

# THEMOVEMENT

England & Wales · Charity number 1187782

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-02-06

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

## Contact

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**Address** theMOVEMENT  
Kemp House  
152-160 City Road  
London  
EC1V 2NX

**Phone** 07823881492

**Email** [info@themovementcharity.com](mailto:info@themovementcharity.com)

**Website** [www.themovementcharity.com](http://www.themovementcharity.com)

## Activities

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**Objects:** THE RELIEF OF WOMEN WHO ARE IN NEED BY REASON OF THEIR SOCIAL OR ECONOMIC DISADVANTAGE INCLUDING HOMELESSNESS; OR WHO HAVE EXPERIENCES OR ARE AT RISK OF EXPERIENCING DOMESTIC OR OTHER FORMS OF VIOLENCE, BY THE PROVISION OF ACCESS TO A TRAUMA INFORMED APPROACH TO PHYSICAL EXERCISE.

**Activities:** theMOVEMENT exists to restore every woman's right to exercise through partnering with different charities to provide access to exercise for women with multiple disadvantages. We currently operate in London.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups

## Geography

- Throughout London

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£54,709	£44,679	-	-
2024-02-29	£51,350	£32,458	-	-
2023-02-28	£28,362	£43,593	-	-
2022-02-28	£46,567	£28,204	-	-
2021-02-28	£17,016	£12,151	-	-

## Trustees

Name	Role	Appointed
<b>Robin Barden</b>	Chair	2019-08-29
Benjamin Hingston		2019-08-29
Elizabeth Morris		2019-08-29
Hara Markos		2021-07-14
Harpreet Kaur		2022-10-08
Rebecca Marlow		2019-08-29
Ruth Le Fric		2019-08-29

**THEMOVEMENT**

England & Wales - Charity number 1187782

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# Accounts

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**theMovement**  
**Trustees' Annual Report**  
1st March 2024 - 28th Feb 2025

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in grey ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 28th February 2025

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden                      Chair

Mr Ben Hingston                      Treasurer

Mrs Elizabeth Morris                      Secretary

Mrs Becky Marlow

Mrs Ruth Le Fricc

Ms Hara Markos

Mrs Harpreet Kaur

### Senior Management Team:

Mrs Fiona Roberts                      Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of theMovement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

## **Who We Are**

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman’s right to exercise.

The participants of theMovement sessions are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations including domestic abuse and sexual exploitation.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women experiencing multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals
3. Partner with agencies and interested bodies to advocate for the benefits of exercise for women experiencing multiple disadvantages

Our objectives for this year, as laid out in our 23-24 Annual Report, were the following:

- Facilitate 2 volunteer intakes, increasing contact hours weekly in London to 30.
- Deliver 6 CPD courses to individuals and 12 private booking CPD courses
- Better communicate the impact of theMovement to our stakeholders and interested parties
- Have an impact report on theMovement and shared findings with interested bodies.

- Have research published about the impact of our CPD course.

## **Our Achievements**

This year we celebrated five years as a charity, marked by our 1,000th trauma informed charity exercise session in June 2024. After a challenging 2023, this year was a year of rebuilding for theMovement. Our recently appointed Programme Coordinator led a volunteer intake that saw 24 new volunteer instructors joining our team and resulted in 21 new regular charity sessions beginning over the course of the year. Our instructors continue to share with us about the positive impact of volunteering, including “It feels precious to be part of a team of people wanting to bring about positive change and empower women through access to movement.”

We provided 289 trauma informed charity exercise sessions this year, with over 100 participants attending at least one exercise session. Feedback from participants of these sessions included “it's hard to shut off and put ‘me’ time aside. By having these sessions, I am able to put time out for myself to really relax and feel present”, “A community of brave survivors healing together in a safe and respectful environment. And the facilitator was so knowledgeable”, “I feel stronger doing these sessions”, “it is very helpful for my mental health”, “the yoga has been life changing”, “I am incredibly grateful for this opportunity, I cannot express how supportive and transformative this has been for me.”

As many of the women attending our exercise sessions have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 372 pieces of exercise clothing, footwear and equipment to participants. We are so grateful for clothing donations, such as Fabletics, in making this possible.

We were successful in expanding our charity partners and are now working with over 25 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

We were successful in our goal of increasing the number of Trauma Informed Approach to Exercise Provision CPD courses we deliver to individual fitness professionals. We are thrilled to be able to equip many more fitness professionals with the knowledge and tools to create a

*Charity Registration No: 1187782*

more trauma informed fitness industry as a whole. This year we delivered 9 courses to 58 fitness professionals, including 2 private bookings where organisations have hired theMovement to provide our training for their teams. We developed new relationships with gym providers and leisure centres which we expect to result in further private bookings in 2025-26. We continued to receive excellent feedback about the quality and delivery of our course, including “It was very informative and [the tutors] were so knowledgeable and professional in your delivery. Learned so much, lots of ideas to implement into my fitness business”, “I’d highly recommend the course to anyone who wants to make fitness more inclusive and gain an understanding of trauma”.

Our advocacy work included speaking at She Matters Conference and an invitation to speak at Elevate conference in June 2025. TheMovement also won a competition to have a short film made about our work, which will be a valuable resource for our advocacy and communication going forward.

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities by fitness professionals for women experiencing multiple disadvantages.

## **Ambition and Long Term Strategies**

Over the next two years we plan to continue to develop and grow our work. Our strategy continues to focus on three areas, which are based on our three aims as a charity:

### **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

Objective 1: To meet existing need and scale up we need to expand our staffing resource within the London area. Having successfully appointed a part time London Programme Coordinator at the end of last year, we plan to appoint a second Programme Coordinator in 25/26 to continue growth by achieving the following outcomes.

Outcomes (by end of):

- 25/26 Facilitate 1 volunteer intake, increasing contact hours weekly in London to 40.

- 26/27 Facilitate 2 volunteer intakes and maintain 50+ contact hours weekly in London.

Objective 2: To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. We are planning the employment of a Part Time National Volunteer Coordinator by the end of 25/26 to achieve the following outcomes.

Outcomes (by end of):

- 26/27 deliver 2 additional national volunteer intakes, 20 contact hours established nationally
- 27/28 deliver 2 additional national volunteer intakes, 40 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

Over the next three years, we plan to increase the delivery and reach of our training. As well as creating a positive impact on the fitness industry, our CPD also provides an income stream to fund our other projects. This ensures the future sustainability and growth of theMovement.

Outcomes (by end of):

- 25/26 Have delivered 6 CPD courses to individuals and 8 private booking CPD courses
- 26/27 Have delivered 6 CPD courses to individuals and 12 private booking CPD courses

## **3. Work towards a society without poverty and disadvantage for women.**

Our priority so far has been to engage with, learn from and elevate the voices of other charities and projects working in this sector. We have also been involved in research that is due to be published in 2025 regarding our trauma informed approach to exercise resource.

As we were unable to complete an impact report this year, next year we plan to conduct an impact report of our work. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

The outcomes (by end of):

- 25/26 Have an impact report on the Movement and shared findings with interested bodies. Have research published about impact of our CPD course
- 26/27 Have initiated a campaign based on the impact report findings and published research

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 28<sup>th</sup> February 2025, which are set out on pages 9-12.

## Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
  - to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention. Basis of

## independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

## Independent examiner's statement

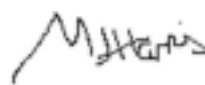
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH

Signed



Date: 15/12/25

## **Financial Review**

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

### **Principal Funding Sources**

This year we have gained £32,000 of grants from the Lottery, BGF, St Martin in the Fields and UNLTD. The CPD course has provided approximately 10% of our income, and we foresee this percentage growing to 25% in 25/26. The generous support of our regular donors also provided regular funding, as well as one off fundraising events throughout the year.

We have £20,000 restricted funds to be spent in March 2025-2027.

### **Reserves Policy**

TheMovement aims to fulfil our policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent six months of budgeted operational costs. The present level of unrestricted reserves available to the charity is £16,469, which is approximately 4 months of expenditure. We continue to work towards achieving this goal of achieving 6 months of expenditure, but note the significant increase in reserves in comparison to the previous financial year. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMovement currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our two part time staff members and the costs associated with our movement classes, such as participant clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

## Table of Receipts and Payments

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
<b>Grants</b>	1,000	31,000		32,000	31,784
<b>Donations:</b>					
Donations (recurring)	5,814			5,814	5,692
Donations (one-off)	3,196			3,196	2,564
Donations (gift aid claimed)	1,879			1,879	2,942
<b>Fundraising:</b>					
Fundraising Events	2,944			2,944	3,403
Fundraising Campaigns	2,913			2,913	-
<b>Charitable Activities:</b>					
CPD Course	5,924			5,924	4,564
Other Charitable Activities				-	383
<b>Investment Income</b>	38			38	18
<b>Total receipts</b>	<b>23,709</b>	<b>31,000</b>	<b>-</b>	<b>54,709</b>	<b>51,350</b>
<b>A3 Payments</b>					
<b>Staff Costs:</b>					
Staff Salaries	3,917	24,996		28,913	24,574
Staff Training	365	500		865	83
Travel & Subsistence	454	506		960	205
<b>Cost of Charitable Activities:</b>					
CPD Costs	1,224	3,054		4,278	3,378
Volunteer Costs	1,258	223		1,481	308
Cost of Goods	969	1,850		2,819	791
Postage	145			145	85
Fundraising Costs	1,047			1,047	804
Networking Cost	145			145	96
Marketing Costs	513	1,890		2,403	483
Virtual Office Costs	294	255		549	374
Office Equipment Repairs				-	228
Phone	47	167		214	184
Stationery	109			109	58
Insurance		302		302	208
Bank charges	62	10		72	77
HMRC Late Filing Charge				-	100
<b>Governance Costs:</b>					
Trustee Meetings	65			65	12
Trustee Gifts and Remuneration	25			25	150
Professional Fees	287			287	259
<b>Sub total</b>	<b>10,926</b>	<b>33,753</b>	<b>-</b>	<b>44,679</b>	<b>32,458</b>
<b>A4 Asset and investment purchases, (see table)</b>					
<b>Equipment</b>					449
<b>Sub total</b>					449
<b>Total payments</b>	<b>10,926</b>	<b>33,753</b>	<b>-</b>	<b>44,679</b>	<b>32,907</b>
<b>Net of receipts/(payments)</b>	<b>12,782</b>	<b>-2,753</b>	<b>-</b>	<b>10,029</b>	<b>18,443</b>
<b>A6 Cash funds last year end</b>					
	3,687	22,753	-	26,440	7,997
<b>Cash funds this year end</b>	<b>16,469</b>	<b>20,000</b>		<b>36,469</b>	<b>26,440</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	16,469	20,000	-
	<b>Total cash funds</b>	16,469	20,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	1,146	-	-
			-	-
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Laptop	Equipment Fund	514	290
	Laptop	Equipment Fund	449	337
Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	HMRC Tax not yet paid for this period	Staff Salaries	2,746	
	Pension Contributions not yet paid for this period	Staff Salaries	162	
	Beneficiary footwear purchased 26/2/25	Cost of Goods	87	
	Zoom payment 28/2/25	Virtual Office Costs	16	
	Independent Examiner Fees	Professional Fees	306	

## Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>15.12.25</b>	<b>15.12.25</b>
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Receipts and payments accounts

CC16a

For the period from	1/3/24	To	29/2/25
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Other Charitable Activities				-	383
Investment Income	38			38	18
					-
<b>Sub total (Gross income for AR)</b>	<b>23,709</b>	<b>31,000</b>		<b>54,709</b>	<b>51,350</b>
<b>A2 Asset and investment sales, (see table).</b>					
		-	-	-	
		-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>23,709</b>	<b>31,000</b>	<b>-</b>	<b>54,709</b>	<b>51,350</b>

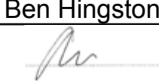
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<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>449</b>
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<b>Net of receipts/(payments)</b>	<b>12,783</b>	<b>- 2,753</b>	<b>-</b>	<b>10,029</b>	<b>18,443</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>3,687</b>	<b>22,753</b>	<b>-</b>	<b>26,440</b>	<b>7,997</b>
<b>Cash funds this year end</b>	<b>16,469</b>	<b>20,000</b>	<b>-</b>	<b>36,469</b>	<b>26,440</b>

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		-	-	-
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		<b>to nearest £</b>	<b>to nearest £</b>	<b>to nearest £</b>
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	1,146	-	-
		-	-	-
		-	-	-
		-	-	-
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			-	-
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			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Ben Hingston	Ben Hingston	2.10.25
	Fiona Roberts	2.10.25



**theMovement**  
**Trustees' Annual Report**  
1st March 2024 - 28th Feb 2025

Signed off by Fiona Roberts [Founder & CEO]:

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# theMovement Charity

## Report of the Trustees for the year ended 28th February 2025

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden                      Chair

Mr Ben Hingston                      Treasurer

Mrs Elizabeth Morris                      Secretary

Mrs Becky Marlow

Mrs Ruth Le Fricc

Ms Hara Markos

Mrs Harpreet Kaur

### Senior Management Team:

Mrs Fiona Roberts                      Chief Executive Officer

### Structure, Governance & Management

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## **Our Achievements**

This year we celebrated five years as a charity, marked by our 1,000th trauma informed charity exercise session in June 2024. After a challenging 2023, this year was a year of rebuilding for theMovement. Our recently appointed Programme Coordinator led a volunteer intake that saw 24 new volunteer instructors joining our team and resulted in 21 new regular charity sessions beginning over the course of the year. Our instructors continue to share with us about the positive impact of volunteering, including “It feels precious to be part of a team of people wanting to bring about positive change and empower women through access to movement.”

We provided 289 trauma informed charity exercise sessions this year, with over 100 participants attending at least one exercise session. Feedback from participants of these sessions included “it's hard to shut off and put ‘me’ time aside. By having these sessions, I am able to put time out for myself to really relax and feel present”, “A community of brave survivors healing together in a safe and respectful environment. And the facilitator was so knowledgeable”, “I feel stronger doing these sessions”, “it is very helpful for my mental health”, “the yoga has been life changing”, “I am incredibly grateful for this opportunity, I cannot express how supportive and transformative this has been for me.”

As many of the women attending our exercise sessions have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 372 pieces of exercise clothing, footwear and equipment to participants. We are so grateful for clothing donations, such as Fabletics, in making this possible.

We were successful in expanding our charity partners and are now working with over 25 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

We were successful in our goal of increasing the number of Trauma Informed Approach to Exercise Provision CPD courses we deliver to individual fitness professionals. We are thrilled to be able to equip many more fitness professionals with the knowledge and tools to create a

*Charity Registration No: 1187782*

more trauma informed fitness industry as a whole. This year we delivered 9 courses to 58 fitness professionals, including 2 private bookings where organisations have hired theMovement to provide our training for their teams. We developed new relationships with gym providers and leisure centres which we expect to result in further private bookings in 2025-26. We continued to receive excellent feedback about the quality and delivery of our course, including “It was very informative and [the tutors] were so knowledgeable and professional in your delivery. Learned so much, lots of ideas to implement into my fitness business”, “I’d highly recommend the course to anyone who wants to make fitness more inclusive and gain an understanding of trauma”.

Our advocacy work included speaking at She Matters Conference and an invitation to speak at Elevate conference in June 2025. TheMovement also won a competition to have a short film made about our work, which will be a valuable resource for our advocacy and communication going forward.

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities by fitness professionals for women experiencing multiple disadvantages.

## **Ambition and Long Term Strategies**

Over the next two years we plan to continue to develop and grow our work. Our strategy continues to focus on three areas, which are based on our three aims as a charity:

### **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

Objective 1: To meet existing need and scale up we need to expand our staffing resource within the London area. Having successfully appointed a part time London Programme Coordinator at the end of last year, we plan to appoint a second Programme Coordinator in 25/26 to continue growth by achieving the following outcomes.

Outcomes (by end of):

- 25/26 Facilitate 1 volunteer intake, increasing contact hours weekly in London to 40.

- 26/27 Facilitate 2 volunteer intakes and maintain 50+ contact hours weekly in London.

Objective 2: To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. We are planning the employment of a Part Time National Volunteer Coordinator by the end of 25/26 to achieve the following outcomes.

Outcomes (by end of):

- 26/27 deliver 2 additional national volunteer intakes, 20 contact hours established nationally
- 27/28 deliver 2 additional national volunteer intakes, 40 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

Over the next three years, we plan to increase the delivery and reach of our training. As well as creating a positive impact on the fitness industry, our CPD also provides an income stream to fund our other projects. This ensures the future sustainability and growth of theMovement.

Outcomes (by end of):

- 25/26 Have delivered 6 CPD courses to individuals and 8 private booking CPD courses
- 26/27 Have delivered 6 CPD courses to individuals and 12 private booking CPD courses

## **3. Work towards a society without poverty and disadvantage for women.**

Our priority so far has been to engage with, learn from and elevate the voices of other charities and projects working in this sector. We have also been involved in research that is due to be published in 2025 regarding our trauma informed approach to exercise resource.

As we were unable to complete an impact report this year, next year we plan to conduct an impact report of our work. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

The outcomes (by end of):

- 25/26 Have an impact report on the Movement and shared findings with interested bodies. Have research published about impact of our CPD course
- 26/27 Have initiated a campaign based on the impact report findings and published research

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 28<sup>th</sup> February 2025, which are set out on pages 9-12.

## Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
  - to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention. Basis of

## independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

## Independent examiner's statement

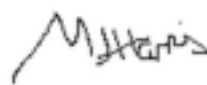
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH

Signed



Date: 15/12/25

## **Financial Review**

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

### **Principal Funding Sources**

This year we have gained £32,000 of grants from the Lottery, BGF, St Martin in the Fields and UNLTD. The CPD course has provided approximately 10% of our income, and we foresee this percentage growing to 25% in 25/26. The generous support of our regular donors also provided regular funding, as well as one off fundraising events throughout the year.

We have £20,000 restricted funds to be spent in March 2025-2027.

