

# BOWRA FOUNDATION

England & Wales · Charity number 1185395

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2019-09-19

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

## Contact

---

**Address** Faulkner House  
31 West Street  
Wimborne  
Dorset  
BH21 1JS

**Phone** 01202 880384

**Email** [info@bowra-foundation.org](mailto:info@bowra-foundation.org)

**Website** [bowra-foundation.org](http://bowra-foundation.org)

## Activities

---

**Objects:** THE OBJECTS OF THE CIO ARE TO PROMOTE THE PHYSICAL AND MENTAL HEALTH AND WELLBEING, AND THE RECOVERY AND REHABILITATION OF:(1) THOSE SUFFERING FROM THE EFFECTS OF NEUROLOGICAL DISORDERS OR CONDITIONS; AND(2) WOUNDED, INJURED AND SICK MEMBERS OF THE ARMED FORCES, BOTH SERVING AND VETERAN;IN EACH CASE BY ENCOURAGING AND FACILITATING THEIR PARTICIPATION IN SPORTING AND RECREATIONAL ACTIVITIES WITH THE AIM OF IMPROVING THEIR CONDITIONS OF LIFE; THE PROVISION OF SERVICES, GUIDANCE AND SUPPORT; AND SUCH OTHER MEANS AS THE CHARITY TRUSTEES SHALL FROM TIME TO TIME DECIDE.

**Activities:** The Bowra Foundation's main purpose is providing activities for those living with an acquired brain injury and their families and carers to live their best lives, in support of its charitable objects. The Bowra Foundation operates in nationally.

## Classification

---

- **How:** Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£197,557	£132,370	-	-
2023-09-30	£132,749	£113,901	-	-
2022-09-30	£120,866	£68,676	-	-
2021-09-30	£73,274	£71,224	-	-
2020-09-30	£146,524	£58,638	-	-

## Trustees

Name	Role	Appointed
Cheryl Courage		2019-11-26
Helen Hobbs MCSP HCPC		2024-04-29
Lauren Elizabeth Day Rapkins		2020-09-01
Nicola Ann Murdoch MBE		2025-03-31
Paul Findlay MBE		2026-01-14
Sally Naomi Purnell		2025-11-17
Steven Eaton		2019-09-19
Stuart Hitchman		2019-09-19

**BOWRA FOUNDATION**

England & Wales - Charity number 1185395

---

# Accounts

---

REGISTERED COMPANY NUMBER: CE018897 (England and Wales)  
REGISTERED CHARITY NUMBER: 1185395

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2024  
FOR  
BOWRA FOUNDATION**

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

	<b>Page</b>
<b>Report of the trustees</b>	1 to 5
<b>Independent examiner's report</b>	6
<b>Statement of financial activities</b>	7
<b>Balance sheet</b>	8
<b>Notes to the financial statements</b>	9 to 14
<b>Detailed statement of financial activities</b>	15 to 16

---

**BOWRA FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

---

The trustees are pleased to present their annual report of Bowra Foundation for the year ending 30 September 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

**Objectives and activities**

**Purposes and aims**

The purposes of the charity are outlined within the constitution:

The objects of the CIO are to promote the physical and mental health and wellbeing, and the recovery and rehabilitation of:

- 1) those suffering from the effects of neurological disorders or conditions; and
- 2) wounded, injured and sick members of the armed forces, both serving and veteran;

in each case by encouraging and facilitating their participation in sporting and recreational activities, with the aim of improving their conditions and of life; through the provision of services, guidance and support; and by such other means as the charity trustees shall from time to time decide.

Within these purposes, the charity's primary goal is to inspire the unrelenting pursuit of recovery from brain injury.

There is an aspiration to change the governing document in the future as the charity has evolved and an amendment to the constitution will follow to move away from the term "neurological disorders" to people living with the effects of brain injury including stroke.

**Objectives and activities**

**Significant activities**

The charity works towards this aim through various key streams:

Practical help for people living with the effects of brain injury and stroke - This is delivered through the distribution of the Bowra Bag which is a tool kit containing items that help promote rehabilitation throughout a beneficiary's recovery journey. The Bowra Bag was designed by Mark Bowra during his own stroke recovery and contains simple practical items to aid communication and physical rehabilitation, allowing the beneficiary to regain confidence and independence from the hospital bedside to their "new normal" life. The Bowra Bag has utility across the health and social care eco-system as an accelerator to recovery.

Physical activities - These activities are delivered by bringing together those living with brain injury and stroke from civilian society and the members of the Armed Forces Community, including families and carers, to improve quality of life and support those affected through the medium of physical challenges. Collaborative participation provides the opportunity to share experiences, provide peer support and help each other, which is cathartic and aids recovery.

The main challenge for those living with the impact of brain injury and stroke is the time it takes to recover, the input from multiple agencies to facilitate recovery and rehabilitation, the sheer number of people needed to support activities in order to safely deliver activities and safeguard beneficiaries.

The trustees have completed a review of its activities with and are satisfied that the charitable outputs have led to improved outcomes and so have met the organizational objectives. In the last year the following activities have been delivered:

Bowra Bags - 94 Bowra Bags to support people with brain injuries to progress their rehabilitation have been delivered. Requests for bags come through the website but we are seeing an increasing number from NHS organisations directly and distribution is being enhanced through partnerships with Bournemouth University and Winchester Hospital.

Physical Activities - We have delivered a diverse programme of sporting activities to improve mental and physical wellbeing amongst our beneficiaries. Our local activities are where our brain injured beneficiaries come together with our veteran community to take part in physical activities. The summer sessions at Hamworthy park are very popular as were our indoor winter bowls sessions with over 20 people in attendance. Our veteran's community also has access to regular 'walkie-talkies' and several YOMPs further afield on Dartmoor. These activities have improved fitness, dexterity, strength, balance, co-ordination and self confidence in all those who have attended. They have also provided peer support, enjoyment, camaraderie and support for families and carers by affording some mutual support with others in similar positions and a break. Up to 40 beneficiaries take advantage of these activities which have included:

- Walks
- Cycling
- Outdoor and Indoor Bowling
- Shooting - Clay Pigeon, .22 and Acoustic
- Indoor Curling
- Kayaking
- Paddle Boarding
- Sailing

We have also organised residential activities which improve self-confidence for individuals and also provide a break for families and carers:

Surf 2 Recovery - This was a 5 day Surfing experience run in Swansea where beneficiaries were provided the opportunity to participate in Surfing, Surf instruction and all equipment was provided through the registered CIC Surfability. There were 8 participants who gained in confidence and self belief.

### **Objectives and activities**

#### **People**

Staff Team - The staff team is very tautly drawn with only 4 members of staff; 2 running the HQ and all administrative functions and 2 delivering activities for our beneficiaries.

Volunteers - The charity has, since its establishment, been supported by many willing volunteers in fundraising, administration and the event delivery activities of the charity. The trustees would like to take this opportunity to say how much they appreciate their continued and valuable support for our vital work in the community.

Patron - The last year has also seen the appointment of a Patron for the Bowra Foundation in the form of stroke survivor General Sir Freddie Viggers, who is a former Black Rod.

### **Achievement and performance**

#### **Charitable activities**

Many of those living with a stroke or brain injury are vulnerable to physical and emotional challenges which affects their health, and as a result they can lose significant confidence in their own ability. This is also true in terms of the perception of the public. The Bowra Foundation is keen to challenge this perception for those living with such an injury or illness and the public. As part of our future plans we want to continue to raise awareness of Bowra Foundation through online and direct outreach to increase support and encourage potential beneficiaries to request Bowra Bags and participate in events and activities. This year we have run events:

- Wellness Event - 10 Veterans and one of our supporters attended a Falklands Veterans Seminar, in addition to providing a Wellness opportunity for many Falklands Veterans. The event raised £2,000 for the BOWRA Foundation.
- London Landmarks Half Marathon - 3 people ran for the BOWRA Foundation raising over £1,000.
- The Bowra Foundation was fortunate, once again, that Lester Brunt Wealth Management hosted its annual fundraising Golf Day raising funds for the charity, towards adaptive sports equipment and committing to supporting Bowra Foundation for another year.
- The Swim 2 Recovery campaign, saw Mark Bowra and the charities ambassadors conduct a team relay channel swim in early September 2023, which a great success in raising the profile of the charity.

#### **Principal funding sources**

The principal funding sources of the charity currently comprise grants, donations from individuals, gifts and services in kind.

### **Financial review**

#### **Financial position**

As shown on the Statement of Financial Activities, income for the year amounted £197,557 and expenditure for the year amounted to £132,370 giving a net increase in funds of £65,187. At the end of the year, the charity's net assets amounted to £227,911.

#### **Financial instruments**

The CIO's/charity's activities expose it to a number of financial risks, including credit risk, cash flow risk and liquidity risk. Credit risk is limited due to the principal financial assets being bank balances. Cash flow risk and Liquidity risk are managed by our management team, ensuring that there is no overspend of the bank balances and financial commitments made are worked against a budget.

#### **Reserves policy**

It is the policy of the trustees to keep back free reserves equivalent to 6 months of operating costs. At 30 September 2024, free reserves amounted to £160,723. The intention is to keep free reserves above £36,000 based off current monthly forecasts.

The charity does not currently hold any funds as a custodian.

The strategic plan for Financial Year Ending September 2025 includes the following projects:

- Partnered distribution of the Bowra Bag through Winchester Hospital and Bournemouth University.
- Collaborate with activity providers to deliver a fun and safe weekly adaptive sports programme
- Increase the staff numbers to deliver increased outputs for the Bowra Foundation

#### **Going concern**

After reviewing the charity's forecasts and projections, the Board have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The entity therefore continues to adopt the going concern basis in preparing its financial statements.

**Future plans**

The continued success of the Bowra Foundation has resulted in a decision to continue to expand. We have operated on minimal staff levels and trustees have been extremely supportive in providing significant assistance in the running of the charity. We have recently recruited a new Chair of Trustees to guide the organisation into the next phase of its development and recruit additional trustees with appropriate skills to expand our fund-raising, marketing and engagement with the healthcare effort. Our current Chief Executive Officer is leaving in June 2025 and recruitment for his successor has commenced. Work has commenced to update the BOWRA Foundation Website to ensure it is fit for today and tomorrow, with the new Website expected to be updated and live for October 2025.

The Trustee Board is continuing the ongoing process of reviewing all aspects of income and expenditure. A strategy day will be held in September/October to agree the plan for the next 3 to 5 years. The board recognises that it will need to increase income in order to expand and it has always been our intention to punch above our weight in terms of delivering maximum beneficiary engagement against benefactor income.

**Structure, governance and management**

**Governing document**

Bowra Foundation is a Charitable Incorporated Organisation governed by its Constitution. It is a registered charity within the Charity Commission.

**Governing body**

The trustees form the governing body of the Bowra Foundation. New trustees are identified by trustees and their recruitment is based upon the skills and experience that they can bring to Bowra Foundation with the board seeking to provide the charity with a range of skills in governance and management.

