



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

Signed off by Fiona Roberts [Founder & CEO]:

  
A handwritten signature in blue ink, appearing to be 'FR', is written over a thin 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

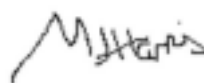
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

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

Robin Barden	Ben Hingston
--------------	--------------

Full Name(s)

Robin Barden	Ben Hingston
--------------	--------------

Position

Chair of Trustees	Treasurer of Trustees
-------------------	-----------------------

Date:

15.12.25	15.12.25
----------	----------



Receipts and payments accounts

CC16a

For the period  
from

1/3/24

To

29/2/25

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	1,000	31,000		32,000	31,784
Donations:					
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
Fundraising:					
Fundraising Events	2,944			2,944	3,403
Fundraising Campaigns	2,913			2,913	-
Charitable Activities:					
CPD Course	5,924			5,924	4,564
Other Charitable Activities				-	383
Investment Income	38			38	18
					-
<b>Sub total</b> (Gross income for AR)	23,709	31,000		54,709	51,350
<b>A2 Asset and investment sales, (see table).</b>					
		-	-	-	
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	23,709	31,000	-	54,709	51,350

A3 Payments

Staff Costs:					
Staff Salaries	3,917	24,996		28,913	24,574
Staff Training	365	500		865	83
Travel & Subsistence	454	506		960	205
Cost of Charitable Activities:				-	
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
Governance Costs:				-	
Trustee Meetings	65			65	12
Trustee Gifts and Remuneration	25			25	150
Professional Fees	287			287	259
<b>Sub total</b>	10,926	33,753		44,679	32,458
<b>A4 Asset and investment purchases, (see table)</b>					
			-	-	449
	-	-		-	449
<b>Sub total</b>	-	-		-	449
<b>Total payments</b>	10,926	33,753	-	44,679	32,907
<b>Net of receipts/(payments)</b>	12,783	- 2,753	-	10,029	18,443
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	3,687	22,753	-	26,440	7,997
<b>Cash funds this year end</b>	16,469	20,000	-	36,469	26,440

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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Donations (gift aid claimed)	1,146	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Laptop	Equipment Fund	514	290
	Laptop	Equipment Fund	449	337
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		Fund to which liability relates	Amount due (optional)	When due (optional)
	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	
			-	

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

Signature

Print Name

Date of approval

Ben Hingston

Ben Hingston  
Fiona Roberts

2.10.25

2.10.25



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

Signed off by Fiona Roberts [Founder & CEO]:

  
A handwritten signature in blue ink, appearing to be 'FR', is written over a thin 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 Fric

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

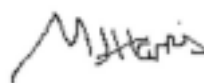
In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

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

Robin Barden	Ben Hingston
--------------	--------------

Full Name(s)

Robin Barden	Ben Hingston
--------------	--------------

Position

Chair of Trustees	Treasurer of Trustees
-------------------	-----------------------

Date:

15.12.25	15.12.25
----------	----------