

# CAN'T SIT STILL

England & Wales · Charity number 1191401

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-09-22

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

## Contact

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Whittucks Road  
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BS15 3FR

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**Website** [www.cantsitstill.net](http://www.cantsitstill.net)

## Activities

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**Objects:** THE ADVANCEMENT OF EDUCATION IN THE ARTS IN PARTICULAR, BUT NOT EXCLUSIVELY THEATRE THROUGH THE PROVISION AND CREATION OF PERFORMANCES AND EDUCATIONAL PROJECTS FOR THE PUBLIC BENEFIT.

**Activities:** The advancement of education in the arts, in particular, but not exclusively, theatre through the provision and creation of performances and educational projects for the public benefit.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Arts/culture/heritage/science
- **Who:** The General Public/mankind

## Geography

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- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£201,915	£125,537	-	-
2024-03-31	£260,080	£167,403	-	-
2023-08-31	£97,147	£59,093	-	-
2022-08-31	£149,718	£142,590	-	-
2021-08-31	£117,247	£74,354	-	-

## Trustees

Name	Role	Appointed
<b>Sarah Jones</b>	Chair	2020-09-22
Adam Patrick McCready		2022-06-17
Ashish Sawhney		2024-01-29
Claire Neaves		2024-01-29
Dr Katharine Sarah Kavanagh		2024-10-25

**CAN'T SIT STILL**

England & Wales - Charity number 1191401

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# Accounts

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**Can't Sit Still CIO**  
**Trustees Report and Financial Statements**  
**Year to 31<sup>st</sup> March 2025**

Charity number: 1191401

# **Can't Sit Still CIO Trustees' Annual Report Year to 31<sup>st</sup> March 2025**

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## **Reference and Administrative Information**

Charity name: Can't Sit Still  
Charity registration number: 1191401  
Registered Office and  
Operational Address: 12B Hanham Hall, Whittucks Road, Hanham, Bristol  
BS15 3FR

### **Trustees 2024-25**

Sarah Jones (chair)  
Adam McCready  
Ashish Sawhney  
Claire Neaves  
Katharine Kavanagh (appointed 25<sup>th</sup> October 2024)  
Robin Peters (resigned 25<sup>th</sup> October 2024)  
Lucy Wood (resigned 4<sup>th</sup> July 2025)

# Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation, incorporated and registered as a charity on 22<sup>nd</sup> September 2020. Its governing document is the Constitution dated 22<sup>nd</sup> September 2020.

## Recruitment and Appointment of Trustees

In 2024, we saw an important change to the Board of Trustees. Robin Peters, one of our founder members, stepped down after 4 years service to the charity. We are immensely grateful to Robin for his commitment, guidance, and contribution to shaping Can't Sit Still during its formative years as a charity.

Following an open recruitment process, we were delighted to welcome **Dr Katharine Kavanagh** to the Board. Katharine is a researcher, critic, and communicator with a particular focus on circus. She recently completed a PhD at Cardiff University exploring circus audience experience and evaluative discourse, and is the founder of *The Circus Diaries*, the UK's only English-language platform dedicated to circus criticism. Alongside her academic work, she teaches circus review and analysis internationally and supports the sector through communications, evaluation, and advocacy.

We are confident that Katharine's nuanced understanding of audience engagement will enrich the Board's oversight and Can't Sit Still's strategic direction..

We continue to have a live and open access approach to Board recruitment. Trustees are openly recruited to meet identified gaps in skills, knowledge & experience needed for the effective governance of the CIO, and complement the strengths of the existing Board. Potential candidates are elected by a majority vote at Trustees' Meetings.

## Objects and Activities

### Charitable Objects

The advancement of education in the arts in particular, but not exclusively theatre through the provision and creation of performances and educational projects for the public benefit.

### Public Benefit

The charity delivers public benefit using the medium of theatrical performances and workshops for the purposes of education, personal development and wellbeing, as detailed in "Achievements and Performance" below.

The Trustees are aware of the requirement of public benefit and seek to implement the Charity Commissioners' guidance on public benefit.

# Achievements and Performance

## Review of Activities, Challenges & Opportunities 2024–2025

Throughout 2024–2025, Can't Sit Still has remained steadfast in its mission to harness creativity and culture as catalysts for social change. Our work aims to challenge inequality, inspire individuals, connect communities, and spread joy. In times when hope can feel scarce, our projects offer moments of light, foster collaboration and co-creation, and deepen engagement both between people and with the urgent needs of our shared planetary home.