**Organisational management**

The trustees are legally responsible for the management of the risks faced by the charity with the day to day running of Bowra Foundation being delegated to the management team. The management team attends all meetings of trustees and regularly reports and updates the chair.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management process is undertaken on an annual basis and the key controls include:

- comprehensive strategic planning, budgeting and management accounting
- established organisational structure and lines of reporting
- formal written policies
- clear authorities and approval levels
- full risk assessment for all events and activities

Through the risk management processes, the trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed. The main risk to the charity for the year under review has been to ensure fundraising and beneficiary activities could be recommenced at a pace after the disruption caused by the COVID 19 pandemic. As a result the trustees have raised and spent funds to increase its head count so this risk was mitigated.

**Reference and administrative details**

**Registered Company number**

CE018897 (England and Wales)

**Registered Charity number**

1185395

**Registered office**

7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**BOWRA FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

---

**Trustees**

Ms L E Day Rapkins  
Mr S Eaton  
Mr S Hitchman  
Mr J Searight (resigned 21/10/24)  
Mr J Patrick (resigned 16/1/24)  
Mr S Walker (resigned 16/1/24)  
Mrs C P Courage  
Ms H Hobbs (appointed 29/4/24)  
Ms N A Murdoch (appointed 31/3/25)

**Independent Examiner**

Mr M Rees  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Approved by order of the board of trustees on 13 Jun 25 and signed on its behalf by:

N A Murdoch

Ms N A Murdoch - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
BOWRA FOUNDATION**

---

**Independent examiner's report to the trustees of Bowra Foundation ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2024.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Mr M Rees

7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Date: ..... 13/06/25 .....

BOWRA FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
<b>Income and endowments from</b>					
Donations and legacies		134,557	500	135,057	112,557
<b>Charitable activities</b>					
Grants		4,000	58,500	62,500	20,192
<b>Total</b>		<u>138,557</u>	<u>59,000</u>	<u>197,557</u>	<u>132,749</u>
<b>Expenditure on</b>					
Raising funds	2	23,673	32,001	55,674	57,628
<b>Charitable activities</b>					
Management and administration		8,905	190	9,095	9,140
Event delivery and charitable activities		59,333	8,268	67,601	47,133
<b>Total</b>		<u>91,911</u>	<u>40,459</u>	<u>132,370</u>	<u>113,901</u>
<b>NET INCOME</b>					
Transfers between funds	10	46,646	18,541	65,187	18,848
		10,691	(10,691)	-	-
<b>Net movement in funds</b>		<u>57,337</u>	<u>7,850</u>	<u>65,187</u>	<u>18,848</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		103,386	59,338	162,724	143,876
<b>Total funds carried forward</b>		<u><u>160,723</u></u>	<u><u>67,188</u></u>	<u><u>227,911</u></u>	<u><u>162,724</u></u>

The notes form part of these financial statements

**BOWRA FOUNDATION**

**BALANCE SHEET  
30 SEPTEMBER 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
<b>Fixed assets</b>					
Tangible assets	6	10,519	-	10,519	9,938
<b>Current assets</b>					
Stocks	7	-	3,167	3,167	-
Debtors	8	12,535	15,000	27,535	11,045
Cash at bank		144,133	53,222	197,355	154,013
		<u>156,668</u>	<u>71,389</u>	<u>228,057</u>	<u>165,058</u>
<b>Creditors</b>					
Amounts falling due within one year	9	(6,464)	(4,201)	(10,665)	(12,272)
		<u>150,204</u>	<u>67,188</u>	<u>217,392</u>	<u>152,786</u>
<b>Net current assets</b>					
		<u>160,723</u>	<u>67,188</u>	<u>227,911</u>	<u>162,724</u>
<b>Total assets less current liabilities</b>					
		<u>160,723</u>	<u>67,188</u>	<u>227,911</u>	<u>162,724</u>
<b>NET ASSETS</b>					
		<u>160,723</u>	<u>67,188</u>	<u>227,911</u>	<u>162,724</u>
<b>Funds</b>					
	10				
Unrestricted funds				160,723	103,386
Restricted funds				67,188	59,338
				<u>227,911</u>	<u>162,724</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13 Jun 25 and were signed on its behalf by:

  
 .....  
 Ms N A Murdoch - Trustee

The notes form part of these financial statements

**1. Accounting policies**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

**Stocks**

Stock is valued at the lower of cost and net realisable value.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Financial instruments**

Basic financial instruments are initially recognised at transaction price and accounted for according to the substance of the contractual arrangement, as either financial assets, liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company, after deducting all liabilities.

At each balance sheet date, financial instruments are measured at amortised cost using the effective interest method. Any losses arising from impairment are recognised in the profit and loss account in the period to which they relate.

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2024

2. Raising funds

Raising donations and legacies

	2024	2023
	£	£
Fundraising consumables	3,738	9,137
Catering costs	4,650	4,297
Management and administration	39,905	71
	<u>48,293</u>	<u>13,505</u>

3. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	3,506	3,313
Hire of plant and machinery	-	2,400
Other operating leases	192	-
	<u>3,698</u>	<u>5,713</u>

4. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 30 September 2024 nor for the year ended 30 September 2023.

Trustees' expenses

There were trustees' expenses paid for the year ended 30 September 2024 totalling £5,110 (2023: £8,925).

5. Comparatives for the statement of financial activities

	Unrestricted fund £	Restricted fund £	Total funds £
<b>Income and endowments from</b>			
Donations and legacies	81,557	31,000	112,557
<b>Charitable activities</b>			
Grants	3,291	16,901	20,192
<b>Total</b>	<u>84,848</u>	<u>47,901</u>	<u>132,749</u>
<b>Expenditure on</b>			
Raising funds	21,872	35,756	57,628
<b>Charitable activities</b>			
Management and administration	8,910	230	9,140
Event delivery and charitable activities	31,723	15,410	47,133
<b>Total</b>	<u>62,505</u>	<u>51,396</u>	<u>113,901</u>
<b>NET INCOME/(EXPENDITURE)</b>	22,343	(3,495)	18,848
<b>Transfers between funds</b>	(1,592)	1,592	-
<b>Net movement in funds</b>	20,751	(1,903)	18,848

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2024

## 5. Comparatives for the statement of financial activities - continued

	Unrestricted fund £	Restricted fund £	Total funds £
<b>Reconciliation of funds</b>			
Total funds brought forward	82,635	61,241	143,876
	<u>          </u>	<u>          </u>	<u>          </u>
<b>Total funds carried forward</b>	<u>103,386</u>	<u>59,338</u>	<u>162,724</u>

## 6. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
<b>Cost</b>				
At 1 October 2023	14,446	3,600	1,457	19,503
Additions	4,087	-	-	4,087
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
At 30 September 2024	18,533	3,600	1,457	23,590
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>Depreciation</b>				
At 1 October 2023	7,353	1,575	637	9,565
Charge for year	2,795	506	205	3,506
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
At 30 September 2024	10,148	2,081	842	13,071
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>Net book value</b>				
At 30 September 2024	<u>8,385</u>	<u>1,519</u>	<u>615</u>	<u>10,519</u>
At 30 September 2023	<u>7,093</u>	<u>2,025</u>	<u>820</u>	<u>9,938</u>

## 7. Stocks

	2024 £	2023 £
Finished goods	3,167	-
	<u>          </u>	<u>          </u>

## 8. Debtors: amounts falling due within one year

	2024 £	2023 £
Trade debtors	25,000	10,000
Prepayments and accrued income	2,535	1,045
	<u>          </u>	<u>          </u>
	<u>27,535</u>	<u>11,045</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2024

9. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	6,766	6,771
Social security and other taxes	846	48
Pension liability	180	-
Accruals and deferred income	2,873	5,453
	<u>10,665</u>	<u>12,272</u>

10. Movement in funds

	At 1/10/23	Net movement in funds	Transfers between funds	At 30/9/24
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	103,386	46,646	10,691	160,723
<b>Restricted funds</b>				
Restricted fund	59,338	18,541	(10,691)	67,188
	<u>162,724</u>	<u>65,187</u>	<u>-</u>	<u>227,911</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	138,557	(91,911)	46,646
<b>Restricted funds</b>			
Restricted fund	59,000	(40,459)	18,541
	<u>197,557</u>	<u>(132,370)</u>	<u>65,187</u>

Comparatives for movement in funds

	At 1/10/22	Net movement in funds	Transfers between funds	At 30/9/23
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	82,635	22,343	(1,592)	103,386
<b>Restricted funds</b>				
Restricted fund	61,241	(3,495)	1,592	59,338
	<u>143,876</u>	<u>18,848</u>	<u>-</u>	<u>162,724</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2024

10. Movement in funds - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	84,848	(62,505)	22,343
<b>Restricted funds</b>			
Restricted fund	47,901	(51,396)	(3,495)
<b>TOTAL FUNDS</b>	<u>132,749</u>	<u>(113,901)</u>	<u>18,848</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/10/22 £	Net movement in funds £	Transfers between funds £	At 30/9/24 £
<b>Unrestricted funds</b>				
General fund	82,635	68,989	9,099	160,723
<b>Restricted funds</b>				
Restricted fund	61,241	15,046	(9,099)	67,188
<b>TOTAL FUNDS</b>	<u>143,876</u>	<u>84,035</u>	<u>-</u>	<u>227,911</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	223,405	(154,416)	68,989
<b>Restricted funds</b>			
Restricted fund	106,901	(91,855)	15,046
<b>TOTAL FUNDS</b>	<u>330,306</u>	<u>(246,271)</u>	<u>84,035</u>

**11. Related party disclosures**

The charity has received commercial services during the year from a related party to a trustee, totalling £1,099. The outstanding balance owed to the related party at the year end is £Nil. This procurement was done with full board knowledge and support.

