

MIRFIELD MIND AND BODY

England & Wales · Charity number 1187261

Details

Status Registered

Legal form CIO

Registered 2020-01-08

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

Contact

Address Mirfield Mind & Body
Unit 5
Station Business Park
Back Station Road
Mirfield
WF14 8QF

Phone 01924923658

Email aikido@mirfieldmartialarts.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF MIRFIELD AND SURROUNDING AREAS, THE PROVISION OF FACILITIES FOR SPORTS AND OTHER RECREATIONAL ACTIVITIES FOR INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES OR FOR THE PUBLIC AT LARGE IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITION OF LIFE OF THE SAID INHABITANTS.

Activities: Mirfield Mind And Body provides a fully matted, low-cost training space suitable martial arts, fitness, yoga and gymnastics etc. It's entirely managed and operated by volunteers.

Classification

- **How:** Provides Buildings/facilities/open Space
- **What:** Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£21,284	£21,519	-	-
2023-12-31	£20,918	£19,376	-	-
2022-12-31	£19,900	£21,287	-	-
2021-12-31	£24,635	£14,523	-	-
2020-12-31	£17,455	£15,521	-	-

Trustees

Name	Role	Appointed
David Hall		2020-01-08
Dr Simon Watts		2020-09-24
Greg Lambert		2020-01-08
Karen Ellis		2020-01-08
Mark Warburton		2020-01-08
Steve Moore M.A.		2020-01-08
Tracey Watts		2020-09-24
Vince Thompson		2020-01-08

MIRFIELD MIND AND BODY

England & Wales - Charity number 1187261

Accounts

Mirfield Mind and Body
Charity Number 1187261

Annual Report and Financial Statements
For the year ended December 31st 2024



Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

Annual Report and Financial Statements

For the year ended December 31st 2024

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Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

Trustees report

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name

Steve Moore
Greg Lambert
Karen Lambert (nee Ellis)
Vince Thompson
Mark Warburton
David Hall
Simon Watts
Tracy Watts

Charity number 1187261

Registered in England and Wales

Registered and principal address

Unit 5
Station Business Park
Back Station Road
Mirfield
WF14 8QF

Bankers

The Co-Operative Bank Plc
PO Box 600
Delf House
Skelmersdale Lancs.
WN8 6NY

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on January 8th 2020 and is governed by a constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the trustees at a duly convened meeting.

The charity's objects

The object of the CIO is to promote for the benefit of the inhabitants of Mirfield and surrounding areas, the provision of facilities for sports and other recreational activities for individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

The charity's main activities

Mirfield Mind and Body (MMAB) was established to provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups. It has a close relationship with its anchor tenant Mirfield Martial Arts Club (MMAC), an award winning community martial arts club (a CASC) run by volunteers for over fifty years.

We provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups.

To date, we have five groups providing sport and activity covering six evenings a week.

Public benefit statement

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular health and wellbeing and the advancement of learning sport and martial arts.

Achievements and performance

Mirfield Mind and Body has provided facilities that have enabled hundreds of hours of sport and recreation across hundreds of adults and children. We have maintained the provision at the lowest possible cost through the many hours of unpaid volunteering of the small team.

Financial review

The net receipts for the year were £234 in deficit, which includes for the related party repayment to MMAC of £3,891.59 but does not include for unpaid liabilities for one quarter's rent and December's utility bill of £3,082.37.

Reserves policy

The charity's free reserves, at the year end were £7,072.
The trustees do not currently have a reserves policy.