### **Reserves Policy**

TheMovement aims to fulfil our policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent six months of budgeted operational costs. The present level of unrestricted reserves available to the charity is £16,469, which is approximately 4 months of expenditure. We continue to work towards achieving this goal of achieving 6 months of expenditure, but note the significant increase in reserves in comparison to the previous financial year. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMovement currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our two part time staff members and the costs associated with our movement classes, such as participant clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

## Table of Receipts and Payments

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
<b>Grants</b>	1,000	31,000		32,000	31,784
<b>Donations:</b>					
Donations (recurring)	5,814			5,814	5,692
Donations (one-off)	3,196			3,196	2,564
Donations (gift aid claimed)	1,879			1,879	2,942
<b>Fundraising:</b>					
Fundraising Events	2,944			2,944	3,403
Fundraising Campaigns	2,913			2,913	-
<b>Charitable Activities:</b>					
CPD Course	5,924			5,924	4,564
Other Charitable Activities				-	383
<b>Investment Income</b>	38			38	18
<b>Total receipts</b>	<b>23,709</b>	<b>31,000</b>	<b>-</b>	<b>54,709</b>	<b>51,350</b>
<b>A3 Payments</b>					
<b>Staff Costs:</b>					
Staff Salaries	3,917	24,996		28,913	24,574
Staff Training	365	500		865	83
Travel & Subsistence	454	506		960	205
<b>Cost of Charitable Activities:</b>					
CPD Costs	1,224	3,054		4,278	3,378
Volunteer Costs	1,258	223		1,481	308
Cost of Goods	969	1,850		2,819	791
Postage	145			145	85
Fundraising Costs	1,047			1,047	804
Networking Cost	145			145	96
Marketing Costs	513	1,890		2,403	483
Virtual Office Costs	294	255		549	374
Office Equipment Repairs				-	228
Phone	47	167		214	184
Stationery	109			109	58
Insurance		302		302	208
Bank charges	62	10		72	77
HMRC Late Filing Charge				-	100
<b>Governance Costs:</b>					
Trustee Meetings	65			65	12
Trustee Gifts and Remuneration	25			25	150
Professional Fees	287			287	259
<b>Sub total</b>	<b>10,926</b>	<b>33,753</b>	<b>-</b>	<b>44,679</b>	<b>32,458</b>
<b>A4 Asset and investment purchases, (see table)</b>					
<b>Equipment</b>					449
<b>Sub total</b>					449
<b>Total payments</b>	<b>10,926</b>	<b>33,753</b>	<b>-</b>	<b>44,679</b>	<b>32,907</b>
<b>Net of receipts/(payments)</b>	<b>12,782</b>	<b>-2,753</b>	<b>-</b>	<b>10,029</b>	<b>18,443</b>
<b>A6 Cash funds last year end</b>					
	3,687	22,753	-	26,440	7,997
<b>Cash funds this year end</b>	<b>16,469</b>	<b>20,000</b>		<b>36,469</b>	<b>26,440</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	16,469	20,000	-
	<b>Total cash funds</b>	16,469	20,000	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	1,146	-	-
			-	-
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Laptop	Equipment Fund	514	290
	Laptop	Equipment Fund	449	337
Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	HMRC Tax not yet paid for this period	Staff Salaries	2,746	
	Pension Contributions not yet paid for this period	Staff Salaries	162	
	Beneficiary footwear purchased 26/2/25	Cost of Goods	87	
	Zoom payment 28/2/25	Virtual Office Costs	16	
	Independent Examiner Fees	Professional Fees	306	

## Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees:

Signature(s)

<b>Robin Barden</b>	<b>Ben Hingston</b>
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Full Name(s)

<b>Robin Barden</b>	<b>Ben Hingston</b>
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Position

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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Date:

<b>15.12.25</b>	<b>15.12.25</b>
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**THEMOVEMENT**

England & Wales - Charity number 1187782

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# Accounts

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**theMovement**  
**Trustees' Annual Report**  
1st March 2023 - 29th Feb 2024

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in black ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 29th February 2024

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden                      Chair

Mr Ben Hingston                      Treasurer

Mrs Elizabeth Morris                      Secretary

Mrs Becky Marlow

Mrs Ruth Le Fricc

Ms Hara Markos

Mrs Harpreet Kaur

### Senior Management Team:

Mrs Fiona Roberts                      Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of the Movement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman's right to exercise.

This year has been particularly challenging due to staff illness and the cost of living crisis, which has affected volunteer levels. Additionally, a lack of funding required our CEO to continue working part-time. Despite these obstacles, we managed to deliver 176 charity sessions and grow our Continued Professional Development (CPD) course offerings.

We were proud to provide 176 trauma informed exercise sessions to over 90 participants, led by 19 volunteer instructors. We continued to receive positive feedback from our charity partners and participants, affirming the significant impact of our services on the wellbeing of their clients. The waiting list for our services continues to grow, both in London and nationally, providing further evidence of the need there is for trauma informed exercise opportunities for women experiencing multiple disadvantages.

A significant milestone was achieved towards the end of the year when we secured several grants. This funding has enabled us to resume the growth of our charity sessions by employing a part-time programme coordinator, Kelly Winch. Kelly joined us at the end of 2023 and spent January and February setting up our volunteer intake. Her efforts are crucial as we prepare for the anticipated growth in 2024-2025.

This year we continued to expand our CPD course for fitness professionals: A Trauma Informed Approach to Exercise Provision. As part of this effort, we facilitated our first private booking, training the instructor team for a gym in London. On top of this, we delivered 6 training courses to 41 individual fitness professionals and continued to receive excellent feedback as to the impact of our course on individual's understanding of and ability to deliver trauma informed practice within the fitness industry.

We are excited about the future and the potential to expand our services further. The support from our volunteer team and supporters has been invaluable, and we remain committed to our mission of providing trauma-informed exercise opportunities for women in need. We look forward to continuing this vital work and making a greater impact in the coming years.

# Our Objectives

Women facing multiple disadvantages are all too often unable to access the many benefits of exercise due to lack of resources, opportunity and awareness of their needs - including awareness of the impact of trauma.

theMovement provides women experiencing multiple disadvantages with trauma informed exercise opportunities across London. We do this by training exercise professionals in a trauma informed approach, before matching them with partner charities where they volunteer weekly to provide appropriately led exercise classes. We also ensure participants have access to appropriate clothing, footwear and equipment. These safe, autonomous and supportive spaces enable women to access health-promoting exercise: increasing well being and sense of purpose. We work to restore every woman's right to exercise.

The participants of theMovement sessions are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women experiencing multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals
3. Partner with agencies and interested bodies to advocate for the benefits of exercise for women experiencing multiple disadvantages

Our objectives for this year, as laid out in our 22-23 Annual Report, were the following:

- To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area [appoint a part time London Volunteer Coordinator and facilitate 1 volunteer intake]

- To increase the number of CPD courses we deliver to individual fitness professionals [deliver 5 CPD courses]

- To better communicate the impact of the Movement to our stakeholders and interested parties [To have an impact report on the Movement and shared findings with interested bodies]

In planning our activities for the period, we have been mindful of the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that the Movement's activities are in line with our charitable objectives.

# Our Achievements

This year, due to a drop in income, we have been unable to reach all of our objectives, but are delighted to have achieved the majority of them despite these challenges.

In response to the financial challenges faced by the charity, our CEO continued to voluntarily reduce her hours from full time to part time in order to reduce our costs. The CEO and trustees' time focused on sustaining our current work and growing our income streams through the CPD course and we therefore paused our volunteer intake. As a result we did not hit our objective of completing a volunteer intake or conducting an impact report. Despite this pause, the Movement has been able to provide 176 trauma informed exercise sessions this year. This year we have had over 90 participants attend at least one exercise session.

Furthermore, we were delighted to receive funding at the end of the year to enable us to fulfill our objective of appointing a part time London Volunteer Coordinator. Our Programme Coordinator started at the end of December 2023 and by the end of this financial year had launched a volunteer intake.

We were successful in expanding our charity partners and are now working with 21 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

We were successful in our goal of increasing the number of Trauma Informed Approach to Exercise Provision CPD courses we deliver to individual fitness professionals. We are thrilled to be able to equip many more fitness professionals with the knowledge and tools to create a more trauma informed fitness industry as a whole. This year we delivered 7 courses to 48 fitness professionals, meaning across our volunteer training and CPD course we have now educated over 100 fitness professionals in trauma informed practice. We continued to receive excellent feedback about the quality and delivery of our course.

The creation of this course acknowledges that many of us have experienced trauma and that we all benefit from a more trauma informed fitness industry. Through creating opportunities for the fitness industry as a whole to become more trauma informed, we are moving away from a 'them and us' mentality and working together to create safe spaces for all of us to

experience the benefits of movement.

As many of the women attending our exercise sessions have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 132 pieces of exercise clothing, footwear and equipment to participants. We are so grateful for clothing donations, such as My Gym Wardrobe, in making this possible.

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities by fitness professionals for women experiencing multiple disadvantages.

## Our Impact and Value

We continue to invite participants to feedback about our services, both informally and through our participant feedback form.

From the participants who completed our feedback form this year, 100% have said that the sessions helped them to increase the amount of exercise they do and that the sessions have been beneficial to their mental health.

It has been really encouraging to receive positive feedback from the women attending our sessions. Here is some of the feedback we have received from the participants:

“[The] weekly routines were absolutely spot on. I didn't feel like I'm overdoing. When I was struggling with an exercise [the instructor] always had the alternative so I wasn't feeling left behind. She made the stretching class so enjoyable, it truly changed my life and the way I feel about exercising”

“I feel so relaxed now, just what I needed”

“I feel so grateful to the charity for providing a free, safe space for me to reconnect with my body, discovering and developing my physical strength. It was a really valued aspect of my recovery journey”

“With each week, I felt I was feeling stronger mentally, emotionally and physically”

One of our charity partners fed back:

“The feedback from previous sessions has been exceptionally positive, demonstrating the significant impact these activities have on attendees' well-being”

Success for us, is not just about the delivery of these sessions, but the impact they have on all

areas of a participant's life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it impacts other areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals are empowered and equipped to engage with and contribute to their communities more fully. Due to the reduction of staff hours we were unable to conduct an impact report this year, but we plan to conduct an impact report in the future to better understand this reality. The support of a recent successful grant from UNLTD will provide us with tools to do this.

As well as our charity exercise sessions, we received fantastic feedback from our CPD Course for fitness professionals, with 98.4% of attendees stating that following the course they feel better equipped to provide trauma informed exercise opportunities in the future. Feedback from the course has included:

“I am still getting so much out of the course. Professionally, and personally. So very helpful. And amazing, for me, to come away from a course about trauma, not Nervous System activated. It was so well done.”

“I still think about the trauma-informed training day I had with you guys pretty much most days. There are elements that arise whilst I'm coaching pretty frequently and your training has me in good stead for handling it”

We also received this feedback from our first private booking:

“a really informative course presented by the most fun and trauma educated coaches. If you want to offer a safer and more inclusive space for your clients, then this is the course for you”

# Volunteers

We currently have 50 volunteer instructors who have completed our recruitment process and our trauma informed training, not including the volunteer intake we were in the process of completing when we finished the year. 19 instructors have run exercise sessions with our charity partners this year.

Our current volunteer instructors have provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. One of our past volunteers recently reflected:

“I was a volunteer instructor with the Movement Charity for two years... It opened my eyes to how many barriers there are for some women to access and engage with exercise and what a privilege it is for those of us who don't have these barriers). It [makes] a real difference to someone's confidence and wellbeing.”

98.4% of the attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but it also creates a more trauma sensitive environment in the gyms, studios, parks and home where they work - impacting the wider communities our volunteers and their clients are part of.

# Ambition and Long Term Strategies

Despite not being able to reach all of our goals for the year, as laid out in the 22-23 Annual Report, over the next two years we plan to continue to develop and grow our work. Our strategy continues to focus on three areas, which are based on our three aims as a charity:

## **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

### Objective 1

To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area. Having successfully appointed a part time London Programme Coordinator at the end of this year, we plan to appoint a second Programme Coordinator in 25/26 to continue growth by achieving the following outcomes.

#### Outcomes (by end of):

- 24/25 Facilitate 2 volunteer intakes, increasing contact hours weekly in London to 30.
- 25/26 Facilitate 2 volunteer intakes, increasing contact hours weekly in London to 50.
- 25/26 Facilitate 2 volunteer intakes and maintain 50+ contact hours weekly in London.

### Objective 2

To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. To do this in a sustainable manner, and considering the continued impact of the cost of living crisis, we plan to delay the employment of a Part Time National Volunteer Coordinator until the end of 25/26 to achieve the following outcomes.

#### Outcomes (by end of):

- 26/27 deliver 2 national volunteer intakes, 20 contact hours established nationally
- 27/28 deliver 2 national volunteer intakes, 40 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

Over the next three years, we plan to increase the delivery and reach of our training. As well as creating a positive impact on the fitness industry, our CPD also provides an income stream to fund our other projects. This ensures the future sustainability and growth of theMovement.

For the next two years, our objective is to continue our CPD courses for individual fitness professionals and grow our private bookings to further resource the fitness industry. Private bookings to gyms and fitness organisations give theMovement opportunity to scale both our income stream and impact.

Outcomes (by end of):

- 24/25 Have delivered 6 CPD courses to individuals and 12 private booking CPD courses
- 25/26 Have delivered 6 CPD courses to individuals and 18 private booking CPD courses

## **3. Work towards a society without poverty and disadvantage for women.**

So far we have worked towards this goal through joining two advocacy groups. Our priority has been to engage with, learn from and elevate the voices of other charities and projects working in this sector. We have also been involved in research that is due to be published in 2024 regarding our trauma informed approach to exercise resource.

We are still the only charity known to us providing free trauma informed exercise opportunities to women experiencing multiple disadvantages which means, even as a small and new charity, we are leaders in this field.

As we were unable to complete an impact report this year, next year we plan to conduct an impact report of our work. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 24/25 we plan to better communicate the impact of the Movement to our stakeholders and interested parties
- 25/26 we plan to increase the awareness of policy makers regarding the importance and benefits of trauma informed exercise for women.

The outcomes (by end of):

- 24/25 Have an impact report on the Movement and shared findings with interested bodies. Have research published about impact of our CPD course
- 25/26 Have initiated a campaign based on the impact report findings and published research

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 29<sup>th</sup> February 2024, which are set out on pages 17-21.

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The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

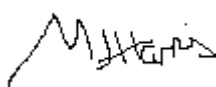
## Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH



Signed ..... Date: 25/06/24

# Financial Review

As a charity in our first years, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

## Principal Funding Sources

This year we have gained £31,784 of grants from the Lottery, Sport England and UNLTD, received November 2023 onwards, largely with the view to spend in 2024. The CPD course has grown to provide just under 10% of our income, and we foresee this percentage growing to 30% in 24/25. The generous support of our regular donors also provided regular funding, as well as one off fundraising events throughout the year.

We have £22,753 restricted funds to be spent in 2024.

## Reserves Policy

By March 2025, theMovement aims to fulfil our policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent six months of budgeted operational costs. This policy allows for the reserve figure to rise alongside increasing organisational capacity, and thus expenditure. The policy is also in keeping with the Charity Commission guidelines that an organisation's cash reserve should be able to cover core activities for 6 months.

The charity engages in regular financial forecasting, and if forecasts indicate that free reserves are to exceed this level consistently for a period of more than six months and look to continue on that trajectory, then a plan will be put in place to utilise any surplus in a way that adds to the impact and sustainability of the charity. If projections show that the free reserves will fall below this level for a period of more than three months and again continue with this

trend, then we will implement a remedial action plan. This plan will involve a focused fundraising campaign along with reviewing staffing and service priorities as we seek to reduce our ongoing expenditure to a sustainable level. This policy along with contractual obligations are reviewed on an annual basis and within the current context of the economic impact of the cost of living crisis to enable us to navigate any ongoing economic downturn during a time of organisational growth where increased reserves are vital.

The present level of unrestricted reserves available to the charity is £3,915, which falls short of our target of 6 months of expenditure. We continue to work towards achieving this goal by March 2025. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMovement currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our two part time staff members and the costs associated with our movement classes, such as participant clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

## Table of Receipts and Payments

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
<b>Grants</b>		31,784		31,784	8,570
<b>Donations:</b>					
Donations (recurring)	5,692			5,692	6,290
Donations (one-off)	2,564			2,564	5,518
Donations (gift aid claimed)	2,942			2,942	873
<b>Fundraising:</b>					
Fundraising Events	3,403			3,403	3,592
Fundraising Campaigns (crowfunder)					-
<b>Charitable Activities:</b>					
CPD Course	4,564			4,564	2,940
Other Charitable Activities	383			383	581
<b>Investment Income</b>	18			18	-
<b>Total receipts</b>	<b>19,566</b>	<b>31,784</b>	<b>-</b>	<b>51,350</b>	<b>28,362</b>
<b>A3 Payments</b>					
<b>Staff Costs:</b>					
Staff Salaries	16,501	8,073		24,574	32,162
Staff Training	83			83	20
Travel & Subsistence	205			205	643
<b>Cost of Charitable Activities:</b>					
CPD Costs	3,032	346		3,378	755
Fundraising Costs	804			804	1,095
Volunteer Costs	257	52		308	1,783
Cost of Goods	754	37		791	4,108
Postage	85			85	275
Networking Cost	96			96	606
Marketing Costs	452	32		483	558
Virtual Office Costs	357	17		374	172
Office Equipment Repairs	228			228	
Phone	158	26		184	120
Stationery	58			58	71
Insurance	208			208	187
Bank charges	77			77	68
HMRC Late Filing Charge	100			100	
<b>Governance Costs:</b>					
Trustee Meetings	12			12	106
Trustee Gifts and Remuneration	150			150	
Professional Fees	259			259	349
<b>Sub total</b>	<b>23,875</b>	<b>8,582</b>	<b>-</b>	<b>32,458</b>	<b>43,079</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Equipment		449	-	449	514
<b>Sub total</b>	<b>-</b>	<b>449</b>	<b>-</b>	<b>449</b>	<b>514</b>
<b>Total payments</b>	<b>23,875</b>	<b>9,031</b>	<b>-</b>	<b>32,907</b>	<b>43,593</b>
<b>Net of receipts/(payments)</b>	<b>- 4,310</b>	<b>22,753</b>	<b>-</b>	<b>18,443</b>	<b>- 15,231</b>
<b>A6 Cash funds last year end</b>	<b>7,997</b>			<b>7,997</b>	<b>23,228</b>
<b>Cash funds this year end</b>	<b>3,687</b>	<b>22,753</b>	<b>-</b>	<b>26,440</b>	<b>7,997</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	3,687	22,753	-
	<b>Total cash funds</b>	<b>3,687</b>	<b>22,753</b>	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	95	-	-
	SMP reclaimed	1,893	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Laptop	Equipment Fund	514	386
	Laptop	Equipment Fund	449	449
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	HMRC Tax not yet paid for this period	Staff Salaries	1,513	
	Pension Contributions not yet paid for this period	Staff Salaries	106	
	B Marlow Salary Feb	Staff Salaries	240	
	Beneficiary footwear purchased 27/2/24	Cost of Goods	37	
	Zoom payment 28/2/23	Vol costs	16	
	Independent Examiner Fees	Professional Fees	287	

# Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>25/06/2024</b>	<b>25/06/2024</b>
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## Receipts and payments accounts

CC16a

For the period from	1/3/23	To	29/2/24
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
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Fundraising Campaigns (crowfunder)					-
<b>Charitable Activities:</b>					
CPD Course	4,564			4,564	2,940
Other Charitable Activities	383			383	581
Investment Income	18			18	-
					-
<b>Sub total (Gross income for AR)</b>	<b>19,566</b>	<b>31,784</b>		<b>51,350</b>	<b>28,362</b>
<b>A2 Asset and investment sales, (see table).</b>					
		-	-	-	-
		-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,566</b>	<b>31,784</b>	<b>-</b>	<b>51,350</b>	<b>28,362</b>

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A3 Payments</b>					
<b>Staff Costs:</b>					
Staff Salaries	16,501	8,073		24,574	32,162
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<b>Sub total</b>	<b>23,875</b>	<b>8,582</b>		<b>32,458</b>	<b>43,079</b>

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A4 Asset and investment purchases, (see table)</b>					
Equipment		449	-	449	514
<b>Sub total</b>	<b>-</b>	<b>449</b>	<b>-</b>	<b>449</b>	<b>514</b>
<b>Total payments</b>	<b>23,875</b>	<b>9,031</b>	<b>-</b>	<b>32,907</b>	<b>43,593</b>

<b>Net of receipts/(payments)</b>	<b>- 4,310</b>	<b>22,753</b>	<b>-</b>	<b>18,443</b>	<b>- 15,231</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>7,997</b>			<b>7,997</b>	<b>23,228</b>
<b>Cash funds this year end</b>	<b>3,687</b>	<b>22,753</b>	<b>-</b>	<b>26,440</b>	<b>7,997</b>

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	3,687	22,753	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>3,687</b>	<b>22,753</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	95	-	-
	SMP reclaimed	1,893	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>				
<b>B4 Assets retained for the charity's own use</b>				
	Laptop	Equipment Fund	514	386
	Laptop	Equipment Fund	449	449
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>				
	HMRC Tax not yet paid for this period	Staff Salaries	1,513	
	Pension Contributions not yet paid for this period	Staff Salaries	106	
	B Marlow Salary Feb	Staff Salaries	240	
	Beneficiary footwear purchased 27/2/24	Cost of Goods	37	
	Zoom payment 28/2/23	Vol costs	16	
	Independent Examiner Fees	Professional Fees	287	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Ben Hingston	Ben Hingston	13/06/2024
	Fiona Roberts	13/06/2024



**theMovement**  
**Trustees' Annual Report**  
1st March 2023 - 29th Feb 2024

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in black ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 29th February 2024

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden                      Chair

Mr Ben Hingston                      Treasurer

Mrs Elizabeth Morris                      Secretary

Mrs Becky Marlow

Mrs Ruth Le Fricc

Ms Hara Markos

Mrs Harpreet Kaur

### Senior Management Team:

Mrs Fiona Roberts                      Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of the Movement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman's right to exercise.

This year has been particularly challenging due to staff illness and the cost of living crisis, which has affected volunteer levels. Additionally, a lack of funding required our CEO to continue working part-time. Despite these obstacles, we managed to deliver 176 charity sessions and grow our Continued Professional Development (CPD) course offerings.

We were proud to provide 176 trauma informed exercise sessions to over 90 participants, led by 19 volunteer instructors. We continued to receive positive feedback from our charity partners and participants, affirming the significant impact of our services on the wellbeing of their clients. The waiting list for our services continues to grow, both in London and nationally, providing further evidence of the need there is for trauma informed exercise opportunities for women experiencing multiple disadvantages.

A significant milestone was achieved towards the end of the year when we secured several grants. This funding has enabled us to resume the growth of our charity sessions by employing a part-time programme coordinator, Kelly Winch. Kelly joined us at the end of 2023 and spent January and February setting up our volunteer intake. Her efforts are crucial as we prepare for the anticipated growth in 2024-2025.

This year we continued to expand our CPD course for fitness professionals: A Trauma Informed Approach to Exercise Provision. As part of this effort, we facilitated our first private booking, training the instructor team for a gym in London. On top of this, we delivered 6 training courses to 41 individual fitness professionals and continued to receive excellent feedback as to the impact of our course on individual's understanding of and ability to deliver trauma informed practice within the fitness industry.

We are excited about the future and the potential to expand our services further. The support from our volunteer team and supporters has been invaluable, and we remain committed to our mission of providing trauma-informed exercise opportunities for women in need. We look forward to continuing this vital work and making a greater impact in the coming years.

# Our Objectives

Women facing multiple disadvantages are all too often unable to access the many benefits of exercise due to lack of resources, opportunity and awareness of their needs - including awareness of the impact of trauma.

theMovement provides women experiencing multiple disadvantages with trauma informed exercise opportunities across London. We do this by training exercise professionals in a trauma informed approach, before matching them with partner charities where they volunteer weekly to provide appropriately led exercise classes. We also ensure participants have access to appropriate clothing, footwear and equipment. These safe, autonomous and supportive spaces enable women to access health-promoting exercise: increasing well being and sense of purpose. We work to restore every woman's right to exercise.

The participants of theMovement sessions are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women experiencing multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals
3. Partner with agencies and interested bodies to advocate for the benefits of exercise for women experiencing multiple disadvantages

Our objectives for this year, as laid out in our 22-23 Annual Report, were the following:

- To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area [appoint a part time London Volunteer Coordinator and facilitate 1 volunteer intake]

- To increase the number of CPD courses we deliver to individual fitness professionals [deliver 5 CPD courses]

- To better communicate the impact of the Movement to our stakeholders and interested parties [To have an impact report on the Movement and shared findings with interested bodies]

In planning our activities for the period, we have been mindful of the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that the Movement's activities are in line with our charitable objectives.

# Our Achievements

This year, due to a drop in income, we have been unable to reach all of our objectives, but are delighted to have achieved the majority of them despite these challenges.

In response to the financial challenges faced by the charity, our CEO continued to voluntarily reduce her hours from full time to part time in order to reduce our costs. The CEO and trustees' time focused on sustaining our current work and growing our income streams through the CPD course and we therefore paused our volunteer intake. As a result we did not hit our objective of completing a volunteer intake or conducting an impact report. Despite this pause, the Movement has been able to provide 176 trauma informed exercise sessions this year. This year we have had over 90 participants attend at least one exercise session. Furthermore, we were delighted to receive funding at the end of the year to enable us to fulfill our objective of appointing a part time London Volunteer Coordinator. Our Programme Coordinator started at the end of December 2023 and by the end of this financial year had launched a volunteer intake.

We were successful in expanding our charity partners and are now working with 21 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

We were successful in our goal of increasing the number of Trauma Informed Approach to Exercise Provision CPD courses we deliver to individual fitness professionals. We are thrilled to be able to equip many more fitness professionals with the knowledge and tools to create a more trauma informed fitness industry as a whole. This year we delivered 7 courses to 48 fitness professionals, meaning across our volunteer training and CPD course we have now educated over 100 fitness professionals in trauma informed practice. We continued to receive excellent feedback about the quality and delivery of our course.

The creation of this course acknowledges that many of us have experienced trauma and that we all benefit from a more trauma informed fitness industry. Through creating opportunities for the fitness industry as a whole to become more trauma informed, we are moving away from a 'them and us' mentality and working together to create safe spaces for all of us to

experience the benefits of movement.

As many of the women attending our exercise sessions have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 132 pieces of exercise clothing, footwear and equipment to participants. We are so grateful for clothing donations, such as My Gym Wardrobe, in making this possible.

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities by fitness professionals for women experiencing multiple disadvantages.

## Our Impact and Value

We continue to invite participants to feedback about our services, both informally and through our participant feedback form.

From the participants who completed our feedback form this year, 100% have said that the sessions helped them to increase the amount of exercise they do and that the sessions have been beneficial to their mental health.

It has been really encouraging to receive positive feedback from the women attending our sessions. Here is some of the feedback we have received from the participants:

“[The] weekly routines were absolutely spot on. I didn't feel like I'm overdoing. When I was struggling with an exercise [the instructor] always had the alternative so I wasn't feeling left behind. She made the stretching class so enjoyable, it truly changed my life and the way I feel about exercising”

“I feel so relaxed now, just what I needed”

“I feel so grateful to the charity for providing a free, safe space for me to reconnect with my body, discovering and developing my physical strength. It was a really valued aspect of my recovery journey”

“With each week, I felt I was feeling stronger mentally, emotionally and physically”

One of our charity partners fed back:

“The feedback from previous sessions has been exceptionally positive, demonstrating the significant impact these activities have on attendees' well-being”

Success for us, is not just about the delivery of these sessions, but the impact they have on all

areas of a participant's life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it impacts other areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals are empowered and equipped to engage with and contribute to their communities more fully. Due to the reduction of staff hours we were unable to conduct an impact report this year, but we plan to conduct an impact report in the future to better understand this reality. The support of a recent successful grant from UNLTD will provide us with tools to do this.

As well as our charity exercise sessions, we received fantastic feedback from our CPD Course for fitness professionals, with 98.4% of attendees stating that following the course they feel better equipped to provide trauma informed exercise opportunities in the future. Feedback from the course has included:

“I am still getting so much out of the course. Professionally, and personally. So very helpful. And amazing, for me, to come away from a course about trauma, not Nervous System activated. It was so well done.”

“I still think about the trauma-informed training day I had with you guys pretty much most days. There are elements that arise whilst I'm coaching pretty frequently and your training has me in good stead for handling it”

We also received this feedback from our first private booking:

“a really informative course presented by the most fun and trauma educated coaches. If you want to offer a safer and more inclusive space for your clients, then this is the course for you”

# Volunteers

We currently have 50 volunteer instructors who have completed our recruitment process and our trauma informed training, not including the volunteer intake we were in the process of completing when we finished the year. 19 instructors have run exercise sessions with our charity partners this year.

Our current volunteer instructors have provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. One of our past volunteers recently reflected:

“I was a volunteer instructor with the Movement Charity for two years... It opened my eyes to how many barriers there are for some women to access and engage with exercise and what a privilege it is for those of us who don't have these barriers). It [makes] a real difference to someone's confidence and wellbeing.”

98.4% of the attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but it also creates a more trauma sensitive environment in the gyms, studios, parks and home where they work - impacting the wider communities our volunteers and their clients are part of.

# Ambition and Long Term Strategies

Despite not being able to reach all of our goals for the year, as laid out in the 22-23 Annual Report, over the next two years we plan to continue to develop and grow our work. Our strategy continues to focus on three areas, which are based on our three aims as a charity:

## **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

### Objective 1

To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area. Having successfully appointed a part time London Programme Coordinator at the end of this year, we plan to appoint a second Programme Coordinator in 25/26 to continue growth by achieving the following outcomes.

#### Outcomes (by end of):

- 24/25 Facilitate 2 volunteer intakes, increasing contact hours weekly in London to 30.
- 25/26 Facilitate 2 volunteer intakes, increasing contact hours weekly in London to 50.
- 25/26 Facilitate 2 volunteer intakes and maintain 50+ contact hours weekly in London.

### Objective 2

To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. To do this in a sustainable manner, and considering the continued impact of the cost of living crisis, we plan to delay the employment of a Part Time National Volunteer Coordinator until the end of 25/26 to achieve the following outcomes.

#### Outcomes (by end of):

- 26/27 deliver 2 national volunteer intakes, 20 contact hours established nationally
- 27/28 deliver 2 national volunteer intakes, 40 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

Over the next three years, we plan to increase the delivery and reach of our training. As well as creating a positive impact on the fitness industry, our CPD also provides an income stream to fund our other projects. This ensures the future sustainability and growth of theMovement.

For the next two years, our objective is to continue our CPD courses for individual fitness professionals and grow our private bookings to further resource the fitness industry. Private bookings to gyms and fitness organisations give theMovement opportunity to scale both our income stream and impact.

Outcomes (by end of):

- 24/25 Have delivered 6 CPD courses to individuals and 12 private booking CPD courses
- 25/26 Have delivered 6 CPD courses to individuals and 18 private booking CPD courses

## **3. Work towards a society without poverty and disadvantage for women.**

So far we have worked towards this goal through joining two advocacy groups. Our priority has been to engage with, learn from and elevate the voices of other charities and projects working in this sector. We have also been involved in research that is due to be published in 2024 regarding our trauma informed approach to exercise resource.

We are still the only charity known to us providing free trauma informed exercise opportunities to women experiencing multiple disadvantages which means, even as a small and new charity, we are leaders in this field.

As we were unable to complete an impact report this year, next year we plan to conduct an impact report of our work. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 24/25 we plan to better communicate the impact of the Movement to our stakeholders and interested parties
- 25/26 we plan to increase the awareness of policy makers regarding the importance and benefits of trauma informed exercise for women.

The outcomes (by end of):

- 24/25 Have an impact report on the Movement and shared findings with interested bodies. Have research published about impact of our CPD course
- 25/26 Have initiated a campaign based on the impact report findings and published research

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 29<sup>th</sup> February 2024, which are set out on pages 17-21.

## Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

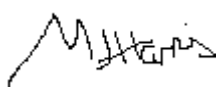
## Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH



Signed ..... Date: 25/06/24

# Financial Review

As a charity in our first years, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

## Principal Funding Sources

This year we have gained £31,784 of grants from the Lottery, Sport England and UNLTD, received November 2023 onwards, largely with the view to spend in 2024. The CPD course has grown to provide just under 10% of our income, and we foresee this percentage growing to 30% in 24/25. The generous support of our regular donors also provided regular funding, as well as one off fundraising events throughout the year.

We have £22,753 restricted funds to be spent in 2024.

## Reserves Policy

By March 2025, theMovement aims to fulfil our policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent six months of budgeted operational costs. This policy allows for the reserve figure to rise alongside increasing organisational capacity, and thus expenditure. The policy is also in keeping with the Charity Commission guidelines that an organisation's cash reserve should be able to cover core activities for 6 months.

The charity engages in regular financial forecasting, and if forecasts indicate that free reserves are to exceed this level consistently for a period of more than six months and look to continue on that trajectory, then a plan will be put in place to utilise any surplus in a way that adds to the impact and sustainability of the charity. If projections show that the free reserves will fall below this level for a period of more than three months and again continue with this

trend, then we will implement a remedial action plan. This plan will involve a focused fundraising campaign along with reviewing staffing and service priorities as we seek to reduce our ongoing expenditure to a sustainable level. This policy along with contractual obligations are reviewed on an annual basis and within the current context of the economic impact of the cost of living crisis to enable us to navigate any ongoing economic downturn during a time of organisational growth where increased reserves are vital.

The present level of unrestricted reserves available to the charity is £3,915, which falls short of our target of 6 months of expenditure. We continue to work towards achieving this goal by March 2025. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMovement currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our two part time staff members and the costs associated with our movement classes, such as participant clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

## Table of Receipts and Payments

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
<b>Grants</b>		31,784		31,784	8,570
<b>Donations:</b>					
Donations (recurring)	5,692			5,692	6,290
Donations (one-off)	2,564			2,564	5,518
Donations (gift aid claimed)	2,942			2,942	873
<b>Fundraising:</b>					
Fundraising Events	3,403			3,403	3,592
Fundraising Campaigns (crowfunder)					-
<b>Charitable Activities:</b>					
CPD Course	4,564			4,564	2,940
Other Charitable Activities	383			383	581
<b>Investment Income</b>	18			18	-
<b>Total receipts</b>	<b>19,566</b>	<b>31,784</b>	<b>-</b>	<b>51,350</b>	<b>28,362</b>
<b>A3 Payments</b>					
<b>Staff Costs:</b>					
Staff Salaries	16,501	8,073		24,574	32,162
Staff Training	83			83	20
Travel & Subsistence	205			205	643
<b>Cost of Charitable Activities:</b>					
CPD Costs	3,032	346		3,378	755
Fundraising Costs	804			804	1,095
Volunteer Costs	257	52		308	1,783
Cost of Goods	754	37		791	4,108
Postage	85			85	275
Networking Cost	96			96	606
Marketing Costs	452	32		483	558
Virtual Office Costs	357	17		374	172
Office Equipment Repairs	228			228	
Phone	158	26		184	120
Stationery	58			58	71
Insurance	208			208	187
Bank charges	77			77	68
HMRC Late Filing Charge	100			100	
<b>Governance Costs:</b>					
Trustee Meetings	12			12	106
Trustee Gifts and Remuneration	150			150	
Professional Fees	259			259	349
<b>Sub total</b>	<b>23,875</b>	<b>8,582</b>	<b>-</b>	<b>32,458</b>	<b>43,079</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Equipment		449	-	449	514
<b>Sub total</b>	<b>-</b>	<b>449</b>	<b>-</b>	<b>449</b>	<b>514</b>
<b>Total payments</b>	<b>23,875</b>	<b>9,031</b>	<b>-</b>	<b>32,907</b>	<b>43,593</b>
<b>Net of receipts/(payments)</b>	<b>- 4,310</b>	<b>22,753</b>	<b>-</b>	<b>18,443</b>	<b>- 15,231</b>
<b>A6 Cash funds last year end</b>	<b>7,997</b>			<b>7,997</b>	<b>23,228</b>
<b>Cash funds this year end</b>	<b>3,687</b>	<b>22,753</b>	<b>-</b>	<b>26,440</b>	<b>7,997</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	3,687	22,753	-
	<b>Total cash funds</b>	<b>3,687</b>	<b>22,753</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>
	<b>Details</b>	to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	95	-	-
	SMP reclaimed	1,893	-	-
	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Laptop	Equipment Fund	514	386
	Laptop	Equipment Fund	449	449
	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	HMRC Tax not yet paid for this period	Staff Salaries	1,513	
	Pension Contributions not yet paid for this period	Staff Salaries	106	
	B Marlow Salary Feb	Staff Salaries	240	
	Beneficiary footwear purchased 27/2/24	Cost of Goods	37	
	Zoom payment 28/2/23	Vol costs	16	
	Independent Examiner Fees	Professional Fees	287	

# Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>25/06/2024</b>	<b>25/06/2024</b>
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**THEMOVEMENT**

England & Wales - Charity number 1187782

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# Accounts

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**theMovement**  
**Trustees' Annual Report**  
1st March 2022- 28th Feb 2023

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in black ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 28th February 2023

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden                      Chair

Mr Ben Hingston                      Treasurer

Mrs Elizabeth Morris                      Secretary

Mrs Becky Marlow

Mrs Ruth Le Fricc

Ms Hara Markos

Mrs Harpreet Kaur [From October 2022]

### Senior Management Team:

Mrs Fiona Roberts Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of the Movement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman's right to exercise.