This year has been one of artistic innovation, organisational growth, and deepened community connection. We were delighted to welcome Lucy Kingsley as our new Engagement Director in October 2024, strengthening our ability to build meaningful relationships with audiences and partners.

Working in close collaboration with our local communities in South Gloucestershire and Gloucestershire, our dedicated audiences, skilled Board of Trustees, diverse freelance teams, and committed partners, we have produced new work, redeveloped existing projects, and built on previous successes.

## Key Achievements: Artistic Programme

### Well Done, Mummy Penguin

A successful London run at The Albany Theatre, Deptford, earned a 4★ review from The Guardian, who declared that “Can't Sit Still ... have struck gold again.” The returning cast helped us break the venue's box office target, more than doubling attendance at their previous year's Christmas show. We look forward to our Christmas run at The Belgrade, Coventry in 2025, as well as touring to Polka Theatre, London and Circomedia, Bristol in Autumn 2025.



Photo Credit: Robert Day

## The Snowy Day

We negotiated our first cross-continental partnership with the Ezra Jack Keats Foundation leading to a world premiere and two-month run at our co-producing partner, Polka Theatre in Wimbledon, followed by a month-long tour in February 2025.

The show received a 5★ review from Everything Theatre and became Polka’s best-selling Christmas studio production to date, achieving 91% capacity. The show achieved 70% capacity on tour.

We successfully trialled employing 2 performers full time, who shared the role of Peter and provided understudy cover for each other, demonstrating radical care for our performers throughout the 2 month run at Polka.

Our creative team intentionally represented the diversity of the book, with 58% being from the Global Majority.



Photo Credit: Steve Gregson

## Being Me

These creative clubs for autistic teenage girls and non-binary young people were delivered by an entirely neurodivergent facilitation team in Cheltenham and Kingswood.

Our pilot year of Short Breaks work with Barnwood Trust in Cheltenham involved the development of clubs for 16-25 year olds, and parent peer support spaces, which enabled many more participants to attend the groups. Some interested participants were part of our prop design and creation for The Snowy Day with some of the group visiting the show in Bath, and others watching our film at home. The Cheltenham project was renewed by Barnwood for 2025–2027.

## Being Me Digital

In 2025 we concluded *Being Me Digital*, an Arts Council England funded project that began in 2023. Through Being Me Digital, we worked with Being Me Club participants, match funded by the NHS, to co-create a digital dollhouse. As offshoots of the project, participants also explored new creative technologies and media, visiting a motion capture studio and having the opportunity to try filmmaking, animation, and virtual reality. The

project culminated in the creation of an analogue newspaper - written by and for the *Being Me* community - which participants plan to continue beyond the life of the project.

### **Developing freelance artists**

We were proud to provide creative mentoring and access support to neurodivergent artist and juggler **Charles Brockbank**, as he undertook his 'Developing Your Creative Practice' grant from Arts Council England. His unique practice blends juggling, parkour, and clowning, approached through a neurodivergent lens to reimagine outdoor urban spaces as playful, creative environments. We look forward to supporting Charles as he moves into creating new work that challenges perceptions and brings communities together.

### **Plink and Boo (reimagined)**

We redeveloped our previous 2017-2019 show at 101 Outdoor Arts in Newbury as an outdoor performance, including a redesign of the set to take weather conditions into account. The show was successfully presented with the original cast, locally in South Gloucestershire and at Freedom Festival.



Photo Credit: Tom Arran

## **Key Achievements: Organisational Development**

### **Serious Joy Strategy**

In October 2024 we launched our new organisational strategy, *Serious Joy*, which sets out our values and ambitions for the coming years. Developed collaboratively with our team and trustees, the strategy acts as a living framework to guide our artistic choices, partnerships, and ways of working. We are continuing to refine and develop it through reflection and practice, ensuring that it remains responsive, relevant, and rooted in the communities and audiences we serve.

### **A space to call home**

We moved into new offices at The Vassall Centre and are delighted to be housed in a fully accessible building alongside 25 other Bristol charities and social enterprises, enabling us to build new networks and partnerships to increase the reach, quality and accessibility of

our work. Our Being Me Digital project offered the resource to rebrand and to redesign our website to provide a more suitable home for digital output.