Approved by the board of trustees on 01/08/2025

Greg Lambert (Trustee)

Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

Receipts and payments account

	Notes			
	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Receipts				
Grants and donations	-		-	
Rental Income	21,284		21,284	17,026
Payment from Related Party (to be repayed)*	-		-	3,892
Total Receipts	21,284	-	21,284	20,918
Payments				
Rent	9,247		9,247	12,329
Insurance	736		736	
Utilities	6,094		6,094	6,059
Phone and broadband	410		410	
Stationary and printing	22		22	81
Cleaning & waste	132		132	60
Equipment	-		-	76
Repairs and Maintenance	305		305	28
Accountancy	552		552	504
Repayment to Related Party*	3,892		3,892	
Refreshments	-		-	24
Health and safety	129		129	215
Total Payments	21,519	-	21,519	19,376
Net Receipts / (Payments)	(234)	-	(234)	1,542
Transfer between funds				361
Net Movement of funds				1,903
Fund balances brought forward	7,306		7,306	5,403
Fund balances carried forward	7,072	-	7,072	7,306

Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

Statement of assets and liabilities

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Assets				
Cash funds	£ -		£ -	
Cash in bank	£ 7,072		£ 7,306	£ 7,306
Total Receipts	<u>£ 7,072</u>	<u>£ -</u>	<u>£ 7,306</u>	<u>£ 7,306</u>
Liabilities				
			2024	
A quarter's rent payment (not paid until January 2025)			£ 3,082	
			<u>£ 3,082</u>	

The financial statements were approved by the board of trustees on 01/08/2025

Greg Lambert (Trustee)

Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

Notes to the accounts

Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

As allowable under Section 145 of the Charities Act 2011, the charity has prepared and reviewed their own accounts and not appointed WYCA's as per previous years. This is due to the low volume of transactions through the year (171 in total) and 2024 being the first year that all transactions have been managed through the charity's own bank account.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Grants and donations

The charity did not receive grants or donations this financial year.

Restricted funds

The charity did not receive income or have expenditure that were restricted funds this financial year.

Mirfield Mind and Body

Trustees' report for the year ended December 31st 2024

Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

The following trustees are all committee members of Mirfield Martial Arts Club (MMAC), a Community Amateur Sports Club, Mark Warburton, Vince Thompson, David Hall and Greg Lambert. MMAC rents space from Mirfield Mind And Body (MMAB), the space is rented out at the same rate as to other organisations. The amount of rent paid by MMAC to MMAB in the year was £5,720 (£5,265 in 2023)

In 2023 the charity was finally able to open its own bank account, prior to this, MMAB funds had been held in the bank account of MMAC. When the new bank account was set up, the incorrect balance of MMAB funds was transferred from the MMAC account into the MMAB account, and this was not picked up until the 2023 accounts were being prepared after the year end. In October 2024, £3,891.59 was repaid to MMAC.

Ends

MIRFIELD MIND AND BODY

England & Wales - Charity number 1187261

Accounts

Mirfield Mind and Body

Charity number 1187261

Annual Report and Financial Statements for the year ended 31 December 2023



WYCAS

COMMUNITY ACCOUNTING
WEST YORKSHIRE

Mirfield Mind and Body

Annual Report and Financial Statements for the year ended 31 December 2023

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Prepared by West Yorkshire Community Accountancy Service CIO

Mirfield Mind and Body

Trustees' report for the year ended 31 December 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name

Steve Moore
Greg Lambert
Karen Ellis
Vince Thompson
Mark Warburton
David Hall
Simon Watts
Tracy Watts

Charity number 1187261 Registered in England and Wales

Registered and principal address

Unit 5
Station Business Park
Back Station Road
Mirfield
WF14 8QF

Bankers

The Co-Operative Bank Plc
PO Box 600
Delf House
Skelmersdale
Lancs. WN8 6NY

Accountants

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on 8 January 2020 and is governed by a constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the trustees at a duly convened meeting.

Mirfield Mind and Body

Trustees' report (continued) for the year ended 31 December 2023

Objectives and activities

The charity's objects

The object of the CIO is to promote for the benefit of the inhabitants of Mirfield and surrounding areas, the provision of facilities for sports and other recreational activities for individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

The charity's main activities

Mirfield Mind and Body (MMAB) was established to provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups. It has a close relationship with its anchor tenant Mirfield Martial Arts Club (MMAC), an award winning community martial arts club (a CASC) run by volunteers.

We provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups.

To date we have five groups providing sport and activity covering six evenings a week.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular health and wellbeing and the advancement of learning sport and martial arts.