This year's focus was continuing to grow our exercise provision for women experiencing multiple disadvantages, as well as launching a CPD course for fitness professionals as part of our aim to create a more trauma informed fitness industry. Due to unforeseen funding challenges brought about by the cost of living crisis, we have not expanded as much as we had planned to, but are proud to have still seen an increase in the number of sessions we have been able to provide.

This year we have provided 408 trauma informed exercise sessions to 140 participants, led by 27 volunteer instructors. To date we have provided training on a trauma informed approach to exercise to 50 volunteer instructors and are partnered with 18 different charities where our volunteer instructors provide safe and supportive weekly exercise opportunities for women experiencing multiple disadvantages.

The volunteer interest from fitness professionals has continued to grow and we consistently receive feedback from charity partners affirming the positive impact of our services on the wellbeing of their clients. The growing waiting list for our services, both in London and nationally, is evidence of the need there is for trauma informed exercise opportunities for women experiencing multiple disadvantages.

This year we launched our CPD course for fitness professionals: A Trauma Informed Approach to Exercise Provision. The aim of the CPD is to resource an even greater section of the fitness industry with tools to become more trauma aware and informed so that together we may support an even greater number of women into exercise.

We have already sold out and delivered two training courses to 20 fitness professionals and received excellent feedback as to the impact of our course on individual's understanding of and ability to deliver trauma informed practice within the fitness industry.

Although we have experienced a decrease in successful grant applications this year due to the cost of living crisis, the generosity of supporters' monthly donations, income from our new CPD course and our weekly fundraising classes has enabled the Movement to continue.

We look forward to continuing to develop and grow our services in the coming years with plans to increase our staff team and continue to grow the reach of our CPD course. We are incredibly grateful to the support and commitment of our volunteer team and supporters, we could not do this vital work without them.

# Our Objectives

Women facing multiple disadvantages are all too often unable to access the many benefits of exercise due to lack of resources, opportunity and awareness of their needs - including awareness of the impact of trauma.

theMovement provides women experiencing multiple disadvantages with trauma informed exercise opportunities across London. We do this by training exercise professionals in a trauma informed approach, before matching them with partner charities where they volunteer weekly to provide appropriately led exercise classes. We also ensure participants have access to appropriate clothing, footwear and equipment. These safe, autonomous and supportive spaces enable women to access health-promoting exercise: increasing well being and sense of purpose. We work to restore every woman's right to exercise.

The beneficiaries of theMovement are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations.

A study by Women in Sport has shown that women of low socio-economic status are the least likely group to be sufficiently physically active and, therefore, benefit from the multiple advantages that exercise can bring, in particular the positive impact of exercise on mental health. This and other linked barriers, which include vulnerable living situations, lack of finances, social stigma, low confidence, and the extensive impacts of trauma itself, combine to create a major inequality in society where women who have experienced persistent exposure to trauma are significantly less likely to access one of the most powerful strategies available to them: exercise.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women with multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals
3. Partner with agencies and interested bodies to advocate for the benefits of exercise for

## women with multiple disadvantages

Our objectives for this year, as laid out in our September 2021 strategy document, were the following:

- Employ a part time London project worker to enable further growth as a charity in London through 2 volunteer intakes and resulting in 50 contact hours a week
- Employ a part time National project worker to expand our services nationally through 1 volunteer intake and resulting in 10 contact hours a week
- Launch our 'A Trauma Informed Approach to Exercise Provision' CPD course and deliver 3 courses
- Have an impact report on theMovement and shared findings with interested bodies

These objectives were set to facilitate progress towards our 2023 goals, contained in our September 2021 strategy document. These goals are to have: a minimum 80 contact hours a week across London and National charity partners; 130 fitness professionals having completed trauma awareness training provided by theMovement; and to have initiated a campaign based on impact report findings.

In planning our activities for the period, we have been mindful of the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that theMovement's activities are in line with our charitable objectives.

# Our Achievements

This year, due to the unforeseen challenges of the cost of living crisis, we have been unable to reach all of our objectives, but are delighted to report growth of our services despite these challenges.

After resuming our volunteer recruitment in November 2021, we were able to facilitate one further volunteer intake of 11 instructors this year in April 2022. As we stated last year, it is crucial to us that any continued growth is sustainable and supported by a staff structure that could facilitate trauma informed care of participants and the volunteers who work with them. We therefore made the decision to pause our plan for further volunteer instructor intakes until we were able to gain further staff members as we had planned. Unfortunately, we were unable to secure the funding for this, meaning there were no further volunteer intakes this year or expansion nationally.

Despite this pause, theMovement has been able to provide 408 trauma informed exercise sessions this year. This shows growth from the 356 sessions we provided in the previous year. This year we have had 140 participants attend at least one exercise session, increasing from 92 last year.

Due to the funding challenges we have experienced this year, in January 2023 our CEO voluntarily reduced her hours from full time to part time in order to reduce our costs. This decision was laid out in our November 2022 Crisis Funding Strategy. We are really grateful to the trustees for increasing their responsibilities to enable our services to continue despite this staffing hours reduction.

One of our biggest achievements of this year has been the launch of our CPD course, A Trauma Informed Approach to Exercise Provision. Following the development of the course last year, we were able to gain accreditation from the Chartered Institute for the Management of Sport and Physical Activity and endorsement from AVA, a leading trauma specialist organisation. This new resource enables us to equip many more fitness professionals with the knowledge and tools to create a more trauma informed fitness industry as a whole. We have delivered two courses so far, both of which have been sold out and received fantastic feedback.

The creation of this course acknowledges that many of us have experienced trauma and that we all benefit from a more trauma informed fitness industry. Through creating opportunities

for the fitness industry as a whole to become more trauma informed, we are moving away from a 'them and us' mentality and working together to create safe spaces for all of us to experience the benefits of movement.

We were delighted to invite Harpreet Kaur onto our trustee board in October 2022. Harpreet's experience as a national practice lead for a charity working with women who have experienced multiple disadvantages has brought much knowledge, wisdom and energy to the board.

We have also been able to expand our charity partners and are now working with 18 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

As many of the women attending our exercise sessions have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 549 pieces of exercise clothing, footwear and equipment to participants. We are so grateful for clothing donations, such as My Gym Wardrobe, Ran by Nature, Frost Wellness and Rerun Clothing, in making this possible.

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities by fitness professionals for women experiencing multiple disadvantages.

# Our Impact and Value

We continue to invite participants to feedback about our services, both informally and through our participant feedback form.

From the participants who completed our feedback form, 100% have said that the sessions helped them to increase the amount of exercise they do. 89% of participants added that the sessions have been beneficial to their mental health.

It has been really encouraging to receive positive feedback from the women attending our sessions. Here is some of the feedback we have received from the participants:

“The instructor makes me feel confident in doing things I never thought I could do”

“I left the session with a huge smile on my face and I had feeling like something inside of me, something that was dragging me down, had popped and I was feeling like the old me for a few days. I never thought yoga can do that. I am forever grateful”

“It’s my exercise & social time so very important to me”

“It always makes me smile”

“I haven’t felt this motivated and excited to exercise in years!”

“I felt I was able to move my body in different ways that I didn’t know about”

“I am feeling proud of myself”

And here is some feedback we have received from one of our charity partners:

“It’s such a blessing... they are absolutely loving the sports clothes and the classes.”

Success for us, is not just about the delivery of these sessions, but the impact they can have on all areas of an individual’s life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it will impact wider areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals

are empowered and equipped to engage with and contribute to their communities more fully. Due to the reduction of staff hours we were unable to conduct an impact report this year, but we plan to conduct an impact report in the future to better understand this reality.

As well as our charity exercise sessions, we received fantastic feedback from our CPD Course for fitness professionals, with 100% of attendees stating that following the course they feel better equipped to provide trauma informed exercise opportunities in the future. Feedback from the course has included:

“I appreciated the effort to make everyone feel comfortable. The content was varied and I learnt a lot.”

“A chance to learn with a group of incredible women”

“There was such a breadth of expertise so it was brilliant to learn from everyone”

“Trainers are really friendly and approachable”

# Volunteers

We currently have 50 volunteer instructors who have completed our recruitment process and our trauma informed training. 27 instructors have run exercise sessions with our charity partners this year.

Here is some feedback from one of our volunteer instructors, who joined the Movement team in our November 2021 intake and has been volunteering at one of our charity partners:

"Each week is different depending on the participants. However, each week is their safe space to be themselves and enjoy their own strength.

Boxercise seems to be their choice of movement, which is an awesome skill to use, it helps with happiness, decreasing stress levels, strength & co-ordination, confidence, and social interaction. I totally admire the strength needed from these women to get themselves to my sessions and I love being part of their journey and supporting them along the bumps and hurdles thrown at them outside our sessions."

Our current volunteer instructors have also provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. Our volunteers regularly comment on how inspired they are by the resilience of the women we support and how the sessions they lead are the highlight of their week.

100% of the attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but it also creates a more trauma sensitive environment in the gyms, studios, parks and home where they work - impacting the wider communities our volunteers and their clients are part of.

# Ambition and Long Term Strategies

Despite not being able to reach our goals for the year, as laid out in our September 2021 strategy document, over the next two years we plan to continue to develop and grow our work. Our strategy continues to focus on three areas, which are based on our three aims as a charity:

## **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

### Objective 1

To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area. To do this in a sustainable manner we plan to appoint a part time London Volunteer Coordinator in 23/34 to achieve the following outcomes.

#### Outcomes (by end of):

- 23/24 Facilitate 1 volunteer intake
- 24/25 Facilitate 2 volunteer intakes
- 24/25 Increase our contact hours weekly in London to 50.

### Objective 2

To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. To do this in a sustainable manner, and considering the continued impact of the cost of living crisis, we plan to delay the employment of a Part Time National Volunteer Coordinator until 24/25 to achieve the following outcomes.

#### Outcomes (by end of):

- 24/25 deliver 2 national volunteer intakes,
- 24/25 20 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

As we now have an accredited and established CPD course, our next steps are to increase the delivery and reach of our training. As well as creating a positive impact on the fitness industry, our CPD also provides an income stream to fund our other projects. This ensures the future sustainability and growth of theMovement.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 23/24 we plan to increase the number of CPD courses we deliver to individual fitness professionals
- 24/25 continuation of CPD courses for individual fitness professionals and grow our private bookings to further resource the fitness industry

Outcomes (by end of):

- 23/24 Have delivered 5 CPD courses
- 24/25 Have delivered 5 CPD courses to individuals and 10 private booking CPD courses

### **3. Work towards a society without poverty and disadvantage for women.**

So far we have worked towards this goal through joining two advocacy groups. Our priority has been to engage with, learn from and elevate the voices of other charities and projects working in this sector.

We are still the only charity known to us providing free trauma informed exercise opportunities to women experiencing multiple disadvantages which means, even as a small and new charity, we are leaders in this field.

As we were unable to complete it this year, next year we plan to conduct an impact report of our work. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 23/24 we plan to better communicate the impact of theMovement to our stakeholders and

interested parties

- 24/25 we plan to increase the awareness of policy makers regarding the importance and benefits of trauma informed exercise for women.

The outcomes (by end of):

- 23/24 Have an impact report on the Movement and shared findings with interested bodies
- 24/25 Have initiated a campaign based on the impact report findings

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 28<sup>th</sup> February 2023, which are set out on pages 17-21.

## Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

## Independent examiner's statement

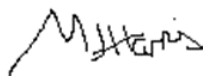
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH

Signed .....



Date: 14/12/23

# Financial Review

As a charity in our first years, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

## Principal Funding Sources

This year we have gained £8,570 of grants from the Sport England Tackling Inequalities Fund, Sport England Queen's Platinum Jubilee Activity Fund, EMD UK and Magic Little Grants. We note this is a significant decrease from last year, which seems to be reflective of many small charities during the current cost of living crisis in the UK. The launch of our CPD course, weekly fundraising exercise classes and the support of our regular donors also provide regular funding, as well as one off fundraising events throughout the year.

We do not have any restricted funds at this time.

## Reserves Policy

theMovement has a target of six months of the expenditure in our reserves in order to ensure prudent financial management. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, as we are a relatively new charity still establishing our long term funding strategy.

theMovement is planning to build their free reserves to:

- provide a resilience that will enable the charity to continue to meet its charitable objectives within a context where the majority of the income is unpredictable.
- ensure additional protection is provided for the charity's beneficiaries where long-term support is essential due to trauma and additional vulnerability.
- allow the charity to navigate a period of growth as demand on services increase.

- allow confident financial planning where there is little flexibility to the costs without impacting charitable activities.
- enable the charity to navigate unexpected events that cause a significant business disruption
- allow for unexpected drops in income and, if this happens, provide the time for the consideration and implementation of how the funding would be replaced or activities changed.
- enable engagement with unanticipated strategic opportunities and action against critical threats.
- fulfil contractual obligations in the event of an unanticipated financial stress.

By March 2025, theMovement aims to fulfil our policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent six months of budgeted operational costs. This policy allows for the reserve figure to rise alongside increasing organisational capacity, and thus expenditure. This 'free reserve' is alongside any restricted funds that are held by the charity which can only be used for the purposes intended. The policy is also in keeping with the Charity Commission guidelines that an organisation's cash reserve should be able to cover core activities for 6 months.

The charity engages in regular financial forecasting, and if forecasts indicate that free reserves are to exceed this level consistently for a period of more than six months and look to continue on that trajectory, then a plan will be put in place to utilise any surplus in a way that adds to the impact and sustainability of the charity. If projections show that the free reserves will fall below this level for a period of more than three months and again continue with this trend, then we will implement a remedial action plan. This plan will involve a focused fundraising campaign along with reviewing staffing and service priorities as we seek to reduce our ongoing expenditure to a sustainable level. This policy along with contractual obligations are reviewed on an annual basis and within the current context of the economic impact of the cost of living crisis to enable us to navigate any ongoing economic downturn during a time of organisational growth where increased reserves are vital.

The present level of unrestricted reserves available to the charity is £7,997, which falls short

of our target of 6 months of expenditure. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, hence why we are working towards achieving this goal by March 2025. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMovement currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our one part time staff member and the costs associated with our movement classes, such as beneficiary clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.



# Declarations

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
---------------------	---------------------

**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>14/12/2023</b>	<b>14/12/2023</b>
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Receipts and payments accounts

CC16a

For the period from

1/3/22

To

28/2/23

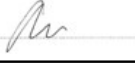
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants	449	8,121	-	8,570	33,009
<b>Donations:</b>					
Donations (recurring)	6,290	-	-	6,290	6,020
Donations (one-off)	5,518	-	-	5,518	2,692
Donations (gift aid claimed)	873	-	-	873	2,141
<b>Fundraising:</b>					
Fundraising Events	3,592	-	-	3,592	1,475
Fundraising Campaigns (crowfunder)	-	-	-	-	-
<b>Charitable Activities</b>					
CPD Course	2,940	-	-	2,940	-
Other Charitable Activities	581	-	-	581	1,230
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>20,241</b>	<b>8,121</b>	<b>-</b>	<b>28,362</b>	<b>46,567</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>20,241</b>	<b>8,121</b>	<b>-</b>	<b>28,362</b>	<b>46,567</b>
<b>A3 Payments</b>					
Cost of Fundraising	-	-	-	-	1,312
<b>Staff Costs:</b>					
Staff Salaries	19,666	12,496	-	32,162	20,355
Staff Training	20	-	-	20	423
Travel & Subsistence	358	285	-	643	465
<b>Cost of Charitable Activities:</b>					
CPD Costs	755	-	-	755	-
Fundraising Costs	1,095	-	-	1,095	-
Volunteer Costs	841	942	-	1,783	1,216
Cost of Goods	729	3,379	-	4,108	2,995
Postage	275	-	-	275	267
Networking Cost	606	-	-	606	333
Marketing Costs	558	-	-	558	204
Virtual Office Costs	172	-	-	172	133
Phone	120	-	-	120	120
Stationery	71	-	-	71	74
Insurance	187	-	-	187	187
Bank charges	68	-	-	68	96
<b>Governance Costs:</b>					
Trustee Meetings	106	-	-	106	24
Professional Fees	349	-	-	349	-
<b>Sub total</b>	<b>25,977</b>	<b>17,102</b>	<b>-</b>	<b>43,079</b>	<b>28,204</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Equipment	14	500	-	514	-
<b>Sub total</b>	<b>14</b>	<b>500</b>	<b>-</b>	<b>514</b>	<b>-</b>
<b>Total payments</b>	<b>25,991</b>	<b>17,602</b>	<b>-</b>	<b>43,593</b>	<b>28,204</b>
<b>Net of receipts/(payments)</b>	<b>- 5,750</b>	<b>- 9,481</b>	<b>-</b>	<b>- 15,231</b>	<b>18,363</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,747	9,481	-	23,228	-
<b>Cash funds this year end</b>	<b>7,997</b>	<b>-</b>	<b>-</b>	<b>7,997</b>	<b>18,363</b>

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	7,997	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>7,997</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	754	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>				
<b>B4 Assets retained for the charity's own use</b>	Laptop		514	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	HMRC Tax not yet paid for this period	Staff Salaries	332	22 April 2023
	Pension Contributions not yet paid for this period	Staff Salaries	51	20 March 2023
	Staff Travel on 26/2/23 and 27/2/23	Travel & Subsistence	41	
	Beneficiary clothing, equipment and footwear purchased 24/2/23	Cost of Goods	69	
	CPD costs purchased on 22/2/23 and 25/2/23 and 27/2/23	CPD costs	65	
	Zoom payment 28/2/23	Vol costs	14	
	Independent Exmainer Fees	Professional Fees	259	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Ben Hingston	Ben Hingston	13.11.23
	Fiona Roberts	<b>13.11.23</b>



**theMovement**  
**Trustees' Annual Report**  
1st March 2022- 28th Feb 2023

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in black ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 28th February 2023

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden                      Chair

Mr Ben Hingston                      Treasurer

Mrs Elizabeth Morris                      Secretary

Mrs Becky Marlow

Mrs Ruth Le Fricc

Ms Hara Markos

Mrs Harpreet Kaur [From October 2022]

### Senior Management Team:

Mrs Fiona Roberts Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of the Movement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman's right to exercise.

This year's focus was continuing to grow our exercise provision for women experiencing multiple disadvantages, as well as launching a CPD course for fitness professionals as part of our aim to create a more trauma informed fitness industry. Due to unforeseen funding challenges brought about by the cost of living crisis, we have not expanded as much as we had planned to, but are proud to have still seen an increase in the number of sessions we have been able to provide.