**BOWRA FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

	2024 £	2023 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	135,057	112,557
<b>Charitable activities</b>		
Grants	62,500	20,192
<b>Total incoming resources</b>	197,557	132,749
<b>Expenditure</b>		
<b>Raising donations and legacies</b>		
Fundraising consumables	3,738	9,137
Catering costs	4,650	4,297
	8,388	13,434
<b>Other trading activities</b>		
Opening stock	-	6,308
Bowra Bags Purchases	10,356	-
Serviced office costs	192	-
Closing stock	(3,167)	-
	7,381	6,308
<b>Event delivery and charitable activities</b>		
Sundries	-	72
Hire of equipment and machinery	-	2,400
Consultants	37,336	18,790
Travel and subsistence	10,990	12,191
Advertising	-	1,141
Event costs	19,275	12,539
	67,601	47,133
<b>Management and administration</b>		
<b>Management</b>		
Wages	39,509	37,886
Pensions	396	-
Insurance	1,749	1,094
Subscriptions	1,683	671
Professional fees	-	486
Computer costs	10	1,881
	43,347	42,018
<b>Finance</b>		
Postage and stationery	408	114
Bank charges	27	6
	435	120

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

---

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>Finance</b>		
<b>Information technology</b>		
Telephone	377	387
<b>Other</b>		
Depreciation	3,506	3,313
<b>Governance costs</b>		
Accountancy and legal fees	1,335	1,188
Total resources expended	<u>132,370</u>	<u>113,901</u>
<b>Net income</b>	<u>65,187</u>	<u>18,848</u>

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION**

England & Wales - Charity number 1185395

---

# Accounts

---

REGISTERED COMPANY NUMBER: CE018897 (England and Wales)  
REGISTERED CHARITY NUMBER: 1185395

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023  
FOR  
BOWRA FOUNDATION**

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

	<b>Page</b>
<b>Report of the trustees</b>	1 to 4
<b>Independent examiner's report</b>	5
<b>Statement of financial activities</b>	6
<b>Balance sheet</b>	7
<b>Notes to the financial statements</b>	8 to 13
<b>Detailed statement of financial activities</b>	14 to 15

---

The trustees are pleased to present their annual report of Bowra Foundation for the year ending 30 September 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

**Objectives and activities**

**Purposes and aims**

The purposes of the charity are outlined within the constitution:

The objects of the CIO are to promote the physical and mental health and wellbeing, and the recovery and rehabilitation of:

1) those suffering from the effects of neurological disorders or conditions; and

2) wounded, injured and sick members of the armed forces, both serving and veteran;

in each case by encouraging and facilitating their participation in sporting and recreational activities with the aim of improving their conditions of life; the provision of services, guidance and support; and such other means as the charity trustees shall from time to time decide.

Within these purposes, the charity's primary goal is to inspire the unrelenting pursuit of recovery from brain injury.

**Significant activities**

The charity works towards this aim through various key streams:

Practical help for people living with neurological disorders - this is delivered through the distribution of the Bowra Bag. Bowra Bag is a tool kit containing items that help promote rehabilitation throughout a beneficiary's recovery journey. The Bowra Bag was designed by Mark Bowra during his own stroke recovery and contains simple practical items to aid communication and physical rehabilitation allowing the beneficiary to regain confidence and independence.

Physical activities - these are delivered by bringing together veterans and people of all backgrounds living with neurological disorders. Collaborative participation provides the opportunity to share experiences and help each other which is cathartic and aids recovery.

The trustees have completed a review of its activities with and set objectives to:

Distribute Bowra Bags to support people with brain injuries to progress their rehabilitation - in addition to formal requests; distribution is being enhanced in partnerships with Bournemouth University and Winchester Hospital.

Deliver a programme of sporting activities to improve mental and physical wellbeing amongst our beneficiaries.

- Local activities including:

- o Walks
- o Cycling
- o Outdoor and Indoor Bowling
- o Shooting - Clay Pigeon, .22 and Acoustic
- o Indoor Curling
- o Kayaking
- o Paddle Boarding
- o Sailing

- Residential activities including:

- o Surf 2 Recovery - a 5 day Surfing experience in Swansea where beneficiaries are provided the opportunity to participate in Surfing. Surf instruction and all equipment is provided through the registered CIC Surfability.
- o Walk 2 Recovery - a 5 day veteran's hill walking expedition to Meribel (France).

Deliver challenges to change public perceptions of what is possible after suffering a stroke or other neurological injury

Raise awareness of Bowra Foundation through online and direct outreach to increase support and encourage potential beneficiaries to request Bowra Bags or participate in events

By focusing on these areas, we achieve our strategic priorities which are then measured against budget.

**Objectives and activities**

**Volunteers**

The charity has, since its establishment, been supported by many willing volunteers in fundraising, administration and the event delivery activities of the charity. The trustees would like to take this opportunity to say how much they appreciate their continued and valuable support for our vital work in the community.

**Achievement and performance**

**Charitable activities**

Bowra Foundation was fortunate, once again, that Lester Brunt Wealth Management hosted its annual fundraising Golf Day raising funds for the charity, towards adaptive sports equipment and committing to supporting Bowra Foundation for another year.

The Swim 2 Recovery campaign, which saw Mark Bowra and a number of the charities ambassadors conduct a team relay channel swim in early September 2023, which a great success in raising the profile of the charity and raising significant online funding.

The Trustee Board continued the ongoing process of rigorously reviewing all aspects of income and expenditure. It is always our intention to punch above our weight in terms of delivering maximum beneficiary engagement against benefactor income.

**Principal funding sources**

The principal funding sources of the charity currently comprise grants, donations from individuals, gifts and services in kind.

**Financial review**

**Financial position**

As shown on the Statement of Financial Activities, income for the year amounted £132,749 and expenditure for the year amounted to £113,901 giving a net increase in funds of £18,848. At the end of the year, the charity's net assets amounted to £162,724.

**Financial instruments**

The CIO's/charity's activities expose it to a number of financial risks, including credit risk, cash flow risk and liquidity risk.

Credit risk is limited due to the principal financial assets being bank balances

Cash flow risk and Liquidity risk are managed by our management team. Ensuring that there is no overspend of the bank balances and financial commitments made are worked against a budget.

**Reserves policy**

It is the policy of the trustees to secure the long-term viability of the Foundation. Sufficient liquid reserves need to be maintained to meet all anticipated short-term needs, after allowing for income from fundraising activities likely to be received within the same timescale and, insofar as available funds are insufficient fully to meet the foregoing objectives, to give priority to the short-term needs except where that would require funds donated specifically for endowment purposes to be utilised contrary to the donor's wishes.

Free reserves are those funds that are not subject to a restriction. At 30 September 2023, free reserves amounted to £103,386. The intention is to keep free reserves above £30,000.

The charity does not currently hold any funds as a custodian.

The strategic plan for Financial Year Ending September 2024 includes the following projects:

- Partnered distribution of the Bowra Bag through Winchester Hospital and Bournemouth University.
- Collaborate with local activity providers to deliver a fun and safe weekly adaptive sports program in the Poole area
- Increase the paid human resource available to Bowra Foundation

**Going concern**

After reviewing the charity's forecasts and projections, the Board have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The entity therefore continues to adopt the going concern basis in preparing its financial statements.

**Structure, governance and management**

**Governing document**

Bowra Foundation is CIO governed by its Constitution. It is a registered charity with the Charity Commission.

**Structure, governance and management**

**Governing body**

The trustees form the governing body of the Bowra Foundation. New trustees are identified by trustees and their recruitment is based upon the skills and experience that they can bring to Bowra Foundation with the board seeking to provide the charity with a range of skills in governance and management.

**Organisational management**

The trustees are legally responsible for the management of the risks faced by the charity with the day to day running of Bowra Foundation being delegated to the management team. The management team attends all meetings of trustees and regularly reports and updates the chairman.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management process is undertaken on an annual basis and the key controls include:

- comprehensive strategic planning, budgeting and management accounting
- established organisational structure and lines of reporting
- formal written policies
- clear authorities and approval levels
- full risk assessment for all events and activities

Through the risk management processes, the trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed. The main risk to the charity for the year under review has been to ensure fundraising and beneficiary activities could be recommenced at a pace after the disruption caused by the COVID 19 pandemic. As a result the trustees have raised and spent funds to increase its head count so this risk was mitigated.

**Reference and administrative details**

**Registered Company number**

CE018897 (England and Wales)

**Registered Charity number**

1185395

**Registered office**

7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**Trustees**

Ms L E Day Rapkins  
Mr S Eaton  
Mr S Hitchman  
Mr J Searight  
Mr J Patrick (resigned 16/1/24)  
Mr S Walker (resigned 16/1/24)  
Mrs C P Courage  
Mr M G Brunt (resigned 19/3/23)

**Independent Examiner**

Mr M Rees  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Approved by order of the board of trustees on ..... and signed on its behalf by:

---

.....  
Mr J Searight - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
BOWRA FOUNDATION**

---

**Independent examiner's report to the trustees of Bowra Foundation ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2023.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Mr M Rees

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Date: .....

**BOWRA FOUNDATION**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>Income and endowments from</b>					
Donations and legacies		81,557	31,000	112,557	85,866
<b>Charitable activities</b>					
Grants		3,291	16,901	20,192	36,750
<b>Total</b>		<u>84,848</u>	<u>47,901</u>	<u>132,749</u>	<u>122,616</u>
<b>Expenditure on</b>					
Raising funds	2	21,872	35,756	57,628	12,091
<b>Charitable activities</b>					
Management and administration		8,910	230	9,140	17,297
Event delivery and charitable activities		31,723	15,410	47,133	39,288
<b>Total</b>		<u>62,505</u>	<u>51,396</u>	<u>113,901</u>	<u>68,676</u>
<b>NET INCOME/(EXPENDITURE)</b>					
Transfers between funds	10	22,343 (1,592)	(3,495) 1,592	18,848 -	53,940 -
<b>Net movement in funds</b>		20,751	(1,903)	18,848	53,940
<b>Reconciliation of funds</b>					
Total funds brought forward		82,635	61,241	143,876	89,936
<b>Total funds carried forward</b>		<u>103,386</u>	<u>59,338</u>	<u>162,724</u>	<u>143,876</u>

The notes form part of these financial statements

**BOWRA FOUNDATION**

**BALANCE SHEET  
30 SEPTEMBER 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>Fixed assets</b>					
Tangible assets	6	9,938	-	9,938	13,251
<b>Current assets</b>					
Stocks	7	-	-	-	6,308
Debtors	8	1,045	10,000	11,045	15,765
Cash at bank		99,897	54,116	154,013	111,338
		<u>100,942</u>	<u>64,116</u>	<u>165,058</u>	<u>133,411</u>
<b>Creditors</b>					
Amounts falling due within one year	9	(7,494)	(4,778)	(12,272)	(2,786)
		<u>93,448</u>	<u>59,338</u>	<u>152,786</u>	<u>130,625</u>
<b>Net current assets</b>					
		<u>103,386</u>	<u>59,338</u>	<u>162,724</u>	<u>143,876</u>
<b>Total assets less current liabilities</b>					
		<u>103,386</u>	<u>59,338</u>	<u>162,724</u>	<u>143,876</u>
<b>NET ASSETS</b>					
		<u>103,386</u>	<u>59,338</u>	<u>162,724</u>	<u>143,876</u>
<b>Funds</b>	10				
Unrestricted funds				103,386	82,635
Restricted funds				59,338	61,241
<b>Total funds</b>				<u>162,724</u>	<u>143,876</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on .....and were signed on its behalf by:

.....  
Mr J Searight - Trustee

The notes form part of these financial statements

**1. Accounting policies**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

**Stocks**

Stock is valued at the lower of cost and net realisable value.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Financial instruments**

Basic financial instruments are initially recognised at transaction price and accounted for according to the substance of the contractual arrangement, as either financial assets, liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company, after deducting all liabilities.

At each balance sheet date, financial instruments are measured at amortised cost using the effective interest method. Any losses arising from impairment are recognised in the profit and loss account in the period to which they relate.

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

2. Raising funds

Raising donations and legacies

	2023	2022
	£	£
Fundraising consumables	9,137	5,059
Catering costs	4,297	2,808
Management and administration	71	-
	<u>13,505</u>	<u>7,867</u>

3. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	3,313	4,416
Hire of plant and machinery	2,400	1,598
	<u>5,713</u>	<u>6,014</u>

4. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 30 September 2023 nor for the year ended 30 September 2022.