Achievements and performance

Mirfield Mind and Body has provided facilities that have enabled hundreds of hours of sport and recreation across hundreds of adults and children. We have maintained the provision at the lowest possible cost through the many hours of unpaid volunteering of the small team.

Financial review

The net receipts for the year were £1,542, including net receipts of £1,903 on unrestricted funds and net payments of £361 on restricted funds after transfers.

Reserves policy

The charity's free reserves, at the year end were £7,306.

The trustees do not currently have a reserves policy.

Approved by the board of trustees on 19/9/2024

Greg Lambert (Trustee)

Mirfield Mind and Body
Receipts and payments account
for the year ended 31 December 2023

	Notes	2023	2023	2023	2022
		Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Receipts					
Grants and donations	(2)	-	-	-	5,000
Rental income		17,026	-	17,026	14,900
Payment from related party (to be repaid)		3,892	-	3,892	-
Total receipts		<u>20,918</u>	<u>-</u>	<u>20,918</u>	<u>19,900</u>
Payments					
Rent		12,329	-	12,329	12,030
Utilities		6,059	-	6,059	3,714
Phone and broadband		-	-	-	374
Stationery and printing		81	-	81	-
Cleaning and waste		60	-	60	50
Equipment		76	-	76	-
Repairs and maintenance		28	-	28	4,341
Accountancy		504	-	504	480
Professional fees		-	-	-	298
Refreshments		24	-	24	-
Health and safety		215	-	215	-
Total payments		<u>19,376</u>	<u>-</u>	<u>19,376</u>	<u>21,287</u>
Net receipts / (payments)		1,542	-	1,542	(1,387)
Transfers between funds		361	(361)	-	-
Net movement in funds		<u>1,903</u>	<u>(361)</u>	<u>1,542</u>	<u>(1,387)</u>
Fund balances brought forward		<u>5,403</u>	<u>361</u>	<u>5,764</u>	<u>7,151</u>
Fund balances carried forward	(3)	<u>7,306</u>	<u>-</u>	<u>7,306</u>	<u>5,764</u>

Mirfield Mind and Body
Statement of assets and liabilities
as at 31 December 2023

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	7,306	-	7,306	5,764
Total cash funds	<u>7,306</u>	<u>-</u>	<u>7,306</u>	<u>5,764</u>

Liabilities

	2023
	£
Accruals	552
Other creditors - deposit from related party to be repaid	3,892
	<u>4,444</u>

The financial statements were approved by the board of trustees on 19/9/2024

Greg Lambert (Trustee)

Mirfield Mind and Body

Notes to the accounts

for the year ended 31 December 2023

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Mirfield Mind and Body
Notes to the accounts continued
for the year ended 31 December 2023

2 Grants and donations	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Kirklees Council	-	-	-	5,000
	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,000</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Kirklees Council	361	-	-	(361)	-
	<u>361</u>	<u>-</u>	<u>-</u>	<u>(361)</u>	<u>-</u>

Fund name	Purpose of restriction
Kirklees Council	To carry out improvements to the entrance to alleviate the effects of further flooding. The transfer relates to the cost of a flood survey paid from unrestricted funds in a previous year.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

The following trustees are all committee members of Mirfield Martial Arts Club (MMAC), a Community Amateur Sports Club, Mark Warburton, Vince Thompson, David Hall and Greg Lambert. MMAC rents space from Mirfield Mind And Body (MMAB), the space is rented out at the same rate as to other organisations. The amount of rent paid by MMAC to MMAB in the year was £5,265 (2022: £6,478).

The charity was finally able to open its own bank account during the year, prior to this, MMAB funds had been held in the bank account of MMAC. When the new bank account was set up, the incorrect balance of MMAB funds was transferred from the MMAC account into the MMAB account, and this was not picked up until the accounts were being prepared after the year end. As at 31 December 2023, £3891.59 was due to be repaid to MMAC.