This year we have provided 408 trauma informed exercise sessions to 140 participants, led by 27 volunteer instructors. To date we have provided training on a trauma informed approach to exercise to 50 volunteer instructors and are partnered with 18 different charities where our volunteer instructors provide safe and supportive weekly exercise opportunities for women experiencing multiple disadvantages.

The volunteer interest from fitness professionals has continued to grow and we consistently receive feedback from charity partners affirming the positive impact of our services on the wellbeing of their clients. The growing waiting list for our services, both in London and nationally, is evidence of the need there is for trauma informed exercise opportunities for women experiencing multiple disadvantages.

This year we launched our CPD course for fitness professionals: A Trauma Informed Approach to Exercise Provision. The aim of the CPD is to resource an even greater section of the fitness industry with tools to become more trauma aware and informed so that together we may support an even greater number of women into exercise.

We have already sold out and delivered two training courses to 20 fitness professionals and received excellent feedback as to the impact of our course on individual's understanding of and ability to deliver trauma informed practice within the fitness industry.

Although we have experienced a decrease in successful grant applications this year due to the cost of living crisis, the generosity of supporters' monthly donations, income from our new CPD course and our weekly fundraising classes has enabled the Movement to continue.

We look forward to continuing to develop and grow our services in the coming years with plans to increase our staff team and continue to grow the reach of our CPD course. We are incredibly grateful to the support and commitment of our volunteer team and supporters, we could not do this vital work without them.

# Our Objectives

Women facing multiple disadvantages are all too often unable to access the many benefits of exercise due to lack of resources, opportunity and awareness of their needs - including awareness of the impact of trauma.

theMovement provides women experiencing multiple disadvantages with trauma informed exercise opportunities across London. We do this by training exercise professionals in a trauma informed approach, before matching them with partner charities where they volunteer weekly to provide appropriately led exercise classes. We also ensure participants have access to appropriate clothing, footwear and equipment. These safe, autonomous and supportive spaces enable women to access health-promoting exercise: increasing well being and sense of purpose. We work to restore every woman's right to exercise.

The beneficiaries of theMovement are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations.

A study by Women in Sport has shown that women of low socio-economic status are the least likely group to be sufficiently physically active and, therefore, benefit from the multiple advantages that exercise can bring, in particular the positive impact of exercise on mental health. This and other linked barriers, which include vulnerable living situations, lack of finances, social stigma, low confidence, and the extensive impacts of trauma itself, combine to create a major inequality in society where women who have experienced persistent exposure to trauma are significantly less likely to access one of the most powerful strategies available to them: exercise.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women with multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals
3. Partner with agencies and interested bodies to advocate for the benefits of exercise for

## women with multiple disadvantages

Our objectives for this year, as laid out in our September 2021 strategy document, were the following:

- Employ a part time London project worker to enable further growth as a charity in London through 2 volunteer intakes and resulting in 50 contact hours a week
- Employ a part time National project worker to expand our services nationally through 1 volunteer intake and resulting in 10 contact hours a week
- Launch our 'A Trauma Informed Approach to Exercise Provision' CPD course and deliver 3 courses
- Have an impact report on theMovement and shared findings with interested bodies

These objectives were set to facilitate progress towards our 2023 goals, contained in our September 2021 strategy document. These goals are to have: a minimum 80 contact hours a week across London and National charity partners; 130 fitness professionals having completed trauma awareness training provided by theMovement; and to have initiated a campaign based on impact report findings.

In planning our activities for the period, we have been mindful of the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that theMovement's activities are in line with our charitable objectives.

# Our Achievements

This year, due to the unforeseen challenges of the cost of living crisis, we have been unable to reach all of our objectives, but are delighted to report growth of our services despite these challenges.

After resuming our volunteer recruitment in November 2021, we were able to facilitate one further volunteer intake of 11 instructors this year in April 2022. As we stated last year, it is crucial to us that any continued growth is sustainable and supported by a staff structure that could facilitate trauma informed care of participants and the volunteers who work with them. We therefore made the decision to pause our plan for further volunteer instructor intakes until we were able to gain further staff members as we had planned. Unfortunately, we were unable to secure the funding for this, meaning there were no further volunteer intakes this year or expansion nationally.

Despite this pause, theMovement has been able to provide 408 trauma informed exercise sessions this year. This shows growth from the 356 sessions we provided in the previous year. This year we have had 140 participants attend at least one exercise session, increasing from 92 last year.

Due to the funding challenges we have experienced this year, in January 2023 our CEO voluntarily reduced her hours from full time to part time in order to reduce our costs. This decision was laid out in our November 2022 Crisis Funding Strategy. We are really grateful to the trustees for increasing their responsibilities to enable our services to continue despite this staffing hours reduction.

One of our biggest achievements of this year has been the launch of our CPD course, A Trauma Informed Approach to Exercise Provision. Following the development of the course last year, we were able to gain accreditation from the Chartered Institute for the Management of Sport and Physical Activity and endorsement from AVA, a leading trauma specialist organisation. This new resource enables us to equip many more fitness professionals with the knowledge and tools to create a more trauma informed fitness industry as a whole. We have delivered two courses so far, both of which have been sold out and received fantastic feedback.

The creation of this course acknowledges that many of us have experienced trauma and that we all benefit from a more trauma informed fitness industry. Through creating opportunities

for the fitness industry as a whole to become more trauma informed, we are moving away from a 'them and us' mentality and working together to create safe spaces for all of us to experience the benefits of movement.

We were delighted to invite Harpreet Kaur onto our trustee board in October 2022. Harpreet's experience as a national practice lead for a charity working with women who have experienced multiple disadvantages has brought much knowledge, wisdom and energy to the board.

We have also been able to expand our charity partners and are now working with 18 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

As many of the women attending our exercise sessions have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 549 pieces of exercise clothing, footwear and equipment to participants. We are so grateful for clothing donations, such as My Gym Wardrobe, Ran by Nature, Frost Wellness and Rerun Clothing, in making this possible.

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities by fitness professionals for women experiencing multiple disadvantages.

# Our Impact and Value

We continue to invite participants to feedback about our services, both informally and through our participant feedback form.

From the participants who completed our feedback form, 100% have said that the sessions helped them to increase the amount of exercise they do. 89% of participants added that the sessions have been beneficial to their mental health.

It has been really encouraging to receive positive feedback from the women attending our sessions. Here is some of the feedback we have received from the participants:

“The instructor makes me feel confident in doing things I never thought I could do”

“I left the session with a huge smile on my face and I had feeling like something inside of me, something that was dragging me down, had popped and I was feeling like the old me for a few days. I never thought yoga can do that. I am forever grateful”

“It’s my exercise & social time so very important to me”

“It always makes me smile”

“I haven’t felt this motivated and excited to exercise in years!”

“I felt I was able to move my body in different ways that I didn’t know about”

“I am feeling proud of myself”

And here is some feedback we have received from one of our charity partners:

“It’s such a blessing... they are absolutely loving the sports clothes and the classes.”

Success for us, is not just about the delivery of these sessions, but the impact they can have on all areas of an individual’s life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it will impact wider areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals

are empowered and equipped to engage with and contribute to their communities more fully. Due to the reduction of staff hours we were unable to conduct an impact report this year, but we plan to conduct an impact report in the future to better understand this reality.

As well as our charity exercise sessions, we received fantastic feedback from our CPD Course for fitness professionals, with 100% of attendees stating that following the course they feel better equipped to provide trauma informed exercise opportunities in the future. Feedback from the course has included:

“I appreciated the effort to make everyone feel comfortable. The content was varied and I learnt a lot.”

“A chance to learn with a group of incredible women”

“There was such a breadth of expertise so it was brilliant to learn from everyone”

“Trainers are really friendly and approachable”

# Volunteers

We currently have 50 volunteer instructors who have completed our recruitment process and our trauma informed training. 27 instructors have run exercise sessions with our charity partners this year.

Here is some feedback from one of our volunteer instructors, who joined the Movement team in our November 2021 intake and has been volunteering at one of our charity partners:

"Each week is different depending on the participants. However, each week is their safe space to be themselves and enjoy their own strength.

Boxercise seems to be their choice of movement, which is an awesome skill to use, it helps with happiness, decreasing stress levels, strength & co-ordination, confidence, and social interaction. I totally admire the strength needed from these women to get themselves to my sessions and I love being part of their journey and supporting them along the bumps and hurdles thrown at them outside our sessions."

Our current volunteer instructors have also provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. Our volunteers regularly comment on how inspired they are by the resilience of the women we support and how the sessions they lead are the highlight of their week.

100% of the attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but it also creates a more trauma sensitive environment in the gyms, studios, parks and home where they work - impacting the wider communities our volunteers and their clients are part of.

# Ambition and Long Term Strategies

Despite not being able to reach our goals for the year, as laid out in our September 2021 strategy document, over the next two years we plan to continue to develop and grow our work. Our strategy continues to focus on three areas, which are based on our three aims as a charity:

## **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

### Objective 1

To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area. To do this in a sustainable manner we plan to appoint a part time London Volunteer Coordinator in 23/34 to achieve the following outcomes.

#### Outcomes (by end of):

- 23/24 Facilitate 1 volunteer intake
- 24/25 Facilitate 2 volunteer intakes
- 24/25 Increase our contact hours weekly in London to 50.

### Objective 2

To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. To do this in a sustainable manner, and considering the continued impact of the cost of living crisis, we plan to delay the employment of a Part Time National Volunteer Coordinator until 24/25 to achieve the following outcomes.

#### Outcomes (by end of):

- 24/25 deliver 2 national volunteer intakes,
- 24/25 20 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

As we now have an accredited and established CPD course, our next steps are to increase the delivery and reach of our training. As well as creating a positive impact on the fitness industry, our CPD also provides an income stream to fund our other projects. This ensures the future sustainability and growth of theMovement.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 23/24 we plan to increase the number of CPD courses we deliver to individual fitness professionals
- 24/25 continuation of CPD courses for individual fitness professionals and grow our private bookings to further resource the fitness industry

Outcomes (by end of):

- 23/24 Have delivered 5 CPD courses
- 24/25 Have delivered 5 CPD courses to individuals and 10 private booking CPD courses

### **3. Work towards a society without poverty and disadvantage for women.**

So far we have worked towards this goal through joining two advocacy groups. Our priority has been to engage with, learn from and elevate the voices of other charities and projects working in this sector.

We are still the only charity known to us providing free trauma informed exercise opportunities to women experiencing multiple disadvantages which means, even as a small and new charity, we are leaders in this field.

As we were unable to complete it this year, next year we plan to conduct an impact report of our work. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 23/24 we plan to better communicate the impact of theMovement to our stakeholders and

interested parties

- 24/25 we plan to increase the awareness of policy makers regarding the importance and benefits of trauma informed exercise for women.

The outcomes (by end of):

- 23/24 Have an impact report on the Movement and shared findings with interested bodies
- 24/25 Have initiated a campaign based on the impact report findings

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 28<sup>th</sup> February 2023, which are set out on pages 17-21.

## Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

## Independent examiner's statement

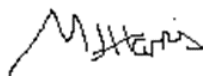
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH

Signed .....



Date: 14/12/23

# Financial Review

As a charity in our first years, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

## Principal Funding Sources

This year we have gained £8,570 of grants from the Sport England Tackling Inequalities Fund, Sport England Queen's Platinum Jubilee Activity Fund, EMD UK and Magic Little Grants. We note this is a significant decrease from last year, which seems to be reflective of many small charities during the current cost of living crisis in the UK. The launch of our CPD course, weekly fundraising exercise classes and the support of our regular donors also provide regular funding, as well as one off fundraising events throughout the year.

We do not have any restricted funds at this time.

## Reserves Policy

theMovement has a target of six months of the expenditure in our reserves in order to ensure prudent financial management. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, as we are a relatively new charity still establishing our long term funding strategy.

theMovement is planning to build their free reserves to:

- provide a resilience that will enable the charity to continue to meet its charitable objectives within a context where the majority of the income is unpredictable.
- ensure additional protection is provided for the charity's beneficiaries where long-term support is essential due to trauma and additional vulnerability.
- allow the charity to navigate a period of growth as demand on services increase.

- allow confident financial planning where there is little flexibility to the costs without impacting charitable activities.
- enable the charity to navigate unexpected events that cause a significant business disruption
- allow for unexpected drops in income and, if this happens, provide the time for the consideration and implementation of how the funding would be replaced or activities changed.
- enable engagement with unanticipated strategic opportunities and action against critical threats.
- fulfil contractual obligations in the event of an unanticipated financial stress.

By March 2025, theMovement aims to fulfil our policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent six months of budgeted operational costs. This policy allows for the reserve figure to rise alongside increasing organisational capacity, and thus expenditure. This 'free reserve' is alongside any restricted funds that are held by the charity which can only be used for the purposes intended. The policy is also in keeping with the Charity Commission guidelines that an organisation's cash reserve should be able to cover core activities for 6 months.

The charity engages in regular financial forecasting, and if forecasts indicate that free reserves are to exceed this level consistently for a period of more than six months and look to continue on that trajectory, then a plan will be put in place to utilise any surplus in a way that adds to the impact and sustainability of the charity. If projections show that the free reserves will fall below this level for a period of more than three months and again continue with this trend, then we will implement a remedial action plan. This plan will involve a focused fundraising campaign along with reviewing staffing and service priorities as we seek to reduce our ongoing expenditure to a sustainable level. This policy along with contractual obligations are reviewed on an annual basis and within the current context of the economic impact of the cost of living crisis to enable us to navigate any ongoing economic downturn during a time of organisational growth where increased reserves are vital.

The present level of unrestricted reserves available to the charity is £7,997, which falls short


of our target of 6 months of expenditure. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, hence why we are working towards achieving this goal by March 2025. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

## **State of Finances**

theMovement currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our one part time staff member and the costs associated with our movement classes, such as beneficiary clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

# Table of Receipts and Payments

 <b>CHARITY COMMISSION FOR ENGLAND AND WALES</b>		Charity Name: theMovement		No: 1187782	
<b>Receipts and payments accounts</b>					
For the period from		1/3/22	To	28/2/23	CC16a
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<b>Staff Costs:</b>					
Staff Salaries	19,666	12,496	-	32,162	20,355
Staff Training	20			20	423
Travel & Subsistence	358	285	-	643	465
<b>Cost of Charitable Activities:</b>					
CPD Costs	755			755	
Fundraising Costs	1,095			1,095	
Volunteer Costs	841	942		1,783	1,216
Cost of Goods	729	3,379	-	4,108	2,995
Postage	275			275	267
Networking Cost	606			606	333
Marketing Costs	558			558	204
Virtual Office Costs	172			172	133
Phone	120			120	120
Stationery	71			71	74
Insurance	187			187	187
Bank charges	68			68	96
<b>Governance Costs:</b>					
Trustee Meetings	106			106	24
Professional Fees	349			349	-
<b>Sub total</b>	<b>25,977</b>	<b>17,102</b>	<b>-</b>	<b>43,079</b>	<b>28,204</b>
<b>A4 Asset and investment purchases. (see table)</b>					
Equipment	14	500	-	514	
<b>Sub total</b>	<b>14</b>	<b>500</b>	<b>-</b>	<b>514</b>	<b>-</b>
<b>Total payments</b>	<b>25,991</b>	<b>17,602</b>	<b>-</b>	<b>43,593</b>	<b>28,204</b>
<b>Net of receipts/(payments)</b>	<b>- 5,750</b>	<b>- 9,481</b>	<b>-</b>	<b>- 15,231</b>	<b>18,363</b>
<b>A5 Transfers between funds</b>					
<b>A6 Cash funds last year end</b>	<b>13,747</b>	<b>9,481</b>	<b>-</b>	<b>23,228</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>7,997</b>	<b>-</b>	<b>-</b>	<b>7,997</b>	<b>18,363</b>
<b>Section B Statement of assets and liabilities at the end of the period</b>					
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	754	-	-	
<b>B4 Assets retained for the charity's own use</b>	Laptop	Equipment Fund	514	-	
<b>B5 Liabilities</b>	HMRC Tax not yet paid for this period	Staff Salaries	332	-	22 April 2023
	Pension Contributions not yet paid for this period	Staff Salaries	51	-	20 March 2023
	Staff Travel on 26/2/23 and 27/2/23	Travel & Subsistence	41	-	
	Beneficiary clothing, equipment and furniture purchased 24/2/23	Cost of Goods	69	-	
	CPD costs purchased on 22/2/23 and 25/2/23 and 27/2/23	CPD costs	65	-	
	Zoom payment 28/2/23	Vol costs	14	-	
	Independent Examiner Fees	Professional Fees	259	-	

# Declarations

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>14/12/2023</b>	<b>14/12/2023</b>
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**THEMOVEMENT**

England & Wales - Charity number 1187782

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# Accounts

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**theMovement**  
**Trustees' Annual Report**  
1st March 2021- 28th Feb 2022

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in black ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 28th February 2022

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden Chair

Mr Ben Hingston Treasurer

Mrs Elizabeth Morris Secretary

Mrs Becky Marlow

Mrs Ruth Le Friec

Ms Hara Markos

### Senior Management Team:

Mrs Fiona Roberts Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of the Movement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman's right to exercise.

Following our previous year's focus of establishing our foundations as a charity, this year we have been building on these foundations and growing our work in a number of ways. We have continued to adapt to the unforeseen challenges brought about by the Covid-19 pandemic, but despite these challenges, we are proud to have grown significantly and continue to strategise new ways we can break down barriers to exercise for women experiencing multiple disadvantages.

This year we have provided 356 trauma informed exercise sessions to 92 service users. To date we have provided training on a trauma informed approach to exercise to 38 volunteer instructors and are currently partnered with 14 different charities where our volunteer instructors provide safe and supportive weekly exercise opportunities for women experiencing multiple disadvantages.

It has been so encouraging to receive interest from so many fitness professionals interested in volunteering their time and to consistently receive feedback from charity partners affirming the positive impact of our services on the wellbeing of their clients. The waiting list for our services, both in London and nationally, is evidence of the need there is for trauma informed exercise opportunities for women experiencing multiple disadvantages.

Successful grant applications, the generosity of supporters' monthly donations and our weekly fundraising classes has enabled theMovement to continue to grow. It has been so encouraging to receive interest from so many fitness professionals interested in volunteering their time and to consistently receive feedback from charity partners affirming the positive impact of our services on the wellbeing of their clients.

We look forward to continuing to develop and grow our services in the coming years with plans to increase our staff team, extend our geographical reach and the launch of our CPD. The aim of the CPD is to resource an even greater section of the fitness industry with tools to become more trauma aware and informed so that together we may support an even greater number of women into exercise.

