEALTH FOR PUBLIC BENEFIT, THROUGH PROMOTION AND PROVISION OF CYCLING ACTIVITIES AND THERAPEUTIC COUNSELLING MODALITIES WHICH HAVE A PROVEN BENEFICIAL EFFECT ON HEALTH.THE ADVANCEMENT OF EDUCATION AND RELIEF FROM UNEMPLOYMENT IN THE UNITED KINGDOM FOR PUBLIC BENEFIT, THROUGH PROVISION OF VOCATIONAL TRAINING, RESOURCES, ADVICE AND ASSISTANCE TO FIND AND SUSTAIN WORK, THE STARTING AND GROWING OF A BUSINESS OR VOLUNTEERING, DEVELOPING INDIVIDUAL CAPABILITIES, COMPETENCES, SKILLS AND UNDERSTANDING.THE RELIEF OF THOSE IN NEED, BY REASON OF ILL-HEALTH AND FINANCIAL HARDSHIP AMONG PEOPLE LIVING OR WORKING IN THE UNITED KINGDOM, PROMOTING MENTAL IMPROVEMENT AND PROVIDING FOR PUBLIC BENEFIT GOODS AND SERVICES WHICH COULD NOT OTHERWISE BE ACCESSED THROUGH LACK OF MEANS.

Activities: Bringing purpose, meaning and direction to people with mental health concerns through personalised cycling plans with access to accredited therapists and practical help with career choices in accordance with the charitable objects.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£0	£637	-	-
2024-03-31	£0	£593	-	-
2023-03-31	£6	£6,082	-	-
2022-03-31	£6,917	£1,035	-	-
2021-03-31	£93	£1,261	-	-

Trustees

Name	Role	Appointed
STEVEN CLARKE	Chair	2018-09-18

INNERCYCLE

England & Wales - Charity number 1179976

Accounts



INNERCYCLE CIO – 1179976

TRUSTEES ANNUAL REPORT AT 31 MARCH 2025

Address

The principle office of the CIO is in England, located at:

71–75 Shelton Street, Covent Garden, London WC2H 9JQ

Trustees

The Chair, Steven Clarke, held office through the period.

Structure

Innercycle is a Charitable Incorporated Organisation whose only voting member is its current charity trustee. When in operational status, it was governed by a Board of Trustees working to a Constitution dated 18th September 2018. It continues to be managed on a voluntary basis by the Chair and the unsalaried Chief Executive, working to governance documents issued by the former Board. When operational, some support functions are outsourced including to a roster of accredited psychotherapists, volunteer cycle-side support workers and vocational advisors.

Trustees previously held office for variable terms. Re-appointment or the appointment of a new Trustee requires agreement of the existing Trustee who will consider the candidate's values, knowledge, skills and influence, with the aim of increasing the capabilities of a Board and the charity. Review of appointments was undertaken prior to the 2025 Annual Report. In deciding that virtual dormancy should continue for the foreseeable, replacements were not appointed.

Reserves Policy

The CIO has not developed sufficiently for adoption of a Reserves Policy, maintained in virtual dormancy.

Public Benefit

The Chair confirms that throughout the period duty has been complied with due regard to the guidance on public benefit published by the *Charity Commission* in exercising powers and duties.

Objectives

The objects of the CIO are for the benefit of people with mental health concerns, including those on the cusp of recovery from (or on the verge of) mental health concerns:

- The advancement of health for public benefit, through promotion and provision of cycling activities and therapeutic counselling modalities which have a proven beneficial effect on health;
- The advancement of education and relief from unemployment in the United Kingdom for public benefit, through provision of vocational training, resources, advice and assistance to find and sustain work, the starting and growing of a business or volunteering, developing individual capabilities, competences, skills and understanding; and
- The relief of those in need, by reason of ill-health and financial hardship among people living or working in the United Kingdom, promoting mental improvement and providing for public benefit goods and services which could not otherwise be accessed through lack of means.