Trustees' expenses

There were trustees' expenses paid for the year ended 30 September 2023 totalling £8,925 (2022: £8,642).

5. Comparatives for the statement of financial activities

	Unrestricted fund £	Restricted fund £	Total funds £
<b>Income and endowments from</b>			
Donations and legacies	85,866	-	85,866
<b>Charitable activities</b>			
Grants	-	36,750	36,750
<b>Total</b>	<u>85,866</u>	<u>36,750</u>	<u>122,616</u>
<b>Expenditure on</b>			
Raising funds	2,014	10,077	12,091
<b>Charitable activities</b>			
Management and administration	7,998	9,299	17,297
Event delivery and charitable activities	24,674	14,614	39,288
<b>Total</b>	<u>34,686</u>	<u>33,990</u>	<u>68,676</u>
<b>NET INCOME</b>	51,180	2,760	53,940
<b>Reconciliation of funds</b>			
Total funds brought forward	31,455	58,481	89,936

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

5. Comparatives for the statement of financial activities - continued

Unrestricted fund £	Restricted fund £	Total funds £
82,635	61,241	143,876

Total funds carried forward

6. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
<b>Cost</b>				
At 1 October 2022 and 30 September 2023	14,446	3,600	1,457	19,503
<b>Depreciation</b>				
At 1 October 2022	4,988	900	364	6,252
Charge for year	2,365	675	273	3,313
At 30 September 2023	7,353	1,575	637	9,565
<b>Net book value</b>				
At 30 September 2023	7,093	2,025	820	9,938
At 30 September 2022	9,458	2,700	1,093	13,251

7. Stocks

	2023 £	2022 £
Finished goods	-	6,308

8. Debtors: amounts falling due within one year

	2023 £	2022 £
Trade debtors	10,000	15,765
Prepayments and accrued income	1,045	-
	11,045	15,765

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

9. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	6,771	810
Social security and other taxes	48	-
Accruals and deferred income	5,453	1,976
	<u>12,272</u>	<u>2,786</u>

10. Movement in funds

	At 1/10/22	Net movement in funds	Transfers between funds	At 30/9/23
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	82,635	22,343	(1,592)	103,386
<b>Restricted funds</b>				
Restricted fund	61,241	(3,495)	1,592	59,338
	<u>143,876</u>	<u>18,848</u>	<u>-</u>	<u>162,724</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	84,848	(62,505)	22,343
<b>Restricted funds</b>			
Restricted fund	47,901	(51,396)	(3,495)
	<u>132,749</u>	<u>(113,901)</u>	<u>18,848</u>

Comparatives for movement in funds

	At 1/10/21	Net movement in funds	At 30/9/22
	£	£	£
<b>Unrestricted funds</b>			
General fund	31,455	51,180	82,635
<b>Restricted funds</b>			
Restricted fund	58,481	2,760	61,241
	<u>89,936</u>	<u>53,940</u>	<u>143,876</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2023

10. Movement in funds - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	85,866	(34,686)	51,180
<b>Restricted funds</b>			
Restricted fund	36,750	(33,990)	2,760
<b>TOTAL FUNDS</b>	<u>122,616</u>	<u>(68,676)</u>	<u>53,940</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/10/21 £	Net movement in funds £	Transfers between funds £	At 30/9/23 £
<b>Unrestricted funds</b>				
General fund	31,455	73,523	(1,592)	103,386
<b>Restricted funds</b>				
Restricted fund	58,481	(735)	1,592	59,338
<b>TOTAL FUNDS</b>	<u>89,936</u>	<u>72,788</u>	<u>-</u>	<u>162,724</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	170,714	(97,191)	73,523
<b>Restricted funds</b>			
Restricted fund	84,651	(85,386)	(735)
<b>TOTAL FUNDS</b>	<u>255,365</u>	<u>(182,577)</u>	<u>72,788</u>

**11. Related party disclosures**

The charity has received commercial services during the year from a related party to a trustee, totalling £3,595. The outstanding balance owed to the related party at the year end is £180.00. This procurement was done with full board knowledge and support.

**BOWRA FOUNDATION****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

---

	2023 £	2022 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	112,557	85,866
<b>Charitable activities</b>		
Grants	20,192	36,750
<b>Total incoming resources</b>	132,749	122,616
<b>Expenditure</b>		
<b>Raising donations and legacies</b>		
Fundraising consumables	9,137	5,059
Catering costs	4,297	2,808
	13,434	7,867
<b>Other trading activities</b>		
Opening stock	6,308	10,532
Closing stock	-	(6,308)
	6,308	4,224
<b>Event delivery and charitable activities</b>		
Sundries	72	10
Hire of equipment and machinery	2,400	1,598
Consultants	18,790	19,905
Travel and subsistence	12,191	1,978
Advertising	1,141	192
Event costs	12,539	13,629
Financial reporting	-	1,976
	47,133	39,288
<b>Management and administration</b>		
<b>Management</b>		
Wages	37,886	9,372
Insurance	1,094	1,699
Subscriptions	671	370
Professional fees	486	-
Computer costs	1,881	-
	42,018	11,441
<b>Finance</b>		
Postage and stationery	114	-
Bank charges	6	56
	120	56

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

---

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Finance</b>		
<b>Information technology</b>		
Telephone	387	586
<b>Other</b>		
Plant and machinery	3,313	4,417
<b>Governance costs</b>		
Accountancy and legal fees	1,188	797
Total resources expended	<u>113,901</u>	<u>68,676</u>
<b>Net income</b>	<u><u>18,848</u></u>	<u><u>53,940</u></u>

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION**

England & Wales - Charity number 1185395

---

# Accounts

---

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2022  
FOR  
BOWRA FOUNDATION**

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

	<b>Page</b>
<b>Report of the trustees</b>	1 to 4
<b>Trustees' responsibility statement</b>	5
<b>Independent examiner's report</b>	6
<b>Statement of financial activities</b>	7
<b>Balance sheet</b>	8
<b>Notes to the financial statements</b>	9 to 13
<b>Detailed statement of financial activities</b>	14 to 15

---

The trustees are pleased to present their annual report of Bowra Foundation for the year ending 30 September 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

**Objectives and activities**

**Purposes and aims**

The purposes of the charity are outlined within the constitution:

The objects of the CIO are to promote the physical and mental health and wellbeing, and the recovery and rehabilitation of:

- 1) those suffering from the effects of neurological disorders or conditions; and
  - 2) wounded, injured and sick members of the armed forces, both serving and veteran;
- in each case by encouraging and facilitating their participation in sporting and recreational activities with the aim of improving their conditions of life; the provision of services, guidance and support; and such other means as the charity trustees shall from time to time decide.

Within these purposes, the charity's primary goal is to inspire the unrelenting pursuit of recovery from brain injury.

**Significant activities**

The charity works towards this aim through various key streams of activity:

- Practical help for people living with neurological disorders
- Mark Bowra developed the Bowra Bag as a toolkit for rehabilitation. It contains aids to communication, physical rehabilitation and regaining independence that Mark and practitioners supporting identified during his rehabilitation from stroke
- Physical challenges bringing together veterans and people of all backgrounds living with neurological disorders

The trustees have completed a review of its activities with and set objectives to:

- Distribute Bowra Bags to support people with brain injuries to progress their rehabilitation
- Deliver a programme of sporting activities to improve mental and physical wellbeing amongst our beneficiaries
  - o Local activities such as walks and cycles in Dorset
  - o Residential activities such as hillwalking, kayaking and surfing around the UK
- Deliver challenges to change public perceptions of what is possible after suffering a stroke or other neurological injury
- Raise awareness of Bowra Foundation through online and direct outreach to increase support and encourage potential beneficiaries to request Bowra Bags or participate in events

By focusing on these areas, we achieve our strategic priorities which are then measured against budget.

**Volunteers**

The charity has, since its establishment, been supported by many willing volunteers in fundraising, administration and the event delivery activities of the charity. The trustees would like to take this opportunity to say how much they appreciate their continued and valuable support for our vital work in the community.

**Achievement and performance**

**Charitable activities**

Post Pandemic, we have allowed our plans to continue to evolve and have resumed engaging with participants directly.

It had always been our intention to deliver against a diversified fundraising strategy. Events were curtailed in the pandemic, so whilst recommencing face to face activities we also continued to invest time in applying for trust, foundation and public sector funding, ensuring we returned a balanced portfolio of income.

Bowra Foundation was fortunate that Lester Brunt Wealth Management hosted its annual fundraising Golf Day raising funds for the charity, towards adaptive sports equipment and committing to supporting Bowra Foundation for another year.

We were extremely grateful to be awarded £35,000 by the Armed Forces Covenant Fund Trust - Afghan Veterans Fund for our outdoor activities project for veterans. Building on the success of former awards which saw veterans join Mark on cycles, walks, kayaks and swims, creating regular opportunities for participation in sport alongside Mark and other brain injury survivors.

Our biggest achievement this year has been to see the opening of our facility at Hamworthy Park in Poole. This is a location where veterans and beneficiaries alike can participate in fully supported activities, alongside our other surf, superhero, outward bound activities, walks and cycles.

The ongoing restrictions in place to manage COVID-19 continued to limit our ability to distribute Bowra Bags, especially through charity partners in hospital settings. But we did distribute bags during the year. The Bowra bag remains a prime area of focus as we seek to make it more readily available to anyone who has suffered a neurological trauma. But its delivery must happen supported by appropriate partners and feedback reviews, health and safety assessments etc and the team are working on these now.

The Trustees continued the process of rigorously reviewing all aspects of income and expenditure.

**Principal funding sources**

The principal funding sources of the charity currently comprise grants, donations from individuals, gifts and services in kind.

**Financial review**

**Financial position**

As shown on the Statement of Financial Activities, income for the year amounted £122,616 and expenditure for the year amounted to £68,676 giving a net increase in funds of £53,940. At the end of the year, the charity's net assets amounted to £143,876.

**Financial instruments**

The CIO's/charity's activities expose it to a number of financial risks, including credit risk, cash flow risk and liquidity risk.

Credit risk is limited due to the principal financial assets being bank balances

Cash flow risk and Liquidity risk are managed by our management team. Ensuring that there is no overspend of the bank balances and financial commitments made are worked against a budget.

**Financial review**

**Reserves policy**

It is the policy of the trustees to secure the long-term viability of the Foundation. Sufficient liquid reserves need to be maintained to meet all anticipated short-term needs, after allowing for income from fundraising activities likely to be received within the same timescale and, insofar as available funds are insufficient fully to meet the foregoing objectives, to give priority to the short-term needs except where that would require funds donated specifically for endowment purposes to be utilised contrary to the donor's wishes.

Free reserves are those funds that are not subject to a restriction. At 30 September 2022, free reserves amounted to £82,635. The intention is to keep free reserves above £30,000, which represents 6 months overheads.

The charity does not currently hold any funds as a custodian.