We are incredibly grateful to the support and commitment of our volunteer team and supporters, we could not do this vital work without them.

# Our Objectives

Women facing multiple disadvantages are all too often unable to access the many benefits of exercise due to lack of resources, opportunity and awareness of their needs - including awareness of the impact of trauma.

theMovement provides women experiencing multiple disadvantages with trauma informed exercise opportunities across London. We do this by training exercise professionals in a trauma informed approach, before matching them with partner charities where they volunteer weekly to provide appropriately led exercise classes. We also ensure participants have access to appropriate clothing, footwear and equipment. These safe, autonomous and supportive spaces enable women to access health-promoting exercise: increasing well being and sense of purpose. We work to restore every woman's right to exercise.

The beneficiaries of theMOVEMENT are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations.

A study by Women in Sport has shown that women of low socio-economic status are the least likely group to be sufficiently physically active and, therefore, benefit from the multiple advantages that exercise can bring, in particular the positive impact of exercise on mental health. This and other linked barriers, which include vulnerable living situations, lack of finances, social stigma, low confidence, and the extensive impacts of trauma itself, combine to create a major inequality in society where women who have experienced persistent exposure to trauma are significantly less likely to access one of the most powerful strategies available to them: exercise.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women with multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals

### 3. Partner with agencies and interested bodies to advocate for the benefits of exercise for women with multiple disadvantages

Our objectives for our second year, as laid out in our July 2019 strategy document, were the following:

- Employ a full time CEO to enable further growth as a charity
- Develop a coherent strategy as a foundation for national growth
- Develop 'A Trauma Informed Approach to Exercise Provision' CPD

These objectives were set to facilitate progress towards our Year 3 goals, contained in our December 2019 strategy document. These goals are to have: a minimum 50 contact hours a week across all London charity partners; 100 fitness professionals having completed trauma awareness training provided by theMovement; and to partner with three national advocacy groups.

In planning our activities for the period, we have been mindful of the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that theMovement's activities are in line with our charitable objectives.

# Our Achievements

This year, despite the unforeseen challenges of the continued Covid-19 pandemic, we are delighted to have successfully fulfilled our objectives for the year.

Due to the great need for our services, we experienced a large growth quickly at the start of 2021. It was crucial to us that any continued growth was sustainable and supported by a staff structure that could facilitate trauma informed care of service users and the volunteers who work with them. We therefore made the decision to pause our plan for further volunteer instructor intakes until we were able to increase our part time CEO's hours to full time.

Despite this pause, theMovement has been able to provide 356 trauma informed exercise sessions this year. This shows incredible growth from the 28 sessions we provided in the previous year. This year we have had 115 women register for our services and 92 service users attend at least one exercise session. 8 women signed up are due to start classes in the beginning months of 22-23.

Following some fundraising success, our CEO was able to increase her hours to full time from the start of November 2021. As a result and in line with our initial decision to pause intake until the increase in staffing hours, we then conducted a successful volunteer intake in November. This was welcomed by our charity partners who were keen for new sessions to start as soon as possible.

Our November volunteer intake saw 15 fitness professionals joining our volunteer team. It was exciting to be able to lead our first in person volunteer training event and we received excellent feedback from our new volunteer instructors. 100% of the November intake rated the training as excellent and stated that as a result they felt better equipped to provide trauma informed exercise opportunities.. As we ended this year, 13 of the 15 volunteer instructors are now matched with local charity partners.

As part of this intake we welcomed two Oxford based fitness professionals. This forms a trial for the national expansion we are planning in 2022 and enables us to finalise our strategy for this growth and address any unforeseen issues that may arise.

From the conception of theMovement we have prioritised centring the service user voice in

shaping what theMovement is and how it works. We were delighted to invite Hara Markos onto our trustee board in July 2021. Hara's desire to be part of theMovement stemmed from using the charitable services offered to her after surviving 15 months of Domestic Violence. She now wants to be able to provide support to women through fitness, as this was something which helped her get through her difficult times.

We have also been able to expand our charity partners and are now working with 14 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

As many of our service users have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 370 pieces of exercise clothing, footwear and equipment to service users. We are so grateful for clothing donations, such as My Gym Wardrobe, Tyna Active and Spanx Active, in making this possible. One charity partner commented that "The provision of clothing hugely boosted the confidence of women and made it more likely they attended the classes".

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities with women experiencing multiple disadvantages.

# Our Impact and Value

This year we have invited service users to feedback about our services, both informally and through our service user feedback form.

From the service users who completed our feedback form, 100% have said that the sessions helped them to increase the amount of exercise they do. 88% of participants added that the sessions have been beneficial to their mental health and/or confidence.

It has been really encouraging to receive positive feedback from the women attending our sessions. Here is some of the feedback we have received from the women attending theMovement sessions:

“Since joining theMovement have gain confidence in exercise and looking after me I feel so light both mentally and physically and because of theMovement am doing more I joined a local fitness group and I feel so happy doing it thats the first for me. I feel happy in myself. Thank so much all the team of theMovement for helping through the journey of finding myself, Im very grateful for this.”

“It is time to focus on my body and my emotions”

“The session makes me feel better just being there”

“theMovement has helped me feel lighter and able to walk long distances without breathlessness”

“I have more energy and feel happy all day”

“The sessions are really fun, so amazing and make me want to move around”

And here is some feedback we have received from our charity partners:

“theMovement has enabled women in Southwark to access exercise in a way they would not have done otherwise. We have seen women grow in confidence, and attend exercise for the joy it brings. The sessions have helped women to connect more with their

bodies, which is a hugely repairing process for women who have experienced high levels of trauma. I cannot speak highly enough of the support and benefits the sessions provided by theMovement have brought.”

Success for us, is not just about the delivery of these sessions, but the impact they can have on all areas of an individual’s life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it will impact wider areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals are empowered and equipped to engage with and contribute to their communities more fully. As we continue in 2022-23, we plan to conduct an impact report to better understand this reality.

# Volunteers

We currently have 38 volunteer instructors who have completed our recruitment process and our trauma informed training. 20 instructors are currently running exercise sessions with our charity partners and a further 5 are matched with a charity and due to start in April 2022.

Here is some feedback from one of our volunteer instructors, who joined theMOVEMENT team in our February 2021 intake and has been volunteering at one of our charity partners for the past two months:

"theMovement was recommended to me by a fellow PT and mentor and I'm so happy I got involved. The work that theMovement do is so important and fits perfectly with my training method and feeds my soul simultaneously. The opportunity to work with these incredible women is one I couldn't pass up.

I've been training a fantastic group at Luminary Bakery for a little while now and look forward to our weekly sessions so much! The growth in strength and confidence over the course of our sessions is clear to see, but what I love most is how much joy the sessions are filled with.

The training provided by theMovement and founder Fiona is exceptional and left me feeling prepared and supported for the work ahead. It was lovely too to be able to connect with other likeminded trainers and feel like part of a team, which is so important in this increasingly online world. I'm beyond happy that I got involved with theMovement"

Our current volunteer instructors have also provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. Our volunteers regularly comment on how inspired they are by the resilience of the women we support and how the sessions they lead are the highlight of their week.

100% of the attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but it also creates a more trauma sensitive environment in the gyms, studios, parks and home where they work - impacting the wider communities our volunteers and their clients are part of.

We are also really grateful to have two additional volunteers who provide regular support with our social media and HR.

# Ambition and Long Term Strategies

As outlined in our September 2021 strategy document, over the next two years we plan to continue to develop and grow our work. Our strategy focuses on three areas over the next five years, which are based on our three aims as a charity:

## **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

### Objective 1

To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area. To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 22/23 we plan to appoint a part time London Project Worker.
- 23/24 we will appoint an additional part time London Project Worker.

This will enable us to deliver the following outcomes (by end of):

- 22/23: 2 volunteer intakes, 50 contact hours weekly in London
- 23/24: 1 volunteer intake, maintain 50 contact hours weekly in London

### Objective 2

To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 22/23 we plan to employ a Part Time National Project Worker to facilitate day to day workings using established resources and methods already developed in our London projects.
- 23/24 we plan to appoint an additional part time National Project Worker

This will enable us to deliver the following outcomes (by end of):

- 22/23 Have delivered the first national training event, 10 contact hours established nationally
- 23/24 Have delivered 2 national training events, 30 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

Our next step in working towards this goal is to develop an accredited CPD for fitness professionals in “A Trauma Informed Approach to Exercise Provision”. Until now we have not had the resources or expertise to explore this long term goal, but the upcoming increase of staff hours will create more time to develop and deliver this training. Alongside this, we have gained a trustee who is an expert in CPD development and delivery.

This next step acknowledges that many of us have experienced trauma and that we all benefit from a more trauma informed fitness industry. Through creating opportunities for the fitness industry as a whole to become more trauma informed, we move away from a ‘them and us’ mentality and work together to create safe spaces for all of us to experience the benefits of movement.

As well as facilitating this, our CPD will also provide an income stream to fund our other projects. This ensures the future sustainability and growth of the Movement.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 22/23 we plan to deliver a limited number of CPD courses to fitness professionals outside of The Movement
- 23/24 we plan to draw on an expanded team to increase the number of CPD courses we can deliver to fitness professionals outside of The Movement

Outcomes (by end of):

- 22/23 Have delivered 3 CPD courses
- 23/24 Have delivered 5 CPD courses

### **3. Work towards a society without poverty and disadvantage for women.**

So far we have worked towards this goal through joining two advocacy groups. Our priority has been to engage with, learn from and elevate the voices of other charities and projects working in this sector.

We are still the only charity known to us providing free trauma informed exercise opportunities to women experiencing multiple disadvantages which means, even as a small and new charity, we are leaders of this field. Going forward, our advocacy priority is to reflect on the impact of our work, enabling us to advocate for the benefits of exercise for women with multiple disadvantages at a national level.

In 2022-23, following a year of growing our volunteer instructor team and over 350 exercise sessions delivered, we plan to conduct an impact report of our work. This will be conducted through resources provided by one of our funders and trustee experience. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

To do this in a sustainable manner we have set the following objectives for the next 2 years: ●

- 22/23 we plan to better communicate the impact of TheMovement to our stakeholders and interested parties
- 23/24 we plan to increase the awareness of policy makers regarding the importance and benefits of trauma informed exercise for women.

The outcomes (by end of):

- 22/23 Have an impact report on TheMovement and shared findings with interested bodies
- 23/24 Have initiated a campaign based on the impact report findings

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 28<sup>th</sup> February 2022, which are set out on pages 18-21.

## **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## **Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

## **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH

**Signed**



**Date: 9/5/2022**

# Financial Review

As a charity in our first years, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

## Principal Funding Sources

This year we have gained £33,009 of grants from Two Magpies, Lottery, Local Giving, Freshwater Foundation, Lush and the Sport England Tackling Inequalities Fund. As the work for which these grants have been given has not yet been completed, we have an outstanding guarantee at the date of the statement of assets & liabilities. Weekly fundraising exercise classes and the support of our regular donors also provide regular funding, as well as one off fundraising events throughout the year.

We currently have £9,661 of restricted funds, due to be spent by November 2022, on costs including staff hours, beneficiary clothing and volunteer costs.

## Reserves Policy

theMovement has a target of six months of the expenditure in our reserves in order to ensure prudent financial management. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, as we are a relatively new charity still establishing our long term funding strategy.

theMovement is planning to build their free reserves to:

- provide a resilience that will enable the charity to continue to meet its charitable objectives within a context where the majority of the income is unpredictable.
- ensure additional protection is provided for the charity's beneficiaries where long-term support is essential due to trauma and additional vulnerability.
- allow the charity to navigate a period of growth as demand on services increase.

- allow confident financial planning where there is little flexibility to the costs without impacting charitable activities.
- enable the charity to navigate unexpected events that cause a significant business disruption
- allow for unexpected drops in income and, if this happens, provide the time for the consideration and implementation of how the funding would be replaced or activities changed.
- enable engagement with unanticipated strategic opportunities and action against critical threats.
- fulfil contractual obligations in the event of an unanticipated financial stress.

By March 2025, theMovement will have fulfilled their policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent five to six months of budgeted operational costs. This policy allows for the reserve figure to rise alongside increasing organisational capacity, and thus expenditure. This 'free reserve' is alongside any Restricted Funds that are held by the charity which can only be used for the purposes intended. The policy is also in keeping with the Charity Commission guidelines that an organisation's cash reserve should be able to cover core activities for 6 months.

The charity engages in regular financial forecasting, and if forecasts indicate that free reserves are to exceed this level consistently for a period of more than six months and look to continue on that trajectory, then a plan will be put in place to utilise any surplus in a way that adds to the impact and sustainability of the charity. If projections show that the free reserves will fall below this level for a period of more than three months and again continue with this trend, then we will implement a remedial action plan. This plan will involve a focused fundraising campaign along with reviewing staffing and service priorities as we seek to reduce our ongoing expenditure to a sustainable level. This policy along with contractual obligations are reviewed on an annual basis and within the current context of the economic impact of Covid-19 to enable us to navigate any ongoing economic downturn during a time of organisational growth where increased reserves are vital.

The present level of unrestricted reserves available to the charity is £13,567, which falls short of our target of 6 months of expenditure. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, hence why we are working towards achieving this goal by March 2025. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMOVEMENT currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our full time staff member and the costs associated with our Movement Classes, such as beneficiary clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

## Table of Receipts and Payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>Receipts</b>				
<b>Grants</b>	8,000	25,009	33,009	6,000
<b>Donations:</b>				
Donations (recurring)	6,020	-	6,020	670
Donations (one-off)	2,692	-	2,692	2,593
Donations (gift aid claimed)	2,141	-	2,141	1,625
<b>Fundraising:</b>				
Fundraising Events	1,475	-	1,475	-
Fundraising Campaigns (crowfunder)	-	-	-	5,285
<b>Charitable Activities</b>	1,230	-	1,230	843
	-	-	-	-
	-	-	-	-
<b>Total:</b>	21,558	25,009	46,567	17,016
<b>Payments</b>				
<b>Cost of Fundraising</b>	1,312		1,312	495
<b>Staff Costs:</b>				
Staff Salaries	7,718	12,637	20,355	9,508
Staff Training	423		423	263
Travel & Subsistence	262	203	465	-
<b>Cost of Charitable Activities:</b>				
Volunteer Costs	682	534	1,216	337
Cost of Goods	1,147	1,848	2,995	297
Postage	173	94	267	
Networking Cost	301	32	333	97
Marketing Costs	204		204	182
Phone	120		120	70
Stationery	74		74	109
Insurance	187		187	89
Bank charges	96	-	96	61
Virtual Office Costs	133	-	133	43
<b>Governance Costs:</b>				
Trustee Meetings	24		24	-
Professional Fees	-		-	600
<b>Total:</b>	12,856	15,348	28,204	12,151
<b>Net of receipts/(payments)</b>	8,702	9,661	18,363	4,865
<b>A6 Cash funds last year end</b>	4,865	-	4,865	-
<b>Cash funds this year end</b>	13,567	9,661	23,228	4,865
<b>Other monetary assets:</b>	<b>Details</b>		<b>Unrestricted</b>	<b>Restricted</b>
	Donations (gift aid claimed)		73	
<b>Liabilities:</b>	<b>Details</b>		<b>Fund to which</b>	<b>Amount due</b>
	HRMC Tax not yet paid for this period		Staff Salaries	1,516
	Pension Contributions not yet paid for this period		Staff Salaries	139
	Staff Travel on 28/2/22		Travel &	17
	Beneficiary clothing and footwear		Cost of Goods	73
	Independent Examiner Fees		Professional Fees	349

Note: for comparison, figures given for “Last year” cover a slightly longer period from 3/2/20 to 28/2/21

# Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>9.5.22</b>	<b>9.5.22</b>
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Receipts and payments accounts

CC16a

For the period from	1/3/21	To	28/2/22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants	8,000	25,009	-	33,009	6,000
<b>Donations:</b>					
Donations (recurring)	6,020	-	-	6,020	670
Donations (one-off)	2,692	-	-	2,692	2,593
Donations (gift aid claimed)	2,141	-	-	2,141	1,625
<b>Fundraising:</b>					
Fundraising Events	1,475	-	-	1,475	-
Fundraising Campaigns (crowfunder)	-	-	-	-	5,285
Charitable Activities	1,230	-	-	1,230	843
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>21,558</b>	<b>25,009</b>	<b>-</b>	<b>46,567</b>	<b>17,016</b>

<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

<b>Total receipts</b>	<b>21,558</b>	<b>25,009</b>	<b>-</b>	<b>46,567</b>	<b>17,016</b>
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A3 Payments

Cost of Fundraising	1,312			1,312	495
<b>Staff Costs:</b>					
Staff Salaries	7,718	12,637	-	20,355	9,508
Staff Training	423			423	263
Travel & Subsistence	262	203	-	465	-
<b>Cost of Charitable Activities:</b>					
Volunteer Costs	682	534		1,216	337
Cost of Goods	1,147	1,848	-	2,995	297
Postage	173	94		267	
Networking Cost	301	32		333	97
Marketing Costs	204			204	182
Phone	120			120	70
Stationery	74			74	109
Insurance	187			187	89
Bank charges	96	-	-	96	61
Virtual Office Costs	133	-	-	133	43
<b>Governance Costs:</b>					
Trustee Meetings	24			24	-
Professional Fees	-			-	600
<b>Sub total</b>	<b>12,856</b>	<b>15,348</b>	<b>-</b>	<b>28,204</b>	<b>12,151</b>

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

<b>Total payments</b>	<b>12,856</b>	<b>15,348</b>	<b>-</b>	<b>28,204</b>	<b>12,151</b>
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<b>Net of receipts/(payments)</b>	<b>8,702</b>	<b>9,661</b>	<b>-</b>	<b>18,363</b>	<b>4,865</b>
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<b>A5 Transfers between funds</b>	-	-	-	-	-
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<b>A6 Cash funds last year end</b>	4,865	-	-	4,865	-
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<b>Cash funds this year end</b>	<b>13,567</b>	<b>9,661</b>	<b>-</b>	<b>23,228</b>	<b>4,865</b>
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	13,747	9,481	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>13,747</b>	<b>9,481</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	73	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	HRMC Tax not yet paid for this period	Staff Salaries	1,516	22 April 2022
	Pension Contributions not yet paid for this period	Staff Salaries	139	
	Staff Travel on 28/2/22	Travel & Subsistence	17	
	Beneficiary clothing and footwear purchased 23/2/22 and 24/2/22	Cost of Goods	73	
	Independent Examiner Fees	Professional Fees	349	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Ben Hingston	Ben Hingston	13/03/22



**theMovement**  
**Trustees' Annual Report**  
1st March 2021- 28th Feb 2022

Signed off by Fiona Roberts [Founder & CEO]:

A handwritten signature in black ink, appearing to be 'FR', written over a horizontal line.