Activities

No income was received in the period and the CIO did not carry out any active provision. Retained funds enabled nominal year-on-year disbursements of £637, with no accruals.

Dependent upon ad-hoc volunteering and funding, the CIO shall resume organisational membership of professional bodies and *Innercycle* has a strategy for provision that addresses the charity's objectives.

Operational status | Governance Risk Management

Whilst cessation was once again considered, it was decided that virtual dormancy would remain appropriate for exploring potential opportunities.

Chair

Innercycle

31 March 2025



Innecycle
Statement of Financial Activities (Income & Expense)
April 1, 2024 to March 31, 2025

<i>Income</i>	Unrestricted	Restricted	Endowment	Total
Income and Endowments				
1. Income from Grants and Donations				
1B Donations				
<hr/>				
Total Income	0	0	0	0
<i>Expenses</i>				
Expenditure				
3. Expenditure on Management, Admin & Services	637			637
<hr/>				
Total Expenses	637	0	0	637
Net Resource Movement	0	0	0	0
Net Movement in Funds	-637	0	0	-637
Total Funds Brought Forward	3,441	0	0	3,441
Total Funds Carried Forward	2,804	0	0	2,804



Innecytle
Charity Commission Registration Number 1179976
Balance Sheet - Detail
As at March 31, 2025

Current Assets

Cash At Bank And In Hand

Zempler Business Account 2,804

Creditors

Other Creditors

Accruals & Deferred Income

Net Assets **2,804**

Funds & Reserves

Retained Funds 3,441

Accumulated Funds (1/4/2023 - 31/3/2024) -637

Funds Provided **2,804**

INNERCYCLE

England & Wales - Charity number 1179976

Accounts



INNERCYCLE CIO – 1179976

TRUSTEES ANNUAL REPORT AT 31 MARCH 2024

Address

The principle office of the CIO is in England, located at:

71–75 Shelton Street, Covent Garden, London WC2H 9JQ

Trustees

The Chair, Steven Clarke, held office through the period.

Structure

Innercycle is a Charitable Incorporated Organisation whose only voting member is its current charity trustee. When in operational status, it was governed by a Board of Trustees working to a Constitution dated 18th September 2018. It continues to be managed on a voluntary basis by the Chair and the unsalaried Chief Executive, working to governance documents issued by the former Board. When operational, some support functions are outsourced including to a roster of accredited psychotherapists, volunteer cycle-side support workers and vocational advisors.

Trustees previously held office for variable terms. Re-appointment or the appointment of a new Trustee requires agreement of the existing Trustee who will consider the candidate's values, knowledge, skills and influence, with the aim of increasing the capabilities of a Board and the charity. Review of appointments was undertaken prior to the 2024 Annual Report. In deciding that virtual dormancy should continue for the foreseeable, replacements were not appointed.

Reserves Policy

The CIO has not developed sufficiently for adoption of a Reserves Policy, maintained in virtual dormancy.

Public Benefit

The Chair confirms that throughout the period duty has been complied with due regard to the guidance on public benefit published by the *Charity Commission* in exercising powers and duties.

Objectives

The objects of the CIO are for the benefit of people with mental health concerns, including those on the cusp of recovery from (or on the verge of) mental health concerns:

- The advancement of health for public benefit, through promotion and provision of cycling activities and therapeutic counselling modalities which have a proven beneficial effect on health;
- The advancement of education and relief from unemployment in the United Kingdom for public benefit, through provision of vocational training, resources, advice and assistance to find and sustain work, the starting and growing of a business or volunteering, developing individual capabilities, competences, skills and understanding; and
- The relief of those in need, by reason of ill-health and financial hardship among people living or working in the United Kingdom, promoting mental improvement and providing for public benefit goods and services which could not otherwise be accessed through lack of means.



Activities

No income was received in the period and the CIO did not carry out any active provision. Retained funds enabled nominal year-on-year disbursements of £593, with no accruals.

