



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

*Innecycle* 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 18<sup>th</sup> 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
<b>Total Income</b>	<b>6,917</b>	<b>0</b>	<b>0</b>	<b>6,917</b>
<i>Expenses</i>				
Expenditure				
3. Expenditure on Charity Management & Admin	1,035			1,035
<b>Total Expenses</b>	<b>1,035</b>	<b>0</b>	<b>0</b>	<b>1,035</b>
<b>Net Resource Movement</b>	<b>5,882</b>	<b>0</b>	<b>0</b>	<b>5,882</b>
<b>Net Movement in Funds</b>	<b>5,882</b>	<b>0</b>	<b>0</b>	<b>5,882</b>
<b>Total Funds Brought Forward</b>	<b>3,799</b>	<b>0</b>	<b>0</b>	<b>3,799</b>
<b>Total Funds Carried Forward</b>	<b>9,680</b>	<b>0</b>	<b>0</b>	<b>9,680</b>

**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
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*Creditors*

Other Creditors

Accruals & Deferred Income	-440
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<b>Net Assets</b>	<b>9,680</b>
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*Funds & Reserves*

Retained Funds	3,799
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Accumulated Funds (1/4/2021 - 31/3/2022)	5,882
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<b>Funds Provided</b>	<b>9,680</b>
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