



Trustees' Annual Report for the period

Period start date

From

Period end date

To

01
11
2021

31
Oct
2022

Section A

Reference and administration details

Charity name

Children Achieving Lifelong Movement

Other names charity is known by

CALM

Registered charity number (if any)

1189437

Charity's principal address

Unit 4D Hawthorn Court Bourton Industrial Estate

Bourton-on-the-Water

Glos

Postcode
GL54 2HQ

Names of the charity trustees who manage the charity

Trustee name
Office (if any)
Dates acted if not for whole year
Name of person (or body) entitled to appoint trustee (if any)

1

Andrea Richell
Chair

2

Sarah Collins

Aug 2022 – Oct 2022

3

Linda Partridge

Aug 2022 – Oct 2022

4

Alex Doggett

Nov 2021 – August 2022

5

Sarah Clarkson

Nov 2021 – August 2022

6

Court Clarkson

Nov 2021 – August 2022

7

8

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name
Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Foundation document dated 18 January 2020

How the charity is constituted
(eg. trust, association, company)

CIO

Trustee selection methods
(eg. appointed by, elected by)

Appointed or reappointed annually at the AGM in May

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

CALM is a small charity based in Bourton-on-the-Water in Gloucestershire and provides free physical therapy to any child (under the age of 18) who is affected by a chronic movement disorder. We believe exercise and movement therapy, along with a supportive environment should be available free of charge to any child affected by such neurological conditions. We currently raise all our own funding to pay our small but dedicated team of qualified trainers.

The objectives of CALM are:

- To help children and young people improve their mobility and develop their capabilities that they are able to access the same opportunities as their peers.
- To provide specific rehabilitation training and activities which help children and young people to develop their skills, confidence and independence which enable them to participate in age appropriate activities.
- To act as a voice for children and young people to raise awareness of their needs for longer term rehabilitation and support their development into young adulthood and beyond.

It has been essential to have the voice of parents caring for a child with a diagnosis of a neurological movement disorder at the heart of CALM. Their involvement has helped shape our approach to what is needed and going forward will be essential in developing our longer term aims and objectives. Going forward we are also committed to proactively involving the views of the children and young people themselves so that they can provide first-hand experience of the training. This will be so important in how other children who will be able to access the training in the future are introduced and supported through the process.

CALM has a Safeguarding document in place and all trainers are DBS checked

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

1. Providing support plus physical therapeutic and recreational activities for young people who have need by reason of their youth, age, infirmity, disability, poverty or social and economic circumstances to improve the conditions of life of such persons

2. Acting as a resource to advance in life and help young people through providing support plus physical therapeutic and recreational activities designed to:
 - a. improve their conditions of life in the interests of social welfare and advancement, enabling them to participate in society as independent, mature and responsible individuals.
 - b. develop their skills, capacities and capabilities better enabling them to participate in education and wider society with confidence and maturity.
 - c. develop their capabilities and confidence so that they may grow to fulfil their potential as individuals and as members of society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning all our activities for the year, the trustees kept in mind the Charity Commissions guidance on public benefit at our trustee meetings as evidenced in our meeting minutes.

Exercise therapy has been shown to have tremendous benefits in the rehabilitation, management and control of these conditions and can significantly reduce the impact of any inherent degeneration. It can also drastically reduce any deterioration in the child's physical mobility. In addition, it also has a profound impact on the child's mental health & wellbeing in that they are able to participate in fun activities which have a therapeutic benefit. However, the availability, cost and understanding of what is required for this type of therapy sets up a barrier that often prevents all but the most motivated of parents from ensuring their child can access this type of programme.

There is an increasing demographic of children and young people within Gloucestershire (mainly due to improvements in diagnosis and earlier identification). These families however all require help to understand and manage their child's condition. Many struggle to find the right support or feel that there is little they can do to slow or improve the progression of the condition. Although physiotherapy is an important part of the overall management of these children - especially during the early stages - it is limited in what it can offer longer term. The impact of this is acutely apparent when the child is back home in the community and finds themselves living with deteriorating mobility whilst dealing with the day to day practical realities of being at school, undertaking daily physical activities, developing peer relationships and being able to keep up with friends.

There are also the emotional issues of coping with possible low self esteem and lack of confidence when suddenly faced with being unable to take part in various activities with their friends. It is therefore vital that these children have access to the same opportunities as their siblings and friends, feel included and have something to strive for.

At a time when the NHS is stretched, and funding for therapies limited - or not available - there is also a strong economic case for this approach. Improving the child's mobility, ability and general wellbeing at an early stage is an important factor in helping to reduce the need to access health services longer term.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

We currently support five children with chronic mobility and movement conditions. All are making strong progress and now enjoy a substantially improved quality of life. All are now also able to attend mainstream schools

Isaac

Condition	Stroke at age 7
Presentation	Right sided hemiplegia
Rehab Focus	Balance training, gait re education, pelvis stability, fine motor skills

Millie

Condition	Stroke at age 8
Presentation	Left sided hemiplegia
Rehab Focus	Winged scapula, spasticity left arm, ankle stability.

Molly

Condition	Cerebral Palsy from birth
Presentation	Impaired movement, spasticity, unsteady walking
Rehab Focus	Core stability, relearning of lost movement patterns, heel striking

Esme

Condition	Hemihyperplasia from birth
Presentation	Excess cell production leading to abnormal growth patterns
Rehab Focus	Improving confidence, muscular control, core stability

Isabella

Condition	Chronic Multi Infections Disease Syndrome
Presentation	Light sensitivity, back pain, hand pain, decreased mobility
Rehab Focus	Hand eye coordination, rebuilding strength, reducing sensitivity

We continue to work together with other organisations to seek out children who can benefit from our innovative and unique form of movement therapy. These include The Chamwell Centre in Gloucestershire and NRAS – National Rheumatoid Arthritis Society. We also have plans to engage with Riding for the Disabled to further widen our reach.

Brief statement of the charity's policy on reserves

The COVID crisis hit us very hard meaning we were unable to fundraise due to lockdown restrictions during 2020/2021 which has depleted our reserves substantially. 2021/2022 has seen our fortunes improve as we have secured two grants during the year which places the cash in the bank at the end of this period at £17,379

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our funding during this period has been a mix of private donations and grants from charitable funding sources including The Barnwood Trust and Moore Friends who are both Gloucestershire based funders.

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

A J Richell

Full name(s)

Andrea Jane Richell

Position (eg Secretary, Chair, etc)

Chair

Date

18/11/2022



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Children Achieving Lifelong Movement (CALM)

**On accounts for the year
ended**

31 October 2022

**Charity no
(if any)**

1189437

Set out on pages

Page 1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do 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 order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

16 January 2023

Name:

Samantha Deeley

**Relevant professional
qualification(s) or body
(if any):**

ICAEW

Address:

41 Rodney Road, Cheltenham, Glos, GL50 1HX

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Not applicable