Dependent upon ad-hoc volunteering and funding, the CIO shall resume organisational membership of professional bodies and *Innercycle* has a strategy for provision that addresses the charity's objectives.

Operational status | Governance Risk Management

Whilst cessation was considered, it was decided that virtual dormancy would remain appropriate for exploring potential opportunities.

Chair

Innercycle

31 March 2024



Innercycle
Statement of Financial Activities (Income & Expense)
April 1, 2023 to March 31, 2024

<i>Income</i>	Unrestricted	Restricted	Endowment	Total
Income and Endowments				
1. Income from Grants and Donations				
1B Donations				
<hr/>				
Total Income	0	0	0	0
<i>Expenses</i>				
Expenditure				
3. Expenditure on Management, Admin & Services	593			593
<hr/>				
Total Expenses	593	0	0	593
Net Resource Movement	0	0	0	0
Net Movement in Funds	-593	0	0	-593
Total Funds Brought Forward	4,034	0	0	4,034
Total Funds Carried Forward	3,441	0	0	3,441



Innecytle
Charity Commission Registration Number 1179976
Balance Sheet - Detail
As at March 31, 2024

Current Assets

Cash At Bank And In Hand

APS Cash Plus Business Account 3,441

Creditors

Other Creditors

Accruals & Deferred Income

Net Assets 3,441

Funds & Reserves

Retained Funds 4,034

Accumulated Funds (1/4/2023 - 31/3/2024) -593

Funds Provided 3,441

INNERCYCLE

England & Wales - Charity number 1179976

Accounts



INNERCYCLE CIO – 1179976

TRUSTEES ANNUAL REPORT AT 31 MARCH 2023

Address

The principle office of the CIO is in England, located at:

71–75 Shelton Street, Covent Garden, London WC2H 9JQ

Trustees

The Chair, Steven Clarke, held office through the period.

Structure

Innercycle is a Charitable Incorporate Organisation whose only voting members are its charity trustees. When in operational status, it was governed by a Board of Trustees working to a Constitution dated 18th September 2018. It continues to be managed on a voluntary basis by the Chair and the unsalaried Chief Executive, working to governance documents issued by the Board. When operational, some support functions are outsourced including to a roster of accredited psychotherapists, volunteer cycle-side support workers and vocational advisors.

Trustees previously held office for variable terms. Re-appointment or the appointment of a new Trustee requires unanimous agreement of existing Trustees who will consider the candidate's values, knowledge, skills and influence, with the aim of increasing the capabilities of the Board and the charity. Review of appointments was undertaken prior to the 2023 Annual Report. The agreed duration of the original terms of two Trustees lapsed during the period and, in light of ongoing virtual dormancy, the decision was taken not to appoint replacements.

Reserves Policy

The CIO has not developed sufficiently for adoption of a Reserves Policy, maintained in virtual dormancy.

Public Benefit

The Chair confirms that throughout the period duty has been complied with due regard to the guidance on public benefit published by the *Charity Commission* in exercising powers and duties.

Objectives

The objects of the CIO are for the benefit of people with mental health concerns, including those on the cusp of recovery from (or on the verge of) mental health concerns:

- The advancement of health for public benefit, through promotion and provision of cycling activities and therapeutic counselling modalities which have a proven beneficial effect on health;
- The advancement of education and relief from unemployment in the United Kingdom for public benefit, through provision of vocational training, resources, advice and assistance to find and sustain work, the starting and growing of a business or volunteering, developing individual capabilities, competences, skills and understanding; and
- The relief of those in need, by reason of ill-health and financial hardship among people living or working in the United Kingdom, promoting mental improvement and providing for public benefit goods and services which could not otherwise be accessed through lack of means.



Activities

Donations during the period amounted to £6, via the Amazon Smile Programme arising from the Chair and Chief Executive. Year-on-year disbursements were £6,082 (2022 £1,035) with accruals settled.