The strategic plan for Financial Year Ending September 2023 includes the following projects:

- Expand the roll out of the Bowra Bag, directly and via partners
- Collaborate with local businesses to deliver a weekly adaptive sports session in the Poole area
- Undertake one major challenge to raise awareness of the Bowra Foundation mission and change public perception of what is possible after a stroke
- Increase the paid human resource available to Bowra Foundation

**Going concern**

After reviewing the charity's forecasts and projections, the Board have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The entity therefore continues to adopt the going concern basis in preparing its financial statements.

**Structure, governance and management**

**Governing document**

Bowra Foundation is CIO governed by its Constitution. It is a registered charity with the Charity Commission.

**Governing body**

The trustees form the governing body of the Bowra Foundation. New trustees are identified by trustees and their recruitment is based upon the skills and experience that they can bring to Bowra Foundation with the board seeking to provide the charity with a range of skills in governance and management.

**Organisational management**

The trustees are legally responsible for the management of the risks faced by the charity with the day to day running of Bowra Foundation being delegated to the management team. The management team attends all meetings of trustees and regularly reports and updates the chairman.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management process is undertaken on an annual basis and the key controls include:

- comprehensive strategic planning, budgeting and management accounting
- established organisational structure and lines of reporting
- formal written policies
- clear authorities and approval levels
- full risk assessment for all events and activities

Through the risk management processes, the trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed. The main risk to the charity for the year under review has been to ensure fundraising and beneficiary activities could be recommenced at a pace after the disruption caused by the COVID 19 pandemic. As a result the trustees have raised and spent funds to increase its head count so this risk was mitigated.

**Reference and administrative details**

**Registered Company number**

CE018897 (England and Wales)

**BOWRA FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

**Registered Charity number**

1185395

**Registered office**

7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**Trustees**

Ms C Betteridge OBE (resigned 4/7/22)  
Ms L E Day Rapkins  
Mr S Eaton  
Mr S Hitchman  
Mr J Searight  
Mr J Patrick  
Mr S Walker  
Mrs C P Courage  
Mr M G Brunt (appointed 29/7/22) (resigned 19/3/23)

**Independent Examiner**

Mr M Rees  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Approved by order of the board of trustees on ..... and signed on its behalf by:

.....  
Mr J Patrick - Trustee

**TRUSTEES' RESPONSIBILITY STATEMENT  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

The trustees are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for the period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the UK governing the preparation and dissemination of financial statement may differ from legislation in other jurisdictions.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
BOWRA FOUNDATION**

---

**Independent examiner's report to the trustees of Bowra Foundation ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2022.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Mr M Rees

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Date: .....

**BOWRA FOUNDATION****STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>Income and endowments from</b>					
Donations and legacies		85,866	-	85,866	40,024
<b>Charitable activities</b>					
Grants		-	36,750	36,750	33,250
<b>Total</b>		<u>85,866</u>	<u>36,750</u>	<u>122,616</u>	<u>73,274</u>
<b>Expenditure on</b>					
Raising funds		2,014	10,077	12,091	8,371
<b>Charitable activities</b>					
Management and administration		7,998	9,299	17,297	3,081
Event delivery and charitable activities		<u>24,674</u>	<u>14,614</u>	<u>39,288</u>	<u>59,772</u>
<b>Total</b>		<u>34,686</u>	<u>33,990</u>	<u>68,676</u>	<u>71,224</u>
<b>NET INCOME</b>		51,180	2,760	53,940	2,050
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>31,455</u>	<u>58,481</u>	<u>89,936</u>	<u>87,886</u>
<b>Total funds carried forward</b>		<u><u>82,635</u></u>	<u><u>61,241</u></u>	<u><u>143,876</u></u>	<u><u>89,936</u></u>

The notes form part of these financial statements

**BOWRA FOUNDATION**

**BALANCE SHEET  
30 SEPTEMBER 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>Fixed assets</b>					
Tangible assets	5	13,251	-	13,251	5,507
<b>Current assets</b>					
Stocks	6	-	6,308	6,308	10,532
Debtors	7	14,015	1,750	15,765	326
Cash at bank		56,179	55,159	111,338	76,694
		<u>70,194</u>	<u>63,217</u>	<u>133,411</u>	<u>87,552</u>
<b>Creditors</b>					
Amounts falling due within one year	8	(810)	(1,976)	(2,786)	(3,123)
		<u>69,384</u>	<u>61,241</u>	<u>130,625</u>	<u>84,429</u>
<b>Net current assets</b>					
		<u>69,384</u>	<u>61,241</u>	<u>130,625</u>	<u>84,429</u>
<b>Total assets less current liabilities</b>		<u>82,635</u>	<u>61,241</u>	<u>143,876</u>	<u>89,936</u>
<b>NET ASSETS</b>		<u>82,635</u>	<u>61,241</u>	<u>143,876</u>	<u>89,936</u>
<b>Funds</b>	9				
Unrestricted funds				82,635	31,455
Restricted funds				61,241	58,481
<b>Total funds</b>				<u>143,876</u>	<u>89,936</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on .....and were signed on its behalf by:

.....  
Mr J Patrick - Trustee

The notes form part of these financial statements

**1. Accounting policies**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

**Stocks**

Stock is valued at the lower of cost and net realisable value.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Financial instruments**

Basic financial instruments are initially recognised at transaction price and accounted for according to the substance of the contractual arrangement, as either financial assets, liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company, after deducting all liabilities.

At each balance sheet date, financial instruments are measured at amortised cost using the effective interest method. Any losses arising from impairment are recognised in the profit and loss account in the period to which they relate.

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

2. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	<b>2022</b>	<b>2021</b>
	£	£
Depreciation - owned assets	4,416	1,836
Hire of plant and machinery	1,598	3,213
	<u>        </u>	<u>        </u>

3. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Trustees' expenses

There were trustees' expenses paid for the year ended 30 September 2022 totalling £8,642.34 (2021: £Nil).

4. Comparatives for the statement of financial activities

	Unrestricted fund £	Restricted fund £	Total funds £
<b>Income and endowments from</b>			
Donations and legacies	40,024	-	40,024
<b>Charitable activities</b>			
Grants	9,658	23,592	33,250
<b>Total</b>	<u>49,682</u>	<u>23,592</u>	<u>73,274</u>
<b>Expenditure on</b>			
Raising funds	4,853	3,518	8,371
<b>Charitable activities</b>			
Management and administration	3,081	-	3,081
Event delivery and charitable activities	45,244	14,528	59,772
<b>Total</b>	<u>53,178</u>	<u>18,046</u>	<u>71,224</u>
<b>NET INCOME/(EXPENDITURE)</b>	(3,496)	5,546	2,050
<b>Transfers between funds</b>	(5,187)	5,187	-
<b>Net movement in funds</b>	(8,683)	10,733	2,050
<b>Reconciliation of funds</b>			
Total funds brought forward	40,138	47,748	87,886
<b>Total funds carried forward</b>	<u>31,455</u>	<u>58,481</u>	<u>89,936</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

## 5. Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
<b>Cost</b>				
At 1 October 2021	7,343	-	-	7,343
Additions	7,103	3,600	1,457	12,160
At 30 September 2022	14,446	3,600	1,457	19,503
<b>Depreciation</b>				
At 1 October 2021	1,836	-	-	1,836
Charge for year	3,152	900	364	4,416
At 30 September 2022	4,988	900	364	6,252
<b>Net book value</b>				
At 30 September 2022	9,458	2,700	1,093	13,251
At 30 September 2021	5,507	-	-	5,507

## 6. Stocks

	2022 £	2021 £
Finished goods	6,308	10,532

## 7. Debtors: amounts falling due within one year

	2022 £	2021 £
Trade debtors	15,765	326

## 8. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	810	1,023
Accruals and deferred income	1,976	2,100
	2,786	3,123

## 9. Movement in funds

	At 1/10/21 £	Net movement in funds £	At 30/9/22 £
<b>Unrestricted funds</b>			
General fund	31,455	51,180	82,635
<b>Restricted funds</b>			
Restricted fund	58,481	2,760	61,241
<b>TOTAL FUNDS</b>	89,936	53,940	143,876

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2022

9. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	85,866	(34,686)	51,180
<b>Restricted funds</b>			
Restricted fund	36,750	(33,990)	2,760
<b>TOTAL FUNDS</b>	<u>122,616</u>	<u>(68,676)</u>	<u>53,940</u>

Comparatives for movement in funds

	At 1/10/20 £	Net movement in funds £	Transfers between funds £	At 30/9/21 £
<b>Unrestricted funds</b>				
General fund	40,138	(3,496)	(5,187)	31,455
<b>Restricted funds</b>				
Restricted fund	47,748	5,546	5,187	58,481
<b>TOTAL FUNDS</b>	<u>87,886</u>	<u>2,050</u>	<u>-</u>	<u>89,936</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	49,682	(53,178)	(3,496)
<b>Restricted funds</b>			
Restricted fund	23,592	(18,046)	5,546
<b>TOTAL FUNDS</b>	<u>73,274</u>	<u>(71,224)</u>	<u>2,050</u>

**9. Movement in funds - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/10/20 £	Net movement in funds £	Transfers between funds £	At 30/9/22 £
<b>Unrestricted funds</b>				
General fund	40,138	47,684	(5,187)	82,635
<b>Restricted funds</b>				
Restricted fund	47,748	8,306	5,187	61,241
<b>TOTAL FUNDS</b>	<u>87,886</u>	<u>55,990</u>	<u>-</u>	<u>143,876</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	135,548	(87,864)	47,684
<b>Restricted funds</b>			
Restricted fund	60,342	(52,036)	8,306
<b>TOTAL FUNDS</b>	<u>195,890</u>	<u>(139,900)</u>	<u>55,990</u>

**10. Related party disclosures**

The charity has received commercial services during the year from a related party to a trustee, totalling £22,008.28. The outstanding balance owed to the related party at the year end is £Nil. This procurement was done with full board knowledge and support.