### **Producing support**

Can't Sit Still trialled a dedicated producer role this year, working with freelance producer Mia Lake one day per week. This proved transformative, demonstrating how essential producing expertise is to delivering our increasingly ambitious programme.

## **Challenges and Opportunities**

### **Funding Landscape**

Like much of the arts sector, we continue to navigate uncertainty around funding. This year, our income came from a balanced range of sources: 42% earned income, 37% from Arts Council England, 6% from other public funds, 1% from donations and 14% for Theatre Tax Relief. We are committed to diversifying our funding partnerships and, where possible, increasing unrestricted income to provide a stable foundation for sustainable growth.

### **Producing Capacity**

The success of testing the dedicated Producer function has shown us the value of this role and, as a result, we have committed to recruiting a permanent producer for two days a week from 2025 — a strategic investment that will place additional pressure on our commercial income generation, but one we believe is vital for sustaining the quality and scale of our work.

Following our two London Christmas runs, we received a high volume of booking enquiries for *Well Done*, *Mummy Penguin* and *The Snowy Day*. In line with our *Serious Joy* strategy, we are committed to working with venues who share our values, prioritising relationships that support both the integrity of the work and the wellbeing of our teams. We are happy to have been able to select venues to present the work in 2025 who will honour the creative vision, meet the technical requirements, and ensure the work reaches the right audiences.

### **Safeguarding**

As our Being Me participation programme expanded, we encountered safeguarding challenges that tested our processes and required our team to respond with professionalism and care. These experiences confirmed the robustness of our existing policies, while also providing valuable learning that has strengthened our systems and deepened our understanding of how to collaborate effectively with external partners.

### **Local Roots, Global Relevance**

We believe our strength lies in acting locally while responding to global issues - using arts and culture to build resilience, connection, and hope. As the leading place-based professional arts organisation in South Gloucestershire, we are proud to contribute to the region's cultural life with imagination and innovation. Our connections across the border into Gloucestershire continue to grow, with new projects taking root there and half our executive team based in the county.

## **Environmental Sustainability**

Planetary care is woven wherever possible throughout our planning and delivery, built into contracts & teams, and informs our operational decisions. We continue to highly value the expertise of Trustee Adam McCready, who brings with him environmentally sustainable touring expertise. Our knowledgeable Trustees are proactive in holding the team to account and provide welcome challenge to support decision making.

New thinking in the organisation means that we will seek out higher skill levels in the industry in respect of how to take positive environmental action as we develop new shows, and we will build resources into budgets to achieve this wherever possible. Our assessment is that, in order to improve our environmental practices, we also need to slow down and make better, more considered decisions about what we use, how we use it, and its repurposing thereafter. We believe we have a role to play in setting good standards and sharing our learning to inspire and inform colleagues. We keenly look for great practice elsewhere which helps us to build our knowledge as we look at what sustainable touring actually means.

## **Governance and Staffing**

The Artistic Director, Engagement Director and Company Director work a total of 1.6 FTE. The small team is enhanced by freelance creatives who join the company to deliver the funded programme of work as performers, producers, production teams and facilitators. We worked with 29 freelance professionals over the course of the financial year.

The 6 trustees of the charity meet quarterly to analyse the financial position of the charity, ensure legal compliance and assess risks and opportunities. Board recruitment is ongoing on a rolling basis and is informed by regular skills analysis and diversity monitoring.

## **Funding and Income Generation**

Fundraising and income generation in the period has been particularly buoyant with successful grant applications to Arts Council England, National Lottery, NHS and Barnwood Trust. In addition, the company earned 51% of its income from commission and performance fees, workshop & consultancy fees and donations.

This success has enabled the Trustees to designate unrestricted reserves in order to underpin the charity, providing for 6 months wind up contingency, coaching & mentoring for the core team, and a strategic development fund.

## Financial Review

The charity is in excellent financial health, benefiting from good funding relationships and partnerships which are well stewarded. It has an unrestricted, undesignated reserves balance of £29,745 to carry forward into the 25/26 financial year (2024 £23,634). Expenditure is limited to available funds for each area of work and therefore the trustees are satisfied that the charity is a going concern, and will continue to be for the foreseeable future.