Dependent upon ad-hoc volunteering and funding, the CIO holds organisational membership of professional bodies and *Innercycle* has a strategy for provision that addresses the charity's objectives.

Operational status | Governance Risk Management

Whilst cessation was considered, it was decided that virtual dormancy would remain appropriate in the foreseeable, with scope for exploring potential opportunities.

Chair

Innercycle

31 March 2023



Innecycle
Statement of Financial Activities (Income & Expense)
April 1, 2022 to March 31, 2023

<i>Income</i>	Unrestricted	Restricted	Endowment	Total
Income and Endowments				
1. Income from Grants and Donations				
1B Donations	6			6
<hr/>				
Total Income	6	0	0	6
 <i>Expenses</i>				
Expenditure				
3. Expenditure on Management, Admin & Services	6,082			6,082
<hr/>				
Total Expenses	6,082	0	0	6,082
Net Resource Movement	-6,076	0	0	-6,076
Net Movement in Funds	-6,076	0	0	-6,076
Total Funds Brought Forward	9,680	0	0	9,680
Total Funds Carried Forward	3,604	0	0	3,604



Innecycle
Charity Commission Registration Number 1179976
Balance Sheet - Detail
As at March 31, 2023

Current Assets

Cash At Bank And In Hand

APS Cash Plus Business Account 4,033

Creditors

Other Creditors

Accruals & Deferred Income -429

Net Assets **3,604**

Funds & Reserves

Retained Funds 9,680

Accumulated Funds (1/4/2022 - 31/3/2023) -6,076

Funds Provided **3,604**

INNERCYCLE

England & Wales - Charity number 1179976

Accounts



INNERCYCLE CIO – 1179976

TRUSTEES ANNUAL REPORT AT 31 MARCH 2022

Address

The principle office of the CIO is in England, located at:

71–75 Shelton Street, Covent Garden, London WC2H 9JQ

Trustees

The following Trustees held office through the period:

Steven Clarke (Chair)

Jane Brodie (trusteeship expired)

Andrew Johnston (trusteeship expired)

Andy Walsh

Anne Walsh

Structure

Innercycle is a Charitable Incorporate Organisation whose only voting members are its charity trustees. It is governed by a Board of Trustees working to a Constitution dated 18th September 2018. It is managed entirely on a voluntary basis, overseen by the Chair and the unsalaried Chief Executive, working to governance documents issued by the Board. Some support functions are outsourced including to a roster of accredited psychotherapists.

Trustees hold office for variable terms. Re-appointment or the appointment of a new Trustee requires unanimous agreement of existing Trustees who will consider the candidate's values, knowledge, skills and influence, with the aim of increasing the capabilities of the Board and the charity. Review of appointments was undertaken prior to the 2022 Annual Report. The agreed duration of the original terms of two Trustees lapsed during the period and, in light of ongoing virtual dormancy, the decision was taken not to appoint replacements.

Reserves Policy

The CIO has not developed sufficiently for adoption of a Reserves Policy, although the charity was virtually dormant during the pandemic.

Public Benefit

The Trustees confirm that throughout the period they have complied with their duty to have due regard to the guidance on public benefit published by the *Charity Commission* in exercising their powers and duties.

Objectives

The objects of the CIO are for the benefit of people with mental health concerns, including those on the cusp of recovery from (or on the verge of) mental health concerns:

- The advancement of health for public benefit, through promotion and provision of cycling activities and therapeutic counselling modalities which have a proven beneficial effect on health;
- The advancement of education and relief from unemployment in the United Kingdom for public benefit, through provision of vocational training, resources, advice and assistance to find and sustain work, the starting and growing of a business or volunteering, developing individual capabilities, competences, skills and understanding; and
- The relief of those in need, by reason of ill-health and financial hardship among people living or working in the United Kingdom, promoting mental improvement and providing for public benefit goods and services which could not otherwise be accessed through lack of means.