MIRFIELD MIND AND BODY

England & Wales - Charity number 1187261

Accounts

Mirfield Mind and Body

Charity number 1187261

Annual Report and Financial Statements

for the year ended 31 December 2022



West Yorkshire Community Accounting Service

Mirfield Mind and Body

Annual Report and Financial Statements for the year ended 31 December 2022

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Prepared by West Yorkshire Community Accountancy Service CIO

Mirfield Mind and Body

Trustees' report for the year ended 31 December 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name

Steve Moore
Greg Lambert
Karen Ellis
Vince Thompson
Mark Warburton
David Hall
Simon Watts
Tracy Watts

Charity number 1187261 Registered in England and Wales

Registered and principal address

Unit 5
Station Business Park
Back Station Road
Mirfield
WF14 8QF

Accountants

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 8 January 2020 and governed by a Foundation constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the trustees at a duly convened meeting.

Mirfield Mind and Body

Trustees' report (continued) for the year ended 31 December 2022

Objectives and activities

The charity's objects

The object of the CIO is to promote for the benefit of the inhabitants of Mirfield and surrounding areas, the provision of facilities for sports and other recreational activities for individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

The charity's main activities

Mirfield Mind and Body (MMAB) was established to provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups. It has a close relationship with its anchor tenant Mirfield Martial Arts Club (MMAC), an award winning community martial arts club (a CASC) run by volunteers.

We provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups.

To date we have five groups providing sport and activity covering six evenings a week.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular health and wellbeing and the advancement of learning sport and martial arts.

Achievements and performance

This year we provided a venue for almost 1,500 hours of community activity across a range of providers including martial arts and gymnastics.

This affordable space provides adults and the young along alike a safe, quality, professional space for them to train, meet people and build confidence.

Despite the increase in fuel costs we have managed to perform to expectations this year.

Financial review

The net payments for the year were £1,387, including net payments of £1,748 on unrestricted funds and net receipts of £361 on restricted funds.

Reserves policy

The charity's free reserves, at the year end were £5,403.

The trustees do not currently have a reserves policy.

Approved by the board of trustees on 05/09/2023

Mark Warburton (Trustee)

Mirfield Mind and Body
Receipts and payments account
for the year ended 31 December 2022

	Notes	2022	2022	2022	2021
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Grants and donations	(2)	-	5,000	5,000	13,464
Rental income		14,900	-	14,900	11,171
Total receipts		<u>14,900</u>	<u>5,000</u>	<u>19,900</u>	<u>24,635</u>
Payments					
Rent		12,030	-	12,030	9,096
Utilities		3,714	-	3,714	476
Phone and broadband		374	-	374	399
Stationery and printing		-	-	-	758
Cleaning		50	-	50	12
Insurance		-	-	-	433
Equipment		-	-	-	2,063
Repairs and maintenance		-	4,341	4,341	337
Accountancy		480	-	480	300
Professional fees		-	298	298	648
Total payments		<u>16,648</u>	<u>4,639</u>	<u>21,287</u>	<u>14,522</u>
Net receipts / (payments)		<u>(1,748)</u>	<u>361</u>	<u>(1,387)</u>	<u>10,113</u>
Fund balances brought forward		<u>7,151</u>	<u>-</u>	<u>7,151</u>	<u>(2,962)</u>
Fund balances carried forward	(3)	<u>5,403</u>	<u>361</u>	<u>5,764</u>	<u>7,151</u>

Mirfield Mind and Body
Statement of assets and liabilities
as at 31 December 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	5,403	361	5,764	7,151
Total cash funds	<u>5,403</u>	<u>361</u>	<u>5,764</u>	<u>7,151</u>

Prepayments	2022
	£
Rent paid in advance	<u>3,052</u>
	<u>3,052</u>

Liabilities	2022
	£
Accounts preparation	<u>504</u>
	<u>504</u>

The financial statements were approved by the board of trustees on 05/09/2023

Mark Warburton (Trustee)

Mirfield Mind and Body

Notes to the accounts

for the year ended 31 December 2022

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Mirfield Mind and Body
Notes to the accounts continued
for the year ended 31 December 2022

2 Grants and donations	2022	2022	2022	2021
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Kirklees Council	-	5,000	5,000	13,464
	<u>-</u>	<u>5,000</u>	<u>5,000</u>	<u>13,464</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Kirklees Flood Improvement grant	-	5,000	4,639	-	361
	<u>-</u>	<u>5,000</u>	<u>4,639</u>	<u>-</u>	<u>361</u>