## Reserves Policy

Can't Sit Still's unrestricted reserves fall in line with Charity Commission's good practice guidelines. The charity has met its reserves target to provide for any sudden and unexpected loss of income, whereby the unrestricted free reserves should equal between three and six months of core running costs which equates to between £13,500 and £27,000. The total unrestricted reserves currently stand at £87,895 (2024 £83,890) of which £24,000 has been designated as a contingency fund to cover wind up costs (2024 £24,000), £2,000 for coaching & mentoring (2024 £1,000) and £31,298K for strategic development including the roll out of the strategic plan over the next 3 years (2024 £26,298). £942 is the Fixed Asset Reserve (2024 £1,256), with £29,745 as the free reserves/general funds (2024 £23,634).

The trustees are committed to ensuring that the success of building reserves serves to meet the needs of its beneficiaries and have made designations in order to achieve this, leaving the free reserves to support cashflow and meet any unexpected financial needs if they arise.

## Statement of Responsibilities of the Trustees

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware.

The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 7<sup>th</sup> November 2025 and signed on their behalf by:



..... Sarah Jones, Trustee



..... Claire Neaves, Trustee

# Independent examiner's report to the trustees of Can't Sit Still CIO

I report on the accounts of the Charitable Incorporated Organisation for the year ending 31<sup>st</sup> March 2025 which are set out on pages 12 to 18.

## Responsibilities and basis of report

As the trustees of the Charity, 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

## Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Management Accountants (CIMA), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.



.....  
7<sup>th</sup> November 2025

Jon Harris, ACMA, CGMA, MA, FRSA  
20 Wenlock Road, London N1 7GU

**Can't Sit Still CIO**  
**Statement of Financial Activities**  
**(incorporating Income & Expenditure Account)**  
**Year to 31st March 2025**

		Year to 31/03/25	Year to 31/03/25	Year to 31/03/25	01/09/23 to 31/03/24
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£ [see Note 11]
<b>Income:</b>					
Donations	[2]	1,191	-	1,191	99
Charitable activities	[3]	31,262	168,942	200,204	259,561
Investments		520	-	520	420
<b>Total Income</b>		<b>32,972</b>	<b>168,942</b>	<b>201,914</b>	<b>260,080</b>
<b>Expenditure:</b>					
Charitable activities	[4]	28,878	228,252	257,129	167,403
<b>Total Expenditure</b>		<b>28,878</b>	<b>228,252</b>	<b>257,129</b>	<b>167,403</b>
<b>Net Income / (Expenditure)</b>		<b>4,095</b>	<b>(59,310)</b>	<b>(55,215)</b>	<b>92,677</b>
Transfers between funds	[8]	-	-	-	-
<b>Net Movement in Funds</b>		<b>4,095</b>	<b>(59,310)</b>	<b>(55,215)</b>	<b>92,677</b>
Total funds brought forward		83,890	96,862	180,752	88,075
<b>Total funds carried forward</b>		<b>87,985</b>	<b>37,552</b>	<b>125,537</b>	<b>180,752</b>

**Can't Sit Still CIO  
Balance Sheet  
As at 31st March 2025**

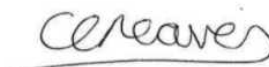
**Charity number: 1191401**

	Notes	31/03/25 £	31/03/24 £
<b>Fixed Assets</b>	[5]	942	1,256
<b>Current Assets</b>			
Debtors and prepayments	[6]	37,867	72,996
Cash at bank and on hand		95,364	121,326
		<hr/>	<hr/>
		133,231	194,322
<b>Current Liabilities</b>			
Creditors and accruals	[7]	8,636	14,826
		<hr/>	<hr/>
<b>Net Current Assets</b>		124,595	179,496
		<hr/>	<hr/>
<b>Net Assets</b>		<b>125,537</b>	<b>180,752</b>
 <b>The funds of the charity:</b>			
<b>Unrestricted funds:</b>			
General funds	[8]	29,745	23,634
Designated funds	[8]	58,240	60,256
<b>Restricted funds:</b>		37,552	96,862
		<hr/>	<hr/>
		<b>125,537</b>	<b>180,752</b>

Approved by the trustees on 7th November 2025 and signed on their behalf by:



.....  
Sarah Jones  
Trustee



.....  
Claire Neaves  
Trustee

# Can't Sit Still CIO

## Notes to the Accounts

### Year to 31st March 2025

#### [1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), and the Charities Act 2011.

Can't Sit Still CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Preparation of the accounts on a going concern basis

The charity's balance sheet at 31st March 2025 is in surplus, and funding has been secured for upcoming activities of the charity. No activities are planned without income to support them. Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

(c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met.