Activities

Donations during the period amounted to £6,917 (2021 £93), a welcome increase on the previous year.

Dependent upon ad-hoc volunteering and funding, the uncertainties in the economy present challenges to attract sponsorship and obtain grants, the latter proving as difficult to access post-pandemic as in lockdown.

The CIO holds organisational membership of professional bodies and *Innercycle* has a strategy for provision that addresses each of the areas of need. However, as in prior years, the goals are volunteer retention, preservation of infrastructure and securing resourcing to enable the charity's objectives.

Operational status | Governance Risk Management

The Trustees and the unsalaried Chief Executive offer their heartfelt thanks to the charity's donors, sponsors, suppliers, volunteers and supporters.

Year-on-year disbursements were £1,035 (2021 £1,260) a decrease of 17.85% on the previous year.

The Chief Executive was able to secure non-chargeable (free services) renewals, while nominal overhead was reduced where feasible.

It was decided that virtual dormancy should continue in the short-term. As the Trustees' terms of office will be expiring later in the year, strategy will be reviewed during 2022.

The Chair of the Board of Trustees

Innercycle

31 March 2022

Innercycle Statement of Financial Activities (Income & Expense)

April 1, 2021 to March 31, 2022

	Unrestricted	Restricted	Endowment	Total
<i>Income</i>				
Income and Endowments				
1. Income from Grants and Donations				
1B Donations	6,917			6,917
Total Income	6,917	0	0	6,917
 <i>Expenses</i>				
Expenditure				
3. Expenditure on Charity Management & Admin				
	1,035			1,035
Total Expenses	1,035	0	0	1,035
 Net Resource Movement	 5,882	 0	 0	 5,882
Net Movement in Funds	5,882	0	0	5,882
Total Funds Brought Forward	3,799	0	0	3,799
Total Funds Carried Forward	9,680	0	0	9,680

Innercycle
Charity Commission Registration Number 1179976
Balance Sheet - Detail
As at March 31, 2022

Current Assets

Cash At Bank And In Hand

 APS Cash Plus Business Account 10,120

Creditors

Other Creditors

 Accruals & Deferred Income -440

Net Assets 9,680

Funds & Reserves

Retained Funds 3,799

Accumulated Funds (1/4/2021 - 31/3/2022) 5,882

Funds Provided 9,680

INNERCYCLE

England & Wales - Charity number 1179976

Accounts



INNERCYCLE CIO – 1179976

TRUSTEES ANNUAL REPORT AT 31 MARCH 2021

Address

The principle office of the CIO is in England, located at:

71–75 Shelton Street, Covent Garden, London WC2H 9JQ

Trustees

The following Trustees held office through the period:

Steven Clarke (Chair)

Jane Brodie

Andrew Johnston

Andy Walsh

Anne Walsh

Structure

Innercycle is a Charitable Incorporate Organisation whose only voting members are its charity trustees. It is governed by a Board of Trustees working to a Constitution dated 18th September 2018. It is managed entirely on a voluntary basis, activity ordinarily undertaken by an ad-hoc roster of approximately 20-30 volunteers overseen by the Chair and the unsalaried Chief Executive, working to governance documents issued by the Board. Some support functions are outsourced including to a roster of 30+ accredited psychotherapists.

Trustees hold office for variable terms. Re-appointment or the appointment of a new Trustee requires unanimous agreement of existing Trustees who will consider the candidate's values, knowledge, skills and influence, with the aim of increasing the capabilities of the Board and the charity. No additional Trustees were appointed during the period. Review of appointments is anticipated prior to the 2022 Annual Report.

Reserves Policy

The CIO is yet to develop sufficiently for adoption of a Reserves Policy.

Public Benefit

The Trustees confirm that throughout the period they have complied with their duty to have due regard to the guidance on public benefit published by the *Charity Commission* in exercising their powers or duties.

