

Mirfield Mind and Body  
Charity Number 1187261

**Annual Report and Financial Statements**  
For the year ended December 31<sup>st</sup> 2024



# Mirfield Mind and Body

Trustees' report for the year ended December 31<sup>st</sup> 2024

## Annual Report and Financial Statements

For the year ended December 31<sup>st</sup> 2024

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# Mirfield Mind and Body

Trustees' report for the year ended December 31<sup>st</sup> 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 8<sup>th</sup> 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.

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### **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 31<sup>st</sup> 2024

## Receipts and payments account

Notes	2024	2024	2024	2023
	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>Receipts</b>				
Grants and donations	-		-	
Rental Income	21,284		21,284	17,026
Payment from Related Party (to be repayed)*	-		-	3,892
<b>Total Receipts</b>	<b>21,284</b>	<b>-</b>	<b>21,284</b>	<b>20,918</b>
<b>Payments</b>				
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
<b>Total Payments</b>	<b>21,519</b>	<b>-</b>	<b>21,519</b>	<b>19,376</b>
<b>Net Receipts / (Payments)</b>	<b>(234)</b>	<b>-</b>	<b>(234)</b>	<b>1,542</b>
<b>Transfer between funds</b>				<b>361</b>
<b>Net Movement of funds</b>				<b>1,903</b>
<b>Fund balances brought forward</b>	<b>7,306</b>		<b>7,306</b>	<b>5,403</b>
<b>Fund balances carried forward</b>	<b>7,072</b>	<b>-</b>	<b>7,072</b>	<b>7,306</b>

# Mirfield Mind and Body

Trustees' report for the year ended December 31<sup>st</sup> 2024

## Statement of assets and liabilities

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
<b>Assets</b>				
Cash funds	£ -		£ -	
Cash in bank	£ 7,072		£ 7,306	£ 7,306
<b>Total Receipts</b>	<u>£ 7,072</u>	<u>£ -</u>	<u>£ 7,306</u>	<u>£ 7,306</u>
<b>Liabilities</b>			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 31<sup>st</sup> 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.

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### 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