Fund name	Purpose of restriction
Flood improvement grant	To carry out improvements to the entrance to alleviate the effects of further flooding

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other transactions with trustees or related parties

The following trustees are all committee members of Mirfield Martial Arts Club (MMAC), a Community Amateur Sports Club, Mark Warburton, Vince Thompson, David Hall and Greg Lambert. MMAC rents space from Mirfield Mind And Body (MMAB), the space is rented out at the same rate as to other organisations. The amount of rent paid by MMAC to MMAB in the year was £6,478 (2021: £3,959).

The charity did not have its own bank account during the year, but set one up following the year end. The MMAB funds were held in a bank account belonging to MMAC during the year. The balances held at the year end by MMAC for MMAB have been confirmed in writing by MMAC.

MIRFIELD MIND AND BODY

England & Wales - Charity number 1187261

Accounts

Mirfield Mind and Body

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Annual Report and Financial Statements for the year ended 31 December 2021



Mirfield Mind and Body

Annual Report and Financial Statements for the year ended 31 December 2021

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Prepared by West Yorkshire Community Accountancy Service CIO

Mirfield Mind and Body

Trustees' report for the year ended 31 December 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Steve Moore	Chair	
Greg Lambert	Treasurer	
Karen Ellis		
Vince Thompson		
Kalem Redgwick		resigned June 2021
Mark Warburton		
David Hall		
Simon Watts		
Tracy Watts		

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1187261, on 8 January 2020.

Principal address

Unit 5
Station Business Park
Back Station Road
Mirfield
WF14 8QF

Accountants

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 8 January 2020 and governed by a Foundation constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by a resolution at a meeting of the trustees.

Mirfield Mind and Body

Trustees' report (continued) for the year ended 31 December 2021

Objectives and activities

The charity's objects

The object of the CIO is to promote for the benefit of the inhabitants of Mirfield and surrounding areas, the provision of facilities for sports and other recreational activities for individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

The charity's main activities

Community space is limited in Mirfield and is general in purpose, meaning it's limited if an organisation wishes to provide a specific offer - such as a large, safe matted area for martial arts, yoga, massage etc.

Mirfield Mind and Body (MMAB) was established to provide such a space and has a close relationship with its anchor tenant Mirfield Martial Arts Club (MMAC), an award winning community martial arts club (a CASC) run by volunteers.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular health and wellbeing and the advancement of learning sport and martial arts.

Achievements and performance

This year we provided a venue for almost 1,500 hours of community activity across a range of providers including martial arts and gymnastics.

This affordable space provides adults and the young alike a safe, quality, professional space for them to train, meet people and build confidence.

As well as having COVID lockdown to contend with, we were also flooded out this year and once again volunteers got the place back on its feet and the doors open.

Financial review

The net receipts for the year were £10,113 on unrestricted funds.

Reserves policy

The charity's free reserves, excluding fixed assets, at the year end were £7,151.

The CIO does not currently have a reserves policy.

Signed on behalf of the board of trustees on 15/10/2022

Steve Moore (Trustee)

Mirfield Mind and Body
Receipts and payments account
for the year ended 31 December 2021

	Notes	2021 Total funds £	restated 2020 Total funds £
Receipts			
Grants and donations	(2)	13,464	13,000
Rental income		<u>11,171</u>	<u>4,455</u>
Total receipts		<u>24,635</u>	<u>17,455</u>
Payments			
Rent		9,096	14,250
Utilities		476	897
Phone and broadband		399	374
Stationery and printing		758	-
Cleaning		12	-
Insurance		433	-
Equipment		2,063	4,896
Repairs and maintenance		337	-
Accountancy		300	-
Professional fees		<u>648</u>	<u>-</u>
Total payments		<u>14,522</u>	<u>20,417</u>
Net receipts / (payments)		10,113	(2,962)
Fund balances brought forward		<u>(2,962)</u>	<u>-</u>
Fund balances carried forward		<u>7,151</u>	<u>(2,962)</u>