Objectives

The objects of the CIO are for the benefit of people with mental health concerns, including those on the cusp of recovery from (or on the verge of) mental health concerns:

- The advancement of health for public benefit, through promotion and provision of cycling activities and therapeutic counselling modalities which have a proven beneficial effect on health;
- The advancement of education and relief from unemployment in the United Kingdom for public benefit, through provision of vocational training, resources, advice and assistance to find and sustain work, the starting and growing of a business or volunteering, developing individual capabilities, competences, skills and understanding; and
- The relief of those in need, by reason of ill-health and financial hardship among people living or working in the United Kingdom, promoting mental improvement and providing for public benefit goods and services which could not otherwise be accessed through lack of means.



Activities

Dependent upon ad-hoc volunteering, pandemic lockdown measures continue to adversely impact scope for operational activity: suspended indefinitely to ensure the well-being and safety of all involved and to protect limited resources.

Donations during the period amounted to just £93.06, falling substantially compared with already negligible resourcing in 2020.

The CIO holds organisational membership of professional bodies and throughout the period continued to liaise with local authorities, healthcare organisations, established charities, community groups and experts.

Innecycle has developed a strategy for development of provision that addresses each of the areas of need. Yet, the immediate goals remain volunteer retention with a view to expanding recruitment, preserving infrastructure, and garnering sustainable resourcing to enable the charity's objectives.

Operational status | Governance Risk Management

The Trustees and the unsalaried Chief Executive offer their heartfelt thanks to the charity's donors, sponsors, volunteers and supporters.

Year-on-year disbursements reduced from £3,450 to £1,260 (rounded figures), covered by surplus accrued during the 2019-20 and 2020-21 to-date periods. £4,018 the current account balance as at 31 March 2021.

The Chief Executive secured renewals of concessionary pricing and gratis in-kind supplier support.

It was decided that virtual dormancy should continue, to enable future fundraising efforts and scope for activity. The anticipated easing of lockdown restrictions later in 2021 ideally presents opportunities for fundraising events and potential to generate other forms of sufficient funding, that would allow the charity to fully restore the rosters and to revisit planning to run intended projects.

The Chair of the Board of Trustees

Innecycle

31 March 2021

Innercycle
Charity Commission Registration Number 1179976
Balance Sheet - Detail
As at March 31, 2021

Current Assets

Cash At Bank And In Hand	
APS Cash Plus Business Account	4,018.71

Creditors

Other Creditors	
Accruals & Deferred Income	-220.00

Net Assets	3,798.71
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Funds & Reserves

Retained Funds	
Unrestricted Fund	4,966.54
Accumulated Funds	-1,167.83

Funds Provided	3,798.71
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Innercycle
Statement of Financial Activities (Income & Expense)

April 1, 2020 to March 31, 2021

	Unrestricted	Restricted	Endowment	Total
<i>Income</i>				
Income and Endowments				
1. Income from Grants and Donations				
1B Donations				
Donations via iZettle/Giving Platforms	93.06			93.06
Total Income	93.06	0.00	0.00	93.06
 <i>Expenses</i>				
Expenditure				
3. Expenditure on Charity Management & Admin	115.20			115.20
Bank Charges and Fees	72.02			72.02
Bookeeping and Accountancy Services *	440.00			440.00
Compliance	85.00			85.00
Fees & Subscriptions	327.46			327.46
Printing & Design	23.88			23.88
Website	197.33			197.33
Total Expenses	1,260.89	0.00	0.00	1,260.89
 Net Resource Movement	 -1,167.83	 0.00	 0.00	 -1,167.83
Net Movement in Funds	-1,167.83	0.00	0.00	-1,167.83
Total Funds Brought Forward	4,966.54	0.00	0.00	4,966.54
Total Funds Carried Forward	3,798.71	0.00	0.00	3,798.71

* Figure reflects accrual charges from 2019-20