**BOWRA FOUNDATION****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

	2022 £	2021 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	85,866	40,024
<b>Charitable activities</b>		
Grants	36,750	33,250
<b>Total incoming resources</b>	<u>122,616</u>	<u>73,274</u>
<b>Expenditure</b>		
<b>Raising donations and legacies</b>		
Fundraising consumables	5,059	4,483
Catering costs	2,808	833
	<u>7,867</u>	<u>5,316</u>
<b>Other trading activities</b>		
Opening stock	10,532	5,176
Bowra Bags Purchases	-	8,411
Closing stock	(6,308)	(10,532)
	<u>4,224</u>	<u>3,055</u>
<b>Event delivery and charitable activities</b>		
Sundries	10	27
Hire of equipment and machinery	1,598	3,213
Subcontractors	19,905	30,978
Travel and subsistence	1,978	15,690
Advertising	192	7,338
Event costs	13,629	2,526
Financial reporting	1,976	-
	<u>39,288</u>	<u>59,772</u>
<b>Management and administration</b>		
<b>Management</b>		
Wages	9,372	-
Insurance	1,699	691
Subscriptions	370	180
Professional fees	-	300
	<u>11,441</u>	<u>1,171</u>
<b>Finance</b>		
Postage and stationery	-	13
Bank charges	56	61
	<u>56</u>	<u>74</u>

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

---

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Finance</b>		
<b>Information technology</b>		
Telephone	586	-
<b>Other</b>		
Plant and machinery	4,417	1,836
<b>Governance costs</b>		
Accountancy and legal fees	797	-
Total resources expended	<u>68,676</u>	<u>71,224</u>
<b>Net income</b>	<u><u>53,940</u></u>	<u><u>2,050</u></u>

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION**

England & Wales - Charity number 1185395

---

# Accounts

---

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2021  
FOR  
BOWRA FOUNDATION**

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

	<b>Page</b>
<b>Report of the trustees</b>	1 to 5
<b>Independent examiner's report</b>	6
<b>Statement of financial activities</b>	7
<b>Balance sheet</b>	8
<b>Notes to the financial statements</b>	9 to 13
<b>Detailed statement of financial activities</b>	14 to 15

---

The trustees are pleased to present their annual report of Bowra Foundation for the year ending 30 September 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

**Objectives and activities**

**Purposes and aims**

The purposes of the charity are outlined within the constitution:

The objects of the CIO are to promote the physical and mental health and wellbeing, and the recovery and rehabilitation of:

- 1) those suffering from the effects of neurological disorders or conditions; and
  - 2) wounded, injured and sick members of the armed forces, both serving and veteran;
- in each case by encouraging and facilitating their participation in sporting and recreational activities with the aim of improving their conditions of life; the provision of services, guidance and support; and such other means as the charity trustees shall from time to time decide.

Within these purposes, the charity's primary goal is to inspire the unrelenting pursuit of recovery from brain injury.

**Significant activities**

The charity works towards this aim through various key streams of activity:

- Practical help for people living with neurological disorders
- Mark Bowra developed the Bowra Bag as a toolkit for rehabilitation. It contains aids to communication, physical rehabilitation and regaining independence that Mark and practitioners supporting identified during his rehabilitation from stroke
- Physical challenges bringing together veterans and people of all backgrounds living with neurological disorders

The trustees have completed a review of its activities with and set objectives to:

- Distribute Bowra Bags to support people with brain injuries to progress their rehabilitation
- Deliver a programme of sporting activities to improve mental and physical wellbeing amongst our beneficiaries
  - o Local activities such as walks and cycles in Dorset
  - o Residential activities such as hillwalking, kayaking and surfing around the UK
- Deliver challenges to change public perceptions of what is possible after suffering a stroke or other neurological injury
- Raise awareness of Bowra Foundation through online and direct outreach to increase support and encourage potential beneficiaries to request Bowra Bags or participate in events

By focusing on these areas, we achieve our strategic priorities which are then measured against budget.

**Volunteers**

The charity has, since its establishment, been supported by many willing volunteers in fundraising, administration and event delivery activities of the charity, the trustees would like to take this opportunity to say how much they appreciate their continued and valuable support for our vital work in the community.

**Achievement and performance**

**Charitable activities**

COVID-19 had a significant impact on Bowra Foundation's ability to deliver our planned activities as the restrictions designed to limit the spread of the virus prohibited us from bringing people together in person. However, we were able to adapt our plans and seek COVID-19 specific funding to support us in creating online communications and resources to reach out to our beneficiaries and supporters throughout the year.

Furthermore, we were able to be adaptable, to allow our plans to continue to evolve and engage participants directly as restrictions eased.

It had always been our intention to deliver against a diversified fundraising strategy, however, the ongoing impacts of COVID-19 meant that we were unable to reinstate fundraising events or deliver trips such as skiing expeditions postponed since 2020. This reduction in event-related and corporate income caused us to continue with a rebalanced portfolio and invest time in applying for trust, foundation and public sector funding.

Bowra Foundation was fortunate that Lester Brunt Wealth Management found ways to host its annual fundraising Golf Day in compliance with restrictions, raising £14,000 for the charity, towards adaptive sports equipment and committing to supporting Bowra Foundation at the next two events.

We were extremely grateful to be awarded £35,000 by Armed Forces Covenant Fund Trust for Bowra21, our outdoor activities project for veterans. Building on the success of Bowra 1000 which saw 75 veterans join Mark on cycles, walks, kayaks and swims, under COVID-safe conditions during the restrictions of summer 2020, creating regular opportunities for participation in sport alongside Mark and other brain injury survivors. The grant period runs until 30 April 2022 and we are aiming to welcome at least 50 Dorset veterans on three activities each. As of 30 September 2021, we had already delivered:

- Adaptive Three Peaks Challenge for veterans and beneficiaries with a range of disabilities
- Watersports Trip to the Isles of Scilly for veterans and participants with brain injuries
- Outward Bound Trip to Ridgway Adventure in Scotland for veterans
- Regular walks and cycles in the Dorset area

Under a separate stream, Bowra Foundation delivered a Surf Camp at Caswell Bay in South Wales for 5 brain-injured participants. We contracted Surfability to provide expert instruction and safety cover at their purpose-built headquarters.

Bowra Foundation fielded 6 participants in Superhero Series Wonderwheels Event at Dorney Lake, a flagship adaptive sports event run by former Paralympian Sophia Warner. 12 participants joined in the virtual evens connected to the series earlier in the year.

The ongoing restrictions in place to manage COVID-19 continued to limit our ability to distribute Bowra Bags, especially through charity partners in hospital settings. We distributed 39 bags during the year, taking the total distributed to 100. We ordered a further 100 Bowra Bags and focussed on securing new partners and reinvigorating existing ones to benefit more people from 2022 onwards.

The Trustees continued the process of rigorously reviewing all aspects of income and expenditure.

**Principal funding sources**

The principal funding sources of the charity currently comprise grants, donations from individuals, gifts and services in kind.

**Financial review**

**Financial position**

As shown on the Statement of Financial Activities, income for the year amounted to £73,274, expenditure for the year amounted to £71,224 giving a net increase in funds of £2,050. At the end of the year, the charity's net assets amounted to £89,936.

**Financial instruments**

The CIO's/charity's activities expose it to a number of financial risks, including credit risk, cash flow risk and liquidity risk.

Credit risk is limited due to the principal financial assets being bank balances

Cash flow risk and Liquidity risk are managed by our management team. Ensuring that there is no overspend of the bank balances and financial commitments made are worked against a budget.

**Financial review**

**Reserves policy**

It is the policy of the trustees to secure the long-term viability of the Foundation. Sufficient liquid reserves need to be maintained to meet all anticipated short-term needs, after allowing for income from fundraising activities likely to be received within the same timescale and, insofar as available funds are insufficient fully to meet the foregoing objectives, to give priority to the short-term needs except where that would require funds donated specifically for endowment purposes to be utilised contrary to the donor's wishes.

Free reserves are those funds that are not subject to a restriction. At 30 September 2021, free reserves amounted to £31,455. The intention is to keep free reserves above £20,000.

The charity does not currently hold any funds as a custodian.

The strategic plan for Financial Year Ending September 2022 includes the following projects:

- Expand the roll out of the Bowra Bag, directly and via partners
- Collaborate with local businesses to deliver a weekly adaptive sports session in the Poole area
- Undertake one major challenge to raise awareness of the Bowra Foundation mission and change public perception of what is possible after a stroke
- Increase the paid human resource available to Bowra Foundation

**Going concern**

After reviewing the charity's forecasts and projections, the Board have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The entity therefore continues to adopt the going concern basis in preparing its financial statements. As a result of Covid 19 the Trustees are continuing to monitor and assess the current implication and operations of the charity.

**Structure, governance and management**

**Governing document**

Bowra Foundation is CIO governed by its Constitution. It is a registered charity with the Charity Commission.

**Governing body**

The trustees form the governing body of the Bowra Foundation. New trustees are identified by trustees and their recruitment is based upon the skills and experience that they can bring to Bowra Foundation with the board seeking to provide the charity with a range of skills in governance and management.

**Organisational management**

The trustees are legally responsible for the management of the risks faced by the charity with the day to day running of Bowra Foundation being delegated to the management team. The management team attends all meetings of trustees and regularly reports and updates the chairman.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management process is undertaken on an annual basis and the key controls include:

- comprehensive strategic planning, budgeting and management accounting
- established organisational structure and lines of reporting
- formal written policies
- clear authorities and approval levels
- full risk assessment for all events and activities

Through the risk management processes, the trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed. The main risk to the charity for the year under review is the current economic climate, where COVID-19 has had a significant impact on the ability to fundraise and as a result the trustees have preserved the reserves of the charity by not overspending the funds available to them.

**BOWRA FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

**Reference and administrative details**

**Registered Company number**  
CE018897 (England and Wales)

**Registered Charity number**  
1185395

**Registered office**  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**Principal address**

Broad Reach  
Beach Road  
Upton  
Poole  
Dorset  
BH16 5NA

**Trustees**

Mr N Osborne (resigned 1/9/21)  
Mr C Stanley (resigned 1/3/21)  
Ms C Betteridge OBE (resigned 4/7/22)  
Ms L E Day Rapkins  
Mr S Eaton  
Mr S Hitchman  
Mr J Searight  
Mr J Patrick  
Mr S Walker  
Mrs C P Courage  
Mr M G Brunt (appointed 29/7/22)

**Independent Examiner**

Mr M Rees  
FCCA  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**Trustees' responsibility statement**

The trustees are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for the period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the UK governing the preparation and dissemination of financial statement may differ from legislation in other jurisdictions.

Approved by order of the board of trustees on ..... and signed on its behalf by:

.....  
Mr J Patrick - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
BOWRA FOUNDATION**

---

**Independent examiner's report to the trustees of Bowra Foundation ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2021.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Mr M Rees  
FCCA  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Date: .....