# theMovement Charity

## Report of the Trustees for the year ended 28th February 2022

### Reference and Administrative Information

**Charity Name:** theMovement

**Charity registration number:** 1187782

**Registered Office:** Kemp House

152-160 City Road

London EC1V 2NX

### Board of Trustees:

Mr Robin Barden Chair

Mr Ben Hingston Treasurer

Mrs Elizabeth Morris Secretary

Mrs Becky Marlow

Mrs Ruth Le Fric

Ms Hara Markos

### Senior Management Team:

Mrs Fiona Roberts Chief Executive Officer

### Structure, Governance & Management

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

### Trustee Selection Method:

When selecting new trustees we will look to recruit people of suitable experience that fill identified gaps in the knowledge and expertise of the existing trustees. theMovement finds and appoints new Trustees through word of mouth and public advertisements, and the suitability of new trustees is assessed through due diligence and a meeting with the CEO and Chair of Trustees. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

## **Purpose of the Movement**

### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMovement was first conceived in recognition that the needs of women within the local community who had suffered significant trauma, were not being sufficiently met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMovement. We exist to restore every woman's right to exercise.

Following our previous year's focus of establishing our foundations as a charity, this year we have been building on these foundations and growing our work in a number of ways. We have continued to adapt to the unforeseen challenges brought about by the Covid-19 pandemic, but despite these challenges, we are proud to have grown significantly and continue to strategise new ways we can break down barriers to exercise for women experiencing multiple disadvantages.

This year we have provided 356 trauma informed exercise sessions to 92 service users. To date we have provided training on a trauma informed approach to exercise to 38 volunteer instructors and are currently partnered with 14 different charities where our volunteer instructors provide safe and supportive weekly exercise opportunities for women experiencing multiple disadvantages.

It has been so encouraging to receive interest from so many fitness professionals interested in volunteering their time and to consistently receive feedback from charity partners affirming the positive impact of our services on the wellbeing of their clients. The waiting list for our services, both in London and nationally, is evidence of the need there is for trauma informed exercise opportunities for women experiencing multiple disadvantages.

Successful grant applications, the generosity of supporters' monthly donations and our weekly fundraising classes has enabled theMovement to continue to grow. It has been so encouraging to receive interest from so many fitness professionals interested in volunteering their time and to consistently receive feedback from charity partners affirming the positive impact of our services on the wellbeing of their clients.

We look forward to continuing to develop and grow our services in the coming years with plans to increase our staff team, extend our geographical reach and the launch of our CPD. The aim of the CPD is to resource an even greater section of the fitness industry with tools to become more trauma aware and informed so that together we may support an even greater number of women into exercise.

We are incredibly grateful to the support and commitment of our volunteer team and supporters, we could not do this vital work without them.

# Our Objectives

Women facing multiple disadvantages are all too often unable to access the many benefits of exercise due to lack of resources, opportunity and awareness of their needs - including awareness of the impact of trauma.

theMovement provides women experiencing multiple disadvantages with trauma informed exercise opportunities across London. We do this by training exercise professionals in a trauma informed approach, before matching them with partner charities where they volunteer weekly to provide appropriately led exercise classes. We also ensure participants have access to appropriate clothing, footwear and equipment. These safe, autonomous and supportive spaces enable women to access health-promoting exercise: increasing well being and sense of purpose. We work to restore every woman's right to exercise.

The beneficiaries of theMOVEMENT are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and, simultaneously, a persistent exposure to traumatic situations.

A study by Women in Sport has shown that women of low socio-economic status are the least likely group to be sufficiently physically active and, therefore, benefit from the multiple advantages that exercise can bring, in particular the positive impact of exercise on mental health. This and other linked barriers, which include vulnerable living situations, lack of finances, social stigma, low confidence, and the extensive impacts of trauma itself, combine to create a major inequality in society where women who have experienced persistent exposure to trauma are significantly less likely to access one of the most powerful strategies available to them: exercise.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women with multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals

### 3. Partner with agencies and interested bodies to advocate for the benefits of exercise for women with multiple disadvantages

Our objectives for our second year, as laid out in our July 2019 strategy document, were the following:

- Employ a full time CEO to enable further growth as a charity
- Develop a coherent strategy as a foundation for national growth
- Develop 'A Trauma Informed Approach to Exercise Provision' CPD

These objectives were set to facilitate progress towards our Year 3 goals, contained in our December 2019 strategy document. These goals are to have: a minimum 50 contact hours a week across all London charity partners; 100 fitness professionals having completed trauma awareness training provided by theMovement; and to partner with three national advocacy groups.

In planning our activities for the period, we have been mindful of the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that theMovement's activities are in line with our charitable objectives.

# Our Achievements

This year, despite the unforeseen challenges of the continued Covid-19 pandemic, we are delighted to have successfully fulfilled our objectives for the year.

Due to the great need for our services, we experienced a large growth quickly at the start of 2021. It was crucial to us that any continued growth was sustainable and supported by a staff structure that could facilitate trauma informed care of service users and the volunteers who work with them. We therefore made the decision to pause our plan for further volunteer instructor intakes until we were able to increase our part time CEO's hours to full time.

Despite this pause, theMovement has been able to provide 356 trauma informed exercise sessions this year. This shows incredible growth from the 28 sessions we provided in the previous year. This year we have had 115 women register for our services and 92 service users attend at least one exercise session. 8 women signed up are due to start classes in the beginning months of 22-23.

Following some fundraising success, our CEO was able to increase her hours to full time from the start of November 2021. As a result and in line with our initial decision to pause intake until the increase in staffing hours, we then conducted a successful volunteer intake in November. This was welcomed by our charity partners who were keen for new sessions to start as soon as possible.

Our November volunteer intake saw 15 fitness professionals joining our volunteer team. It was exciting to be able to lead our first in person volunteer training event and we received excellent feedback from our new volunteer instructors. 100% of the November intake rated the training as excellent and stated that as a result they felt better equipped to provide trauma informed exercise opportunities.. As we ended this year, 13 of the 15 volunteer instructors are now matched with local charity partners.

As part of this intake we welcomed two Oxford based fitness professionals. This forms a trial for the national expansion we are planning in 2022 and enables us to finalise our strategy for this growth and address any unforeseen issues that may arise.

From the conception of theMovement we have prioritised centring the service user voice in

shaping what theMovement is and how it works. We were delighted to invite Hara Markos onto our trustee board in July 2021. Hara's desire to be part of theMovement stemmed from using the charitable services offered to her after surviving 15 months of Domestic Violence. She now wants to be able to provide support to women through fitness, as this was something which helped her get through her difficult times.

We have also been able to expand our charity partners and are now working with 14 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London.

As many of our service users have experienced poverty and/or homelessness, one barrier to exercise can be suitable clothing and footwear. This year we have provided 370 pieces of exercise clothing, footwear and equipment to service users. We are so grateful for clothing donations, such as My Gym Wardrobe, Tyna Active and Spanx Active, in making this possible. One charity partner commented that "The provision of clothing hugely boosted the confidence of women and made it more likely they attended the classes".

Our organisation is still the only charity known to us that partners with charities to provide free trauma informed exercise opportunities with women experiencing multiple disadvantages.

# Our Impact and Value

This year we have invited service users to feedback about our services, both informally and through our service user feedback form.

From the service users who completed our feedback form, 100% have said that the sessions helped them to increase the amount of exercise they do. 88% of participants added that the sessions have been beneficial to their mental health and/or confidence.

It has been really encouraging to receive positive feedback from the women attending our sessions. Here is some of the feedback we have received from the women attending theMovement sessions:

“Since joining theMovement have gain confidence in exercise and looking after me I feel so light both mentally and physically and because of theMovement am doing more I joined a local fitness group and I feel so happy doing it thats the first for me. I feel happy in myself. Thank so much all the team of theMovement for helping through the journey of finding myself, Im very grateful for this.”

“It is time to focus on my body and my emotions”

“The session makes me feel better just being there”

“theMovement has helped me feel lighter and able to walk long distances without breathlessness”

“I have more energy and feel happy all day”

“The sessions are really fun, so amazing and make me want to move around”

And here is some feedback we have received from our charity partners:

“theMovement has enabled women in Southwark to access exercise in a way they would not have done otherwise. We have seen women grow in confidence, and attend exercise for the joy it brings. The sessions have helped women to connect more with their

bodies, which is a hugely repairing process for women who have experienced high levels of trauma. I cannot speak highly enough of the support and benefits the sessions provided by theMovement have brought.”

Success for us, is not just about the delivery of these sessions, but the impact they can have on all areas of an individual’s life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it will impact wider areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals are empowered and equipped to engage with and contribute to their communities more fully. As we continue in 2022-23, we plan to conduct an impact report to better understand this reality.

# Volunteers

We currently have 38 volunteer instructors who have completed our recruitment process and our trauma informed training. 20 instructors are currently running exercise sessions with our charity partners and a further 5 are matched with a charity and due to start in April 2022.

Here is some feedback from one of our volunteer instructors, who joined theMOVEMENT team in our February 2021 intake and has been volunteering at one of our charity partners for the past two months:

"theMovement was recommended to me by a fellow PT and mentor and I'm so happy I got involved. The work that theMovement do is so important and fits perfectly with my training method and feeds my soul simultaneously. The opportunity to work with these incredible women is one I couldn't pass up.

I've been training a fantastic group at Luminary Bakery for a little while now and look forward to our weekly sessions so much! The growth in strength and confidence over the course of our sessions is clear to see, but what I love most is how much joy the sessions are filled with.

The training provided by theMovement and founder Fiona is exceptional and left me feeling prepared and supported for the work ahead. It was lovely too to be able to connect with other likeminded trainers and feel like part of a team, which is so important in this increasingly online world. I'm beyond happy that I got involved with theMovement"

Our current volunteer instructors have also provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. Our volunteers regularly comment on how inspired they are by the resilience of the women we support and how the sessions they lead are the highlight of their week.

100% of the attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but it also creates a more trauma sensitive environment in the gyms, studios, parks and home where they work - impacting the wider communities our volunteers and their clients are part of.

We are also really grateful to have two additional volunteers who provide regular support with our social media and HR.

# Ambition and Long Term Strategies

As outlined in our September 2021 strategy document, over the next two years we plan to continue to develop and grow our work. Our strategy focuses on three areas over the next five years, which are based on our three aims as a charity:

## **1. Contribute to removing all barriers preventing women in the UK from having access, freedom and confidence to exercise.**

### Objective 1

To scale up our social impact and to meet existing needs we need to expand our staffing resource within the London area. To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 22/23 we plan to appoint a part time London Project Worker.
- 23/24 we will appoint an additional part time London Project Worker.

This will enable us to deliver the following outcomes (by end of):

- 22/23: 2 volunteer intakes, 50 contact hours weekly in London
- 23/24: 1 volunteer intake, maintain 50 contact hours weekly in London

### Objective 2

To scale up our social impact by broadening our reach we need to increase our staffing resource nationally. To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 22/23 we plan to employ a Part Time National Project Worker to facilitate day to day workings using established resources and methods already developed in our London projects.
- 23/24 we plan to appoint an additional part time National Project Worker

This will enable us to deliver the following outcomes (by end of):

- 22/23 Have delivered the first national training event, 10 contact hours established nationally
- 23/24 Have delivered 2 national training events, 30 contact hours established nationally

## **2. Facilitate training of all Personal Trainers in trauma awareness.**

Our next step in working towards this goal is to develop an accredited CPD for fitness professionals in “A Trauma Informed Approach to Exercise Provision”. Until now we have not had the resources or expertise to explore this long term goal, but the upcoming increase of staff hours will create more time to develop and deliver this training. Alongside this, we have gained a trustee who is an expert in CPD development and delivery.

This next step acknowledges that many of us have experienced trauma and that we all benefit from a more trauma informed fitness industry. Through creating opportunities for the fitness industry as a whole to become more trauma informed, we move away from a ‘them and us’ mentality and work together to create safe spaces for all of us to experience the benefits of movement.

As well as facilitating this, our CPD will also provide an income stream to fund our other projects. This ensures the future sustainability and growth of the Movement.

To do this in a sustainable manner we have set the following objectives for the next 2 years:

- 22/23 we plan to deliver a limited number of CPD courses to fitness professionals outside of The Movement
- 23/24 we plan to draw on an expanded team to increase the number of CPD courses we can deliver to fitness professionals outside of The Movement

Outcomes (by end of):

- 22/23 Have delivered 3 CPD courses
- 23/24 Have delivered 5 CPD courses

### **3. Work towards a society without poverty and disadvantage for women.**

So far we have worked towards this goal through joining two advocacy groups. Our priority has been to engage with, learn from and elevate the voices of other charities and projects working in this sector.

We are still the only charity known to us providing free trauma informed exercise opportunities to women experiencing multiple disadvantages which means, even as a small and new charity, we are leaders of this field. Going forward, our advocacy priority is to reflect on the impact of our work, enabling us to advocate for the benefits of exercise for women with multiple disadvantages at a national level.

In 2022-23, following a year of growing our volunteer instructor team and over 350 exercise sessions delivered, we plan to conduct an impact report of our work. This will be conducted through resources provided by one of our funders and trustee experience. From this report we will be able to reflect on our work as a charity and document the impact of providing safe and accessible exercise opportunities to women.

This report will inform our future advocacy work and provide us with resources to advise national decision makers on how movement and exercise opportunities can be part of working towards a society without poverty and disadvantage for women.

To do this in a sustainable manner we have set the following objectives for the next 2 years: ●

22/23 we plan to better communicate the impact of TheMovement to our stakeholders and interested parties

- 23/24 we plan to increase the awareness of policy makers regarding the importance and benefits of trauma informed exercise for women.

The outcomes (by end of):

- 22/23 Have an impact report on TheMovement and shared findings with interested bodies
- 23/24 Have initiated a campaign based on the impact report findings

# Independent Examiner's Report

I report on the accounts of the CIO for the year to 28<sup>th</sup> February 2022, which are set out on pages 18-21.

## **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

## **Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently the report is limited to those matters set out in the statement below.

## **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records.

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.

MJ Harris MIAB  
18a Church Road  
Bishopstoke  
Eastleigh  
SO50 6BH

**Signed**



**Date: 9/5/2022**

# Financial Review

As a charity in our first years, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

theMovement holds no endowment funds, nor funds held as custodian trustee on behalf of others.

## Principal Funding Sources

This year we have gained £33,009 of grants from Two Magpies, Lottery, Local Giving, Freshwater Foundation, Lush and the Sport England Tackling Inequalities Fund. As the work for which these grants have been given has not yet been completed, we have an outstanding guarantee at the date of the statement of assets & liabilities. Weekly fundraising exercise classes and the support of our regular donors also provide regular funding, as well as one off fundraising events throughout the year.

We currently have £9,661 of restricted funds, due to be spent by November 2022, on costs including staff hours, beneficiary clothing and volunteer costs.

## Reserves Policy

theMovement has a target of six months of the expenditure in our reserves in order to ensure prudent financial management. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, as we are a relatively new charity still establishing our long term funding strategy.

theMovement is planning to build their free reserves to:

- provide a resilience that will enable the charity to continue to meet its charitable objectives within a context where the majority of the income is unpredictable.
- ensure additional protection is provided for the charity's beneficiaries where long-term support is essential due to trauma and additional vulnerability.
- allow the charity to navigate a period of growth as demand on services increase.

- allow confident financial planning where there is little flexibility to the costs without impacting charitable activities.
- enable the charity to navigate unexpected events that cause a significant business disruption
- allow for unexpected drops in income and, if this happens, provide the time for the consideration and implementation of how the funding would be replaced or activities changed.
- enable engagement with unanticipated strategic opportunities and action against critical threats.
- fulfil contractual obligations in the event of an unanticipated financial stress.

By March 2025, theMovement will have fulfilled their policy whereby the unrestricted funds not committed or invested in tangible fixed assets ('the free reserves') held by the charity should represent five to six months of budgeted operational costs. This policy allows for the reserve figure to rise alongside increasing organisational capacity, and thus expenditure. This 'free reserve' is alongside any Restricted Funds that are held by the charity which can only be used for the purposes intended. The policy is also in keeping with the Charity Commission guidelines that an organisation's cash reserve should be able to cover core activities for 6 months.

The charity engages in regular financial forecasting, and if forecasts indicate that free reserves are to exceed this level consistently for a period of more than six months and look to continue on that trajectory, then a plan will be put in place to utilise any surplus in a way that adds to the impact and sustainability of the charity. If projections show that the free reserves will fall below this level for a period of more than three months and again continue with this trend, then we will implement a remedial action plan. This plan will involve a focused fundraising campaign along with reviewing staffing and service priorities as we seek to reduce our ongoing expenditure to a sustainable level. This policy along with contractual obligations are reviewed on an annual basis and within the current context of the economic impact of Covid-19 to enable us to navigate any ongoing economic downturn during a time of organisational growth where increased reserves are vital.

The present level of unrestricted reserves available to the charity is £13,567, which falls short of our target of 6 months of expenditure. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, hence why we are working towards achieving this goal by March 2025. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should adverse circumstances arise.

### **State of Finances**

theMOVEMENT currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost related to our full time staff member and the costs associated with our Movement Classes, such as beneficiary clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and look to increase our staffing hours to support sustainable growth.