Mirfield Mind and Body
Statement of assets and liabilities
as at 31 December 2021

	2021 Total £	restated 2020 Total £
Cash funds		
Cash at bank	7,151	(2,962)
Total cash funds	<u>7,151</u>	<u>(2,962)</u>

	2021 Total £	restated 2020 Total £
Liabilities		
Accounts preparation	480	300
Amounts owed to MMAC	-	2,962
	<u>480</u>	<u>3,262</u>

Approval of the accounts

The financial statements were approved by the board of trustees on 15/10/2022

Steve Moore (Trustee)

Mirfield Mind and Body

Notes to the accounts continued

for the year ended 31 December 2021

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

Restatement of prior year figures

During the course of preparing the accounts for 2021, it came to light that a transaction for the purchase of some new gym mats had been omitted from last year's accounts. The cost of the mats was £4,896, and was funded in part by a £3,000 restricted grant which had been awarded in 2020 to be used to purchase replacement equipment following a flood at the Mirfield Mind and Body (MMAB) premises. Given the overall turnover of MMAB, this was considered to be a material omission and therefore the prior year figures have been restated - expenditure was increased by £4,896 and the closing cash balance reduced by the same amount. Since its inception in 2020, MMAB has not had its own bank account, and funds have been held on behalf of MMAB by a closely related organisation, Mirfield Martial Arts Club (MMAC). The inclusion of the omitted expenditure means that the MMAB funds were actually in deficit by £2,962 as at 31 December 2020. Although retrospective, MMAC has subsequently confirmed that it was prepared to support MMAB financially at this time.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

2 Grants and donations

	2021	2021
	Total	Total
	funds	funds
	£	£
Kirklees Council	13,464	13,000
	<u>13,464</u>	<u>13,000</u>

Mirfield Mind and Body
Notes to the accounts continued
for the year ended 31 December 2021

3 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

The following trustees are all committee members of Mirfield Martial Arts Club (MMAC), a Community Amateur Sports Club, Mark Warburton, Vince Thompson, David Hall and Greg Lambert. MMAC rents space from Mirfield Mind And Body (MMAB), the space is rented out at the same rate as to other organisations. The amount of rent paid by MMAC to MMAB in the year was £3,959.

Due to difficulties relating to the Covid pandemic, the charity has not been able to set up a bank account. The charity funds are currently kept by the Mirfield Martial Arts Club.

MIRFIELD MIND AND BODY

England & Wales - Charity number 1187261

Accounts

Mirfield Mind and Body

Charity number 1187261

Annual Report and Financial Statements for the period 8 January 2020 to 31 December 2020



Mirfield Mind and Body

Annual Report and Financial Statements for the period 8 January 2020 to 31 December 2020

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Prepared by West Yorkshire Community Accounting Service

Mirfield Mind and Body

Trustees' report for the period 8 January 2020 to 31 December 2020

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Steve Moore	Chair	Appointed 8 January 2020
Greg Lambert	Treasurer	Appointed 8 January 2020
Karen Ellis		Appointed 8 January 2020
Vince Thompson		Appointed 8 January 2020
Kalem Redgwick		Appointed 8 January 2020
		Resigned 11 January 2021
Mark Warburton		Appointed 8 January 2020
David Hall		Appointed 8 January 2020
Simon Watts		Appointed 24 September 2020
Tracy Watts		Appointed 24 September 2020

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1187261, on 8 January 2020.

Principal address

Unit 5
Station Business Park
Back Station Road
Mirfield
WF14 8QF

Accountants

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 8 January 2020 and governed by a Foundation constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by a resolution at a meeting of the trustees.

Mirfield Mind and Body

Trustees' report (continued) for the period ended 31 December 2020

Objectives and activities

The charity's objects

The object of the CIO is to promote for the benefit of the inhabitants of Mirfield and surrounding areas, the provision of facilities for sports and other recreational activities for individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

The charity's main activities

Community space is limited in Mirfield and is general in purpose, meaning it's limited if an organisation wishes to provide a specific offer - such as a large, safe matted area for martial arts, yoga, massage etc.