**BOWRA FOUNDATION**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	Year Ended 30/9/21 Total funds £	Period 19/9/19 to 30/9/20 Total funds £
<b>Income and endowments from</b>					
Donations and legacies		40,023	1	40,024	104,070
<b>Charitable activities</b>					
Grants		9,658	23,592	33,250	42,454
<b>Total</b>		<u>49,681</u>	<u>23,593</u>	<u>73,274</u>	<u>146,524</u>
<b>Expenditure on</b>					
Raising funds		4,852	3,519	8,371	21,198
<b>Charitable activities</b>					
Management and administration		3,081	-	3,081	10,354
Event delivery and charitable activities		45,244	14,528	59,772	27,086
<b>Total</b>		<u>53,177</u>	<u>18,047</u>	<u>71,224</u>	<u>58,638</u>
<b>NET INCOME/(EXPENDITURE)</b>		<u>(3,496)</u>	<u>5,546</u>	<u>2,050</u>	<u>87,886</u>
<b>Transfers between funds</b>	9	<u>(5,187)</u>	<u>5,187</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>(8,683)</u>	<u>10,733</u>	<u>2,050</u>	<u>87,886</u>
<b>Reconciliation of funds</b>					
<b>Total funds brought forward</b>		<u>40,138</u>	<u>47,748</u>	<u>87,886</u>	<u>-</u>
<b>Total funds carried forward</b>		<u><u>31,455</u></u>	<u><u>58,481</u></u>	<u><u>89,936</u></u>	<u><u>87,886</u></u>

The notes form part of these financial statements

**BOWRA FOUNDATION**

**BALANCE SHEET  
30 SEPTEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>Fixed assets</b>					
Tangible assets	5	5,507	-	5,507	-
<b>Current assets</b>					
Stocks	6	-	10,532	10,532	5,176
Debtors	7	326	-	326	56
Cash at bank		26,645	50,049	76,694	88,553
		<u>26,971</u>	<u>60,581</u>	<u>87,552</u>	<u>93,785</u>
<b>Creditors</b>					
Amounts falling due within one year	8	(1,023)	(2,100)	(3,123)	(5,899)
		<u>25,948</u>	<u>58,481</u>	<u>84,429</u>	<u>87,886</u>
<b>Net current assets</b>					
		<u>25,948</u>	<u>58,481</u>	<u>84,429</u>	<u>87,886</u>
<b>Total assets less current liabilities</b>		<u>31,455</u>	<u>58,481</u>	<u>89,936</u>	<u>87,886</u>
<b>NET ASSETS</b>		<u>31,455</u>	<u>58,481</u>	<u>89,936</u>	<u>87,886</u>
<b>Funds</b>	9				
Unrestricted funds				31,455	40,138
Restricted funds				58,481	47,748
<b>Total funds</b>				<u>89,936</u>	<u>87,886</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on .....and were signed on its behalf by:

.....  
Mr J Patrick - Trustee

The notes form part of these financial statements

**1. Accounting policies**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

**Stocks**

Stock is valued at the lower of cost and net realisable value.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Financial instruments**

Basic financial instruments are initially recognised at transaction price and accounted for according to the substance of the contractual arrangement, as either financial assets, liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company, after deducting all liabilities.

At each balance sheet date, financial instruments are measured at amortised cost using the effective interest method. Any losses arising from impairment are recognised in the profit and loss account in the period to which they relate.

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021

2. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	Year Ended 30/9/21 £	Period 19/9/19 to 30/9/20 £
Depreciation - owned assets	1,836	-
Hire of plant and machinery	3,213	-
	<u>          </u>	<u>          </u>

3. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 30 September 2021 nor for the period ended 30 September 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2021 nor for the period ended 30 September 2020.

4. Comparatives for the statement of financial activities

	Unrestricted fund £	Restricted fund £	Total funds £
<b>Income and endowments from</b>			
Donations and legacies	85,841	18,229	104,070
<b>Charitable activities</b>			
Grants	-	42,454	42,454
<b>Total</b>	<u>85,841</u>	<u>60,683</u>	<u>146,524</u>
<b>Expenditure on</b>			
Raising funds	17,824	3,374	21,198
<b>Charitable activities</b>			
Management and administration	10,354	-	10,354
Event delivery and charitable activities	17,525	9,561	27,086
<b>Total</b>	<u>45,703</u>	<u>12,935</u>	<u>58,638</u>
<b>NET INCOME</b>	<u>40,138</u>	<u>47,748</u>	<u>87,886</u>
<b>Total funds carried forward</b>	<u>40,138</u>	<u>47,748</u>	<u>87,886</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2021

<b>5. Tangible fixed assets</b>				
				<b>Plant and machinery</b>
				<b>£</b>
<b>Cost</b>				
Additions				7,343
				<u>          </u>
<b>Depreciation</b>				
Charge for year				1,836
				<u>          </u>
<b>Net book value</b>				
At 30 September 2021				5,507
				<u>          </u>
At 30 September 2020				-
				<u>          </u>
<b>6. Stocks</b>				
		<b>2021</b>	<b>2020</b>	
		<b>£</b>	<b>£</b>	
Finished goods		10,532	5,176	
		<u>          </u>	<u>          </u>	
<b>7. Debtors: amounts falling due within one year</b>				
		<b>2021</b>	<b>2020</b>	
		<b>£</b>	<b>£</b>	
Trade debtors		326	56	
		<u>          </u>	<u>          </u>	
<b>8. Creditors: amounts falling due within one year</b>				
		<b>2021</b>	<b>2020</b>	
		<b>£</b>	<b>£</b>	
Trade creditors		1,023	5,899	
Accruals and deferred income		2,100	-	
		<u>          </u>	<u>          </u>	
		3,123	5,899	
		<u>          </u>	<u>          </u>	
<b>9. Movement in funds</b>				
	<b>At</b>	<b>Net</b>	<b>Transfers</b>	<b>At</b>
	<b>1/10/20</b>	<b>movement</b>	<b>between</b>	<b>30/9/21</b>
	<b>£</b>	<b>in funds</b>	<b>funds</b>	<b>£</b>
		<b>£</b>	<b>£</b>	
<b>Unrestricted funds</b>				
General fund	40,138	(3,496)	(5,187)	31,455
<b>Restricted funds</b>				
Restricted fund	47,748	5,546	5,187	58,481
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	87,886	2,050	-	89,936
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

## 9. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	49,681	(53,177)	(3,496)
<b>Restricted funds</b>			
Restricted fund	23,593	(18,047)	5,546
<b>TOTAL FUNDS</b>	<u>73,274</u>	<u>(71,224)</u>	<u>2,050</u>

## Comparatives for movement in funds

	Net movement in funds £	At 30/9/20 £
<b>Unrestricted funds</b>		
General fund	40,138	40,138
<b>Restricted funds</b>		
Restricted fund	47,748	47,748
<b>TOTAL FUNDS</b>	<u>87,886</u>	<u>87,886</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	85,841	(45,703)	40,138
<b>Restricted funds</b>			
Restricted fund	60,683	(12,935)	47,748
<b>TOTAL FUNDS</b>	<u>146,524</u>	<u>(58,638)</u>	<u>87,886</u>

**10. Related party disclosures**

The charity has received commercial services during the year from a related party to a trustee, totalling £32,866. The outstanding balance owed to the related party at the year end is £1,023.21. This procurement was done with full board knowledge and support.

**BOWRA FOUNDATION****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

	Year Ended 30/9/21 £	Period 19/9/19 to 30/9/20 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	40,024	104,070
<b>Charitable activities</b>		
Grants	33,250	42,454
<b>Total incoming resources</b>	<u>73,274</u>	<u>146,524</u>
<b>Expenditure</b>		
<b>Raising donations and legacies</b>		
Subcontractors	-	11,406
Fundraising consumables	4,483	6,767
Catering costs	833	3,025
	<u>5,316</u>	<u>21,198</u>
<b>Other trading activities</b>		
Opening stock	5,176	-
Bowra Bags Purchases	8,411	-
Closing stock	(10,532)	-
	<u>3,055</u>	<u>-</u>
<b>Event delivery and charitable activities</b>		
Sundries	27	228
Hire of equipment and machiner	3,213	-
Subscriptions	-	48
Training costs	-	450
Subcontractors	30,978	15,336
Travel and subsistence	15,690	9,021
Advertising	7,338	2,003
Event costs	2,526	-
	<u>59,772</u>	<u>27,086</u>
<b>Management and administration</b>		
<b>Management</b>		
Insurance	691	760
Subscriptions	180	330
Professional fees	300	8,700
Computer costs	-	518
	<u>1,171</u>	<u>10,308</u>
<b>Finance</b>		
Postage and stationery	13	-
Carried forward	13	-

This page does not form part of the statutory financial statements

**BOWRA FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

---

	<b>Year Ended 30/9/21 £</b>	<b>Period 19/9/19 to 30/9/20 £</b>
<b>Finance</b>		
Brought forward	13	-
Bank charges	61	46
	<u>74</u>	<u>46</u>
<b>Other</b>		
Plant and machinery	1,836	-
	<u>71,224</u>	<u>58,638</u>
Total resources expended		
<b>Net income</b>	<u>2,050</u>	<u>87,886</u>

This page does not form part of the statutory financial statements

---

**BOWRA FOUNDATION**

England & Wales - Charity number 1185395

---

# Accounts

---

REGISTERED COMPANY NUMBER: CE018897 (England and Wales)  
REGISTERED CHARITY NUMBER: 1185395

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020  
FOR  
BOWRA FOUNDATION**

Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**BOWRA FOUNDATION**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

---

	<b>Page</b>
<b>Report of the trustees</b>	1 to 4
<b>Independent examiner's report</b>	5
<b>Statement of financial activities</b>	6
<b>Balance sheet</b>	7
<b>Notes to the financial statements</b>	8 to 9
<b>Detailed statement of financial activities</b>	10

---

## **BOWRA FOUNDATION**

### **REPORT OF THE TRUSTEES FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

---

The trustees are pleased to present their annual report of Bowra Foundation for the period ending 30 September 2020. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

#### **Incorporation**

The charitable company was incorporated on 19 September 2019.

#### **Objectives and activities**

##### **Purposes and aims**

The purposes of the charity are outlined within the constitution:

The objects of the CIO are to promote the physical and mental health and wellbeing, and the recovery and rehabilitation of:

- 1) those suffering from the effects of neurological disorders or conditions; and
  - 2) wounded, injured and sick members of the armed forces, both serving and veteran;
- in each case by encouraging and facilitating their participation in sporting and recreational activities with the aim of improving their conditions of life; the provision of services, guidance and support; and such other means as the charity trustees shall from time to time decide.

Within these purposes, the charity's primary goal is to inspire the unrelenting pursuit of recovery from brain injury.

##### **Significant activities**

The charity works towards this aim through various key streams of activity:

- Practical Help for people living with neurological disorders
- Mark Bowra developed the Bowra Bag as a toolkit for rehabilitation. It contains aids to communication, physical rehabilitation and regaining independence that Mark and practitioners supporting identified during his rehabilitation from stroke
- Physical challenges bringing together veterans and people of all backgrounds living with neurological disorders

The trustees have completed a review of its activities with and set objectives to:

- Distribute Bowra Bags to support people with brain injuries to progress their rehabilitation
- Deliver a programme of sporting activities to improve mental and physical wellbeing amongst our beneficiaries
  - o Local activities such as walks and cycles in Dorset
  - o Residential activities such as hillwalking, kayaking and surfing around the UK
- Deliver challenges to change public perceptions of what is possible after suffering a stroke or other neurological injury
- Raise awareness of Bowra Foundation through online and direct outreach to increase support and encourage potential beneficiaries to request Bowra Bags or participate in events

By focusing on these areas, we achieve our strategic priorities which are then measured against budget.

#### **Volunteers**

The charity has, since its establishment, been supported by many willing volunteers in fundraising, administration and event delivery activities of the charity, the trustees would like to take this opportunity to say how much they appreciate their continued and valuable support for our vital work in the community.