## Table of Receipts and Payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>Receipts</b>				
<b>Grants</b>	8,000	25,009	33,009	6,000
<b>Donations:</b>				
Donations (recurring)	6,020	-	6,020	670
Donations (one-off)	2,692	-	2,692	2,593
Donations (gift aid claimed)	2,141	-	2,141	1,625
<b>Fundraising:</b>				
Fundraising Events	1,475	-	1,475	-
Fundraising Campaigns (crowfunder)	-	-	-	5,285
<b>Charitable Activities</b>	1,230	-	1,230	843
	-	-	-	-
	-	-	-	-
<b>Total:</b>	21,558	25,009	46,567	17,016
<b>Payments</b>				
<b>Cost of Fundraising</b>	1,312		1,312	495
<b>Staff Costs:</b>				
Staff Salaries	7,718	12,637	20,355	9,508
Staff Training	423		423	263
Travel & Subsistence	262	203	465	-
<b>Cost of Charitable Activities:</b>				
Volunteer Costs	682	534	1,216	337
Cost of Goods	1,147	1,848	2,995	297
Postage	173	94	267	
Networking Cost	301	32	333	97
Marketing Costs	204		204	182
Phone	120		120	70
Stationery	74		74	109
Insurance	187		187	89
Bank charges	96	-	96	61
Virtual Office Costs	133	-	133	43
<b>Governance Costs:</b>				
Trustee Meetings	24		24	-
Professional Fees	-		-	600
<b>Total:</b>	12,856	15,348	28,204	12,151
<b>Net of receipts/(payments)</b>	8,702	9,661	18,363	4,865
<b>A6 Cash funds last year end</b>	4,865	-	4,865	-
<b>Cash funds this year end</b>	13,567	9,661	23,228	4,865
<b>Other monetary assets:</b>	<b>Details</b>		<b>Unrestricted</b>	<b>Restricted</b>
	Donations (gift aid claimed)		73	
<b>Liabilities:</b>	<b>Details</b>		<b>Fund to which</b>	<b>Amount due</b>
	HRMC Tax not yet paid for this period		Staff Salaries	1,516
	Pension Contributions not yet paid for this period		Staff Salaries	139
	Staff Travel on 28/2/22		Travel &	17
	Beneficiary clothing and footwear		Cost of Goods	73
	Independent Examiner Fees		Professional Fees	349

Note: for comparison, figures given for “Last year” cover a slightly longer period from 3/2/20 to 28/2/21

# Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

**Signature(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Full Name(s)**

<b>Robin Barden</b>	<b>Ben Hingston</b>
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**Position**

<b>Chair of Trustees</b>	<b>Treasurer of Trustees</b>
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**Date:**

<b>9.5.22</b>	<b>9.5.22</b>
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**THEMOVEMENT**

England & Wales - Charity number 1187782

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# Accounts

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**theMOVEMENT**  
**Trustees' Annual Report**  
6th Feb 2020- 28th Feb 2021

# **theMOVEMENT Charity**

## **Report of the Trustees for the year ended 28th February 2021**

### **Reference and Administrative Information**

**Charity Name:** theMOVEMENT

**Charity registration number:** 1187782

**Registered Office:** Kemp House  
152-160 City Road  
London EC1V 2NX

#### **Board of Trustees:**

Mr Robin Barden	Chair
Mr Ben Hingston	Treasurer
Mrs Elizabeth Morris	Secretary
Mrs Becky Marlow	
Mrs Ruth Le Fric	

#### **Senior Management Team:**

Mrs Fiona Roberts	Chief Executive
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### **Structure, Governance & Management**

**Governing Document:** Constitution

**How Charity is Constituted:** Charitable Incorporated Organisation

#### **Trustee Selection Method:**

Identifying gaps in the knowledge and expertise of existing Trustees is used to identify the preferred characteristics of new Trustees. theMOVEMENT finds and appoints new Trustees through word of mouth and public advertisements, and assesses through an informal introductory meeting. All new Trustees are provided with a copy of the Constitution and the most recent Trustees' Annual Report & Financial Statements.

#### **Purpose of theMOVEMENT**

##### **Our purposes of the charity as set out in our constitution:**

“The relief of women who are in need by reason of their social or economic disadvantage including homelessness; or who have experiences or are at risk of experiencing domestic or other forms of violence, by the provision of access to physical exercise.”

# Executive Summary

theMOVEMENT was first conceived in response to the need to support women who had suffered significant trauma within the local community not being met. Fiona, our founder, felt moved to combine her passions for social justice and fitness to create theMOVEMENT. We exist to restore every woman's right to exercise.

Our first year as a charity has been quite the year, adapting to the unforeseen challenges brought about by the Covid-19 pandemic, as we established ourselves as a charity. Despite these challenges, we are proud to have developed a foundation of strategy, policies and procedures to build theMOVEMENT.

One of the highlights of our year includes a successful crowdfunder, which saw over 100 individuals pledging their financial support to theMOVEMENT. This, alongside successful grant applications and our weekly fundraising classes, enabled theMOVEMENT to happen.

This year we have recruited, and provided training on a trauma informed approach to exercise to, 24 volunteer instructors. We currently are partnered with 9 different charities, where our volunteer instructors provide safe and supportive weekly exercise opportunities for women experiencing multiple disadvantages.

It has been so encouraging to have so many fitness professionals interested in volunteering their time and to continually receive feedback from charity partners about how our services are much needed. The growth we have been able to achieve in the past year has surpassed our expectations and is evidence of the need there is for trauma informed exercise opportunities for women with experience of multiple disadvantages.

We look forward to continuing to develop and grow our services in the coming years, with plans to extend our geographical reach in the future and hopes to be able to resource the fitness industry with tools to become more trauma aware and informed.

We are incredibly grateful to the support and commitment of our volunteer team and supporters, we could not do this vital work without them.

# Our Objectives

Everyone should have access to the mental and physical health benefits of exercise. This is even more the case for women who have experienced multiple disadvantages, where regular exercise can play an important part in their recovery.

Alongside tackling other barriers to exercise, such as a lack of safety, finances and confidence a trauma informed approach to exercise is crucial for women who have suffered multiple disadvantages, and for whom certain approaches to movement can unwittingly compound the impact of traumatic experiences. theMOVEMENT works with charities who already tackle significant barriers such as poverty, to incorporate a trauma informed approach to exercise. We work to restore every woman's right to exercise.

The beneficiaries of theMOVEMENT are women of very low socio-economic status who have experienced multiple disadvantages. These disadvantages often include an overlap of poverty, adverse mental health and persistent exposure to traumatic situations.

A study by Women in Sport has shown that women of low socio-economic status are the least likely group to be sufficiently physically active and, therefore, benefit from the multiple advantages that exercise can bring, specifically the positive impact of exercise on mental health. This and other linked barriers, including: vulnerable living situations; lack of finances; social stigma; low confidence; and the extensive impacts of trauma itself, combine to create a major inequality in society where women who have experienced persistent exposure to trauma are significantly less likely to access one of the most powerful strategies available to them: exercise.

Our objectives as a charity are to:

1. Establish a platform for personal trainers to work with charities that support women with multiple disadvantages
2. Provide relevant trauma awareness training for fitness professionals
3. Partner with agencies and interested bodies to advocate for the benefits of exercise for women with multiple disadvantages

Our objectives for our first year as a charity were to achieve five phases laid out in our strategy document, that enable us to establish theMOVEMENT. These five phases were:

Phase 1: Develop a robust strategy

Phase 2: Create appropriate policies and processes

Phase 3: Develop how our operations will work and pursue funding opportunities to allow this to happen.

Phase 4: Advertise our projects to potential charity partners and volunteers

Phase 5: Launch our projects, including our first training event and fitness sessions between volunteers and beneficiaries.

# Our Achievements

This year, despite the unforeseen challenges of the Covid-19 pandemic, we have successfully fulfilled our objective of completing our five phases of establishing theMOVEMENT (Strategy, Policy, Operations, Advertise, Launch). As part of this, in August 2020 we employed a CEO in a part time position, to oversee these phases. Although some elements of this plan, such as our launch event, were delayed due to the Covid-19 pandemic, we are delighted to have been able to establish a strong foundation for our work to grow from.

From the conception of theMOVEMENT and through our trial period, we prioritised developing a sustainable, strategic plan to establish and grow our concept. Key to this has been building a board of trustees that are experts in the relevant fields.

This year we have had two intakes of volunteers, including two training events for new volunteers which focus on introducing a trauma informed approach to exercise. Through these two intakes, we have recruited and trained 24 volunteers.

Prior to our first intake in November 2020, our founder, Fiona, regularly delivered services at two charity partner locations in West London. In this time, working around the lockdown restrictions, we delivered 14 exercise sessions across two charity partners.

After our first intake of volunteers in November 2020, we successfully matched nine instructors with charity partners, four of which were able to run weekly Movement sessions despite the January 2021 lockdown. In January and February 2021 we ran 14 Movement sessions across three charity partners. This was an amazing achievement, in light of the restrictions of a national lockdown. Our other six volunteers from this intake are partnered with charities and beginning Movement sessions as the restrictions are easing.

Our second intake of volunteers took place in February 2021 and we are currently matching these 14 instructors with local charities to begin providing Movement sessions in the coming months.

We have been able to expand our charity partners and are now working with 9 charity partners to provide exercise opportunities to women experiencing multiple disadvantages across London. We are proud to hear the women attending are already benefiting from the classes and growing in confidence.

As many of our service users have experienced homelessness, one barrier to exercise can be suitable clothing and footwear. We have therefore also started to develop various means by which we can provide women we work with, with suitable clothing and footwear for our exercise sessions as needed.

Our organisation is the only charity known to us that partners with charities to provide free trauma informed exercise opportunities with women experiencing multiple disadvantages.

## Our Impact and Value

Exercise has many proven benefits to a person's mental health, reducing the risk of depression by up to 30%, lifting mood and improving self-esteem. However, as highlighted above, studies have shown that women of low socio-economic status are the least likely group to be sufficiently physically active. Barriers, including vulnerable living situations, lack of finances, social stigma, low confidence and the extensive impacts of trauma create a major inequality in society where women with multiple disadvantages are significantly less likely to access exercise.

It has been really encouraging to receive positive feedback from the women attending our sessions that has confirmed the reality of these statistics. Here is some of the feedback we have received from the women attending our theMOVEMENT sessions:

“The most positive thing I've done in years”

“I feel so good now, it has been so many years since I worked out, even such a short session has made a great difference to my sense of wellbeing”

‘The sessions are so fun, and are boosting my confidence so much,’ says Marie. ‘It doesn't feel like they [the instructor] are here just because of my past. They are like a friend, it feels so normal.’

And here is some feedback we have received from our charity partners:

“the sessions have provided them with a safe space to work towards achieving their fitness goals. The sessions also help them improve their self-esteem, confidence and their psychological health.”

“[the instructor] has carefully considered the clients personalities, current health issues and fitness levels before tailoring the groups to meet the client's individual needs.”

“We are so grateful to [the instructor] and theMOVEMENT for providing our clients with such wonderful opportunities to enrich their recovery journey!”

Success for us, is not just about the delivery of these sessions, but the impact they can have on all areas of an individual's life. By giving opportunities for the women we work with to increase their health, wellbeing and sense of purpose, it will impact wider areas of their lives, such as employability and social connection. This, in turn, benefits the wider community, as individuals are empowered and equipped to engage with and contribute to their communities.

# Volunteers

We currently have 24 volunteer instructors who have completed our recruitment process and trauma informed training event.

Here is some feedback from one of our volunteer instructors, who joined theMOVEMENT team in our November 2020 intake and has been volunteering at one of our charity partners for the past two months:

“I came across theMovement on Instagram and knew I had to get involved. I pride myself on being a helpful and caring personal trainer and theMovement is a platform for me to work with a variety of women who I otherwise wouldn't have been able to reach.

The sign up process was smooth, stress free and Fiona is a great help whenever you need it. Part of becoming an instructor for theMovement involves trauma training, which was great! An incredibly detailed and informative training day where all the new instructors got to meet each other and theMovement team over zoom. An excellent start so I really feel part of a team, and have gained some invaluable knowledge on working with people who have suffered with trauma.

I am currently volunteering 1 hour a week to teach a small group exercise class over zoom, and its awesome, it's way more than just a few star jumps for these women, its a truly empowering and inspiring class for them and for myself.”

Our current volunteer instructors have also provided positive feedback on how this volunteering opportunity has benefited them, providing an avenue for them to use their skills and experience to support other women. Our volunteers regularly comment on how inspired they are by the resilience of the women we support.

100% of our attendees of our trauma informed training stated that they felt better equipped to provide trauma informed exercise opportunities in the future. This not only equips volunteers to work in a trauma informed way in our charity setting, but also creates a more trauma sensitive environment in the gyms, studios, parks and home they work in, impacting the wider communities our volunteers and their clients are part of.

We are also really grateful to have three additional volunteers who provide regular support with our social media, marketing and partnerships.

# Ambition and Long Term Strategies

Over the next four years we plan to continue to develop and grow the three projects within theMOVEMENT: Our Movement Class, Our Trauma Informed Approach, and Our Advocacy Work.

We will continue to provide exercise opportunities to women experiencing multiple disadvantages throughout London, with plans to continue to recruit and match new volunteer instructors, alongside supporting and empowering our current volunteers. We are currently on track to surpass our goal of having 50 Movement sessions a week by the end of our third year. We also plan to expand this service outside of London in the future, once we have the staff and funding to be able to do this sustainably.

A trauma informed approach is crucial to the work we do. There is limited awareness of trauma informed practice within the fitness industry and so one of our long term goals is to develop training that can resource the wider fitness industry with tools to establish a more trauma informed approach to exercise.

We also intend on continuing to advocate for and elevate the voices of the women we work with. We plan to engage in national dialogue to identify and advocate for initiatives that remove barriers to exercise for women.

Gaining an unexpectedly large amount of volunteer interest in our first year has given us the opportunity to grow our social impact at a much faster rate than we had initially expected. A challenge for us as a charity, therefore, is to ensure we have the funding and staffing to enable this growth to happen. We plan to overcome this challenge by continuing to develop our funding strategy and grow our staff team accordingly.

# Financial Review

As a charity in our first year, we have experienced limited resources and insecurities over funding. Despite this challenge, we have managed to secure funding from multiple different sources, enabling us to sustain our cashflow throughout the year.

## Principal Funding Sources

This year one of our principal funding sources has been a successful crowdfunder that we completed in June 2020 and provided us with over £5000 from over 100 supporters. We have also gained £4500 of grants from Natwest Back Her Business, Local Giving and London Catalyst. As the work for which these grants have been given has not yet been completed, we have an outstanding guarantee at the date of the statement of assets & liabilities. Weekly fundraising exercise classes and the support of our regular donors also provide regular funding.

## Reserves Policy

The present level of reserves available to the charity is £4865, which falls significantly short of our target of 6 months of the expenditure. Although the strategy is to build reserves through future operating surpluses, the Trustee Board is well aware that it is unlikely that the target range can be reached in the near future, as we are a relatively new charity still establishing our long term funding strategy. In the short term the Trustee Board is also considering the extent to which existing activities and expenditure could be curtailed, should such circumstances arise.

## State of Finances

theMOVEMENT currently has no funds which are materially in deficit. The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Our main areas of expenditure are our staffing cost of our part time staff member and the costs associated with our Movement Classes, such as beneficiary clothing and DBS checks for volunteers. We expect our expenditure to increase over the next year as we accept new volunteers and consider increasing our staffing hours to support this growth.

## Restricted Funds

We do not currently have any restricted funds.

## Table of Income and Expenditure

Income		Expenditure	
Grants	6000	Staff costs	9508
Standing Orders	670	Volunteer costs	337
One off Donations	2593	Beneficiary clothing	297
Crowdfunder	5285	Networking/Marketing	738
Fundraising Classes	843	Professional development	263
Gift Aid	1625	Other costs	1008
<b>Total:</b>	<b>17016</b>	<b>Total</b>	<b>12151</b>

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date



Charity Name <b>THEMOVEMENT</b>		No (if any) 1187782	
<b>Receipts and payments accounts</b>			
For the period from	Period start date 2/6/20	To	Period end date 2/28/21

CC16a

**Section A Receipts and payments**

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Grants	6,000	-00	-00	6,000	-00
Standing orders	670	-00	-00	670	-00
One off donations	2,593	-00	-00	2,593	-00
Crowdfunder	5,285	-00	-00	5,285	-00
Exercise classes	843	-00	-00	843	-00
Gift aid	1,625	-00	-00	1,625	-00
	- 0	-00	-00	-00	-00
<b>Sub total (Gross income for AR)</b>	<b>17,016</b>	<b>-00</b>	<b>-00</b>	<b>17,016</b>	<b>-00</b>
<b>A2 Asset and investment sales, (see table).</b>					
	- 0	- 0	- 0	-00	
	- 0	- 0	- 0	-00	- 0
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-00</b>	<b>- 0</b>
<b>Total receipts</b>	<b>17,016</b>	<b>- 0</b>	<b>- 0</b>	<b>17,016</b>	<b>- 0</b>
<b>A3 Payments</b>					
Staff costs	9,508	-00	-00	9,508	-00
Premises costs	43	-00	-00	43	-00
Volunteer training	38	-00	-00	38	-00
Other volunteer costs	299	-00	-00	299	-00
Beneficiary clothing	297	-00	-00	297	-00
Networking	97	-00	-00	97	-00
Photoshoot/Video	412	-00	-00	412	-00
Publicity and Fundraising - Other	47	-00	-00	47	-00
Website hosting	182	-00	-00	182	-00
Professional development	263	-00	-00	263	-00
Professional fees	600	-00	-00	600	-00
Phone	70	-00	-00	70	-00
Stationery	109	-00	-00	109	-00
Just Giving fees	36	-00	-00	36	-00
Insurance	89	-00	-00	89	-00
Bank charges	61	-00	-00	61	-00
	- 0	-00	-00	-00	-00
<b>Sub total</b>	<b>12,151</b>	<b>-00</b>	<b>-00</b>	<b>12,151</b>	<b>-00</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	- 0	- 0	- 0	-00	
	- 0	- 0	- 0	-00	
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-00</b>	<b>- 0</b>
<b>Total payments</b>	<b>12,151</b>	<b>- 0</b>	<b>- 0</b>	<b>12,151</b>	<b>- 0</b>
<b>Net of receipts/(payments)</b>	<b>4,865</b>	<b>-00</b>	<b>-00</b>	<b>4,865</b>	<b>-00</b>
<b>A5 Transfers between funds</b>	<b>- 0</b>	<b>-00</b>	<b>-00</b>	<b>-00</b>	<b>-00</b>
<b>A6 Cash funds last year end</b>	<b>- 0</b>	<b>-00</b>	<b>-00</b>	<b>-00</b>	<b>-00</b>
<b>Cash funds this year end</b>	<b>4,865</b>	<b>-00</b>	<b>-00</b>	<b>4,865</b>	<b>-00</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	CAF Bank current account	4,865	-00	-00
		-00	-00	-00
		-00	-00	-00
	<b>Total cash funds</b>	<b>4,865</b>	<b>-00</b>	<b>-00</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>		-00	-00	-00
		-00	-00	-00
		-00	-00	-00
		-00	-00	-00
		-00	-00	-00
		-00	-00	-00
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-00	-00
			-00	-00
			-00	-00
			-00	-00
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-00	-00
			-00	-00
			-00	-00
			-00	-00
			-00	-00
			-00	-00
			-00	-00
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-00	
			-00	
			-00	
			-00	
			-00	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Ben Hingston	Ben Hingston		6.3.2021
	Robin Barden	Robin Barden		6.3.2021