Mirfield Mind and Body (MMAB) was established to provide such a space and has a close relationship with its anchor tenant Mirfield Martial Arts Club (MMAC), an award winning community martial arts club (a CASC) run by volunteers.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular health and wellbeing and the advancement of learning sport and martial arts.

Achievements and performance

MMAB rent out the space to several licensees that provide different sports. Karate for adults and children. Taekwondo for adults and children. Gymnastics for children. Aikido, for adults and children. We also have Tai Chi and yoga classes. The Duke of Edinburgh award scheme has also used the premises.

Financial review

The net receipts for the year were £1,934, including net payments of £1,066 on unrestricted funds and net receipts of £3,000 on restricted funds.

At the time of signing these accounts the charity has been impacted by the global Covid-19 virus. The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Reserves policy

The charity's free reserves, excluding fixed assets, at the year end were in deficit by £1,066.

The funds are showing in deficit as rent was overpaid at the year end by £2,850, this was refunded after the year end.

The CIO does not currently have a reserves policy.

Signed on behalf of the board of trustees on 24/10/2021

Steve Moore (Trustee)

Mirfield Mind and Body
Receipts and payments account
for the period 8 January 2020 to 31 December 2020

	Notes	2020	2020	2020
		Unrestricted	Restricted	Total
		funds	funds	funds
		£	£	£
Receipts				
Grants and donations	(2)	10,000	3,000	13,000
Rental income		4,455	-	4,455
Total receipts		<u>14,455</u>	<u>3,000</u>	<u>17,455</u>
Payments				
Property rent		14,250	-	14,250
Utilities		897	-	897
Telephone and broadband		374	-	374
Total payments		<u>15,521</u>	<u>-</u>	<u>15,521</u>
Net movement in funds after transfers		<u>(1,066)</u>	<u>3,000</u>	<u>1,934</u>
Fund balances brought forward		<u>-</u>	<u>-</u>	<u>-</u>
Fund balances carried forward	(3)	<u>(1,066)</u>	<u>3,000</u>	<u>1,934</u>

Mirfield Mind and Body
Statement of assets and liabilities
as at 31 December 2020

	2020	2020	2020
	Unrestricted	Restricted	Total
	£	£	£
Cash funds			
Cash at bank	(1,066)	3,000	1,934
Total cash funds	<u>(1,066)</u>	<u>3,000</u>	<u>1,934</u>
Other monetary assets			£
Prepaid property rent			<u>2,850</u>
			<u>2,850</u>
Liabilities			£
Independent examination			<u>300</u>
			<u>300</u>

Approval of the accounts

The financial statements were approved by the board of trustees on 24/10/2021

Steve Moore (Trustee)

Mirfield Mind and Body

Notes to the accounts

for the period 8 January 2020 to 31 December 2020

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

Mirfield Mind and Body
Notes to the accounts continued
for the period 8 January 2020 to 31 December 2020

2 Grants and donations

	2020 Unrestricted funds £	2020 Restricted funds £	2020 Total funds £
Kirklees Council	10,000	3,000	13,000
	<u>10,000</u>	<u>3,000</u>	<u>13,000</u>

3 Restricted funds

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Kirklees Council	-	3,000	-	-	3,000
	<u>-</u>	<u>3,000</u>	<u>-</u>	<u>-</u>	<u>3,000</u>

Fund name	Purpose of restriction
Kirklees Council	Flood Relief Grant to help organisations get back up and running following flood damage.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

Other transactions with trustees or related parties

The following trustees are all committee members of Mirfield Martial Arts Club (MMAC), a Community Amateur Sports Club, Mark Warburton, Vince Thompson, David Hall and Greg Lambert. MMAC rents space from Mirfield Mind And Body (MMAB), the space is rented out at the same rate as to other organisations. The amount of rent paid by MMAC to MMAB in the year was £2,260.

Due to difficulties relating to the Covid pandemic, the charity has not been able to set up a bank account. The charity funds are currently kept by the Mirfield Martial Arts Club.