## **BOWRA FOUNDATION**

### **REPORT OF THE TRUSTEES FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

---

#### **Achievement and performance**

##### **Charitable activities**

COVID-19 had a significant impact on Bowra Foundation's ability to deliver our planned activities as the restrictions designed to limit the spread of the virus prohibited us from bringing people together in person. However, we were able to adapt our plans and seek COVID-19 specific funding to support us in creating online communications and resources to reach out to our beneficiaries and supporters throughout the year.

Furthermore, we were able to be adaptable, to allow our plans to continue to evolve and engage participants directly as restrictions eased.

During Bowra Foundation's flagship activity, the Bowra 1000 Challenge, the charity was able to involve 75 beneficiaries in person over 39 days, whilst maintaining compliance with COVID-19 regulations. As a result of our increased communications activity, the challenge attracted over £15,000 in fundraising revenue via online donations, with additional corporate support and contributions from high level donors.

It had always been our intention to deliver against a diversified fundraising strategy, however COVID-19 caused us to cancel all events outside the Bowra 1000 Challenge. This reduction in event-related and corporate income caused us to rebalance our portfolio and invest more time in applying for trust, foundation and public sector funding.

The Trustees continued the process of rigorously reviewing all aspects of income and expenditure.

##### **Principal funding sources**

The principal funding sources of the charity currently comprise grants donations from individuals, gifts and services in kind.

##### **Financial review**

###### **Financial position**

As shown on the Statement of Financial Activities, income for the year amounted to £146,524, expenditure for the year amounted to £58,638 giving a net increase in funds of £87,886. At the end of the year, the charity's net assets amounted to £87,886.

###### **Financial instruments**

The CIO's/charity's activities expose it to a number of financial risks, including credit risk, cash flow risk and liquidity risk.

Credit risk is limited due to the principal financial assets being bank balances

Cash flow risk and liquidity risk are managed by our management team. Ensuring that there is no overspend of the bank balances and financial commitments made are worked against a budget.

###### **Reserves policy**

It is the policy of the trustees to secure the long-term viability of the Foundation. Sufficient liquid reserves need to be maintained to meet all anticipated short-term needs, after allowing for income from fundraising activities likely to be received within the same timescale and, insofar as available funds are insufficient fully to meet the foregoing objectives, to give priority to the short-term needs except where that would require funds donated specifically for endowment purposes to be utilised contrary to the donor's wishes.

Free reserves are those funds that are not subject to a restriction. At 30 September 2020, free reserves amounted to £40,138. The intention is to keep free reserves above £20,000, which represents more than 6 months of the overhead costs of the foundation.

The charity does not currently hold any funds as a custodian.

The strategic plan for Financial Year Ending September 2021 includes the following projects:

- Expand the roll out of the Bowra Bag, directly and via partners
- Three Peaks Challenge for veterans and beneficiaries with a range of disabilities
- Watersports Trip to the Isles of Scilly for veterans and participants with brain injuries
- Outward Bound Trip to Riddgway Adventure in Scotland for veterans
- Surf Camp for brain-injured participants
- Fundraising Golf Day to be held by Lester Brunt Wealth Management on behalf of Bowra Foundation
- Participate in the Superhero Series

## **BOWRA FOUNDATION**

### **REPORT OF THE TRUSTEES FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

---

#### **Financial review**

##### **Going concern**

After reviewing the charity's forecasts and projections, the Board have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The entity therefore continues to adopt the going concern basis in preparing its financial statements. As a result of Covid 19 the Trustees are continuing to monitor and assess the current implication and operations of the charity.

#### **Structure, governance and management**

##### **Governing document**

Bowra Foundation is CIO governed by its Constitution. It is a registered charity with the Charity Commission.

##### **Governing body**

The trustees form the governing body of the Bowra Foundation. New trustees are identified by trustees and their recruitment is based upon the skills and experience that they can bring to Bowra Foundation with the board seeking to provide the charity with a range of skills in governance and management.

##### **Organisational management**

The trustees are legally responsible for the management of the risks faced by the charity with the day to day running of Bowra Foundation being delegated to the management team. The management team attends all meetings of trustees and regularly reports and updates the chairman.

##### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management process is undertaken on an annual basis and the key controls include:

- comprehensive strategic planning, budgeting and management accounting
- established organisational structure and lines of reporting
- formal written policies
- clear authorities and approval levels
- full risk assessment for all events and activities

Through the risk management processes, the trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed. The main risk to the charity for the year under review is the current economic climate, where COVID-19 has had a significant impact on the ability to fundraise and as a result the trustees have preserved the reserves of the charity by not overspending the funds available to them.

#### **Reference and administrative details**

##### **Registered Company number**

CE018897 (England and Wales)

##### **Registered Charity number**

1185395

##### **Registered office**

7 & 8 Church Street

Wimborne

Dorset

BH21 1JH

**BOWRA FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

---

**Trustees**

Mr N Osborne (appointed 26/11/19)  
Mr C Stanley (appointed 19/9/19)  
Ms C Betteridge OBE (appointed 19/9/19)  
Ms L E Day Rapkins (appointed 1/9/20)  
Mr S Eaton (appointed 19/9/19)  
Mr S Hitchman (appointed 19/9/19)  
Mr J Searight (appointed 19/9/19)  
Mr J Patrick (appointed 19/9/19)  
Mr S Walker (appointed 19/9/19)  
Mrs C P Courage (appointed 26/11/19)

**Independent Examiner**

Mr M Rees  
FCCA  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

**Trustees' responsibility statement**

The trustees are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for the period.

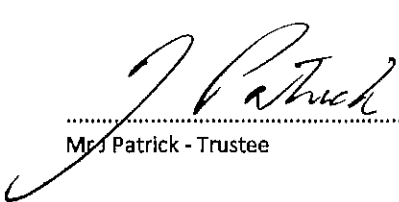
In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by order of the board of trustees on 2 November 2021 and signed on its behalf by:

  
.....  
Mr J Patrick - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
BOWRA FOUNDATION**

---

**Independent examiner's report to the trustees of Bowra Foundation ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the period 19 September 2019 to 30 September 2020.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Mr M Rees  
FCCA  
Kynance Ltd t/as England and Company  
7 & 8 Church Street  
Wimborne  
Dorset  
BH21 1JH

Date: ..... 2/11/21 .....

**BOWRA FOUNDATION****STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
<b>Income and endowments from</b>				
Donations and legacies		85,841	18,229	104,070
<b>Charitable activities</b>				
		-	42,454	42,454
<b>Total</b>		<u>85,841</u>	<u>60,683</u>	<u>146,524</u>
<b>Expenditure on</b>				
Raising funds		17,824	3,374	21,198
<b>Charitable activities</b>				
Management and administration		10,354	-	10,354
Event delivery and charitable activities		17,525	9,561	27,086
<b>Total</b>		<u>45,703</u>	<u>12,935</u>	<u>58,638</u>
<b>NET INCOME</b>		<u>40,138</u>	<u>47,748</u>	<u>87,886</u>
<b>Total funds carried forward</b>		<u><u>40,138</u></u>	<u><u>47,748</u></u>	<u><u>87,886</u></u>

The notes form part of these financial statements

**BOWRA FOUNDATION****BALANCE SHEET  
30 SEPTEMBER 2020**

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
<b>Current assets</b>				
Stocks	3	-	5,176	5,176
Debtors	4	56	-	56
Cash at bank		45,981	42,572	88,553
		<u>46,037</u>	<u>47,748</u>	<u>93,785</u>
<b>Creditors</b>				
Amounts falling due within one year	5	(5,899)	-	(5,899)
		<u>40,138</u>	<u>47,748</u>	<u>87,886</u>
<b>Net current assets</b>				
		<u>40,138</u>	<u>47,748</u>	<u>87,886</u>
<b>Total assets less current liabilities</b>				
		<u>40,138</u>	<u>47,748</u>	<u>87,886</u>
<b>NET ASSETS</b>				
		<u>40,138</u>	<u>47,748</u>	<u>87,886</u>
<b>Funds</b>				
	6			
Unrestricted funds				40,138
Restricted funds				47,748
				<u>87,886</u>
<b>Total funds</b>				
				<u>87,886</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 September 2020.


The members have not required the company to obtain an audit of its financial statements for the period ended 30 September 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2 November 2021 and were signed on its behalf by:

  
.....  
Mr J Patrick - Trustee

The notes form part of these financial statements

**1. Accounting policies**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Stocks**

Stock and Work In Progress are valued at the lower of cost and net realisable value.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Financial instruments**

Basic financial instruments are initially recognised at transaction price and accounted for according to the substance of the contractual arrangement, as either financial assets, liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company, after deducting all liabilities.

At each balance sheet date, financial instruments are measured at amortised cost using the effective interest method. Any losses arising from impairment are recognised in the profit and loss account in the period to which they relate.

**2. Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the period ended 30 September 2020.

**Trustees' expenses**

There were no trustees' expenses paid for the period ended 30 September 2020.

**BOWRA FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

<b>3. Stocks</b>		<b>£</b>
Finished goods		<u>5,176</u>
<b>4. Debtors: amounts falling due within one year</b>		<b>£</b>
Trade debtors		<u>56</u>
<b>5. Creditors: amounts falling due within one year</b>		<b>£</b>
Trade creditors		<u>5,899</u>

<b>6. Movement in funds</b>		<b>Net movement in funds</b>	<b>At 30/9/20</b>
		<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>			
General fund		40,138	40,138
<b>Restricted funds</b>			
Restricted fund		47,748	47,748
<b>TOTAL FUNDS</b>		<u>87,886</u>	<u>87,886</u>

Net movement in funds, included in the above are as follows:

	<b>Incoming resources</b>	<b>Resources expended</b>	<b>Movement in funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>			
General fund	85,841	(45,703)	40,138
<b>Restricted funds</b>			
Restricted fund	60,683	(12,935)	47,748
<b>TOTAL FUNDS</b>	<u>146,524</u>	<u>(58,638)</u>	<u>87,886</u>

**7. Related party disclosures**

There were no related party transactions for the period ended 30 September 2020.

**BOWRA FOUNDATION****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE PERIOD 19 SEPTEMBER 2019 TO 30 SEPTEMBER 2020**

---

	£
<b>Income and endowments</b>	
<b>Donations and legacies</b>	
Donations	104,070
<b>Charitable activities</b>	
Grants	42,454
<b>Total Incoming resources</b>	<u>146,524</u>
<b>Expenditure</b>	
<b>Raising donations and legacies</b>	
Subcontractors	11,406
Purchases	6,767
Catering costs	3,025
	<u>21,198</u>
<b>Event delivery and charitable activities</b>	
Sundries	228
Subscriptions	48
Training costs	450
Subcontractors	15,336
Travel and subsistence	9,021
Advertising	2,003
	<u>27,086</u>
<b>Management and administration</b>	
<b>Management</b>	
Insurance	760
Subscriptions	330
Professional fees	8,700
Computer costs	518
	<u>10,308</u>
<b>Finance</b>	
Bank charges	46
	<u>46</u>
<b>Total resources expended</b>	<u>58,638</u>
<b>Net Income</b>	<u><u>87,886</u></u>

This page does not form part of the statutory financial statements