

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 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total 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 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 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.