(d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value

(e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

(f) Fund Accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the cost against the activity for which the expenditure was incurred, under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. There were no such costs during the year in question.

[ii] Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities, and those costs of an indirect nature necessary to support them.

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or Section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

(j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st March 2025**

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

(l) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the account.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

[2] Income from donations

	2025	2025	2025	2024	2024	2024
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General donations	1,191	-	1,191	99	-	99
	<u>1,191</u>	<u>-</u>	<u>1,191</u>	<u>99</u>	<u>-</u>	<u>99</u>

[3] Income from charitable activities

	2025	2025	2025	2024	2024	2024
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
<u>Grants:</u>						
Arts Council of England	-	74,246	74,246	-	35,620	35,620
National Health Service	-	10,000	10,000	20,910	-	20,910
National Lottery	-	3,100	3,100	-	9,990	9,990
Barnwood Trust	-	-	-	-	65,801	65,801
	<u>-</u>	<u>87,346</u>	<u>87,346</u>	<u>20,910</u>	<u>111,411</u>	<u>132,321</u>
Total grants	-	87,346	87,346	20,910	111,411	132,321
Commissions	-	59,000	59,000	-	36,161	36,161
Consultancy	2,684	-	2,684	883	-	883
Workshop contributions	-	941	941	-	1,151	1,151
Performance fees	-	21,247	21,247	47,486	-	47,486
Children's Television Tax Relief	22	-	22	5,750	-	5,750
Theatre Tax Relief	28,556	-	28,556	35,699	-	35,699
Reimbursed expenses	-	409	409	111	-	111
	<u>31,262</u>	<u>168,942</u>	<u>200,204</u>	<u>110,838</u>	<u>148,724</u>	<u>259,561</u>
Total income from charitable activities	31,262	168,942	200,204	110,838	148,724	259,561

The charity received government grants totalling £84,246 (2024 £56,530). This comprised funding from the Arts Council of England and the National Health Service.

[4] Analysis of expenditure on charitable activities

	2025	2024
	£	£
<u>Direct costs</u>		
Production fees	119,162	48,277
Production salaries	21,211	25,804
Royalties	13,265	9,785
Materials and other direct costs	22,928	18,896
Travel, accommodation & subsistence	20,071	20,651
Marketing	9,598	7,983
Access costs	17,801	1,124
Training	270	8,632
	<u>224,306</u>	<u>141,151</u>
Total direct costs	224,306	141,151

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st March 2025**

[4] Analysis of expenditure on charitable activities (continued)

	2025	2024
	£	£
<u>Support costs</u>		
Salaries	17,472	18,720
Employer pensions	619	268
Legal and professional fees	2,878	40
Training	450	-
Admin travel	334	-
Bank charges	221	78
Loan interest	-	63
Insurance	947	388
Subscriptions	2,162	1,053
Advertising and publicity	766	1,281
Rent	4,206	2,232
Accountancy	1,890	1,494
Fee for Independent Examination	239	200
Depreciation	314	419
Sundry	324	15
	32,823	26,251
Total support costs		
	257,129	167,403

As the charity only undertakes one kind of activity, support costs have not been apportioned.

[5] Tangible Fixed Assets

	Furniture & fittings 2025	Furniture & fittings 2024
	£	£
<u>Cost</u>		
Balance brought forward	2,281	1,354
Additions during the year	-	927
	2,281	2,281
<u>Depreciation</u>		
Balance brought forward	1,025	606
Charge for the year	314	419
	1,339	1,025
Net Book Value	942	1,256

[6] Debtors and prepayments

	2025	2024
	£	£
Trade debtors	1,012	23,591
Prepayments	572	236
Accrued income	7,727	7,720
Creative Industry tax reliefs	28,556	41,449
	37,867	72,996

[7] Creditors

	2025	2024
	£	£
Amounts due within 12 months:		
Trade creditors	686	13,078
Tax and National Insurance	296	16
Accruals	7,505	1,600
Other creditors	148	132
	8,636	14,826

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st March 2025**

[8] <u>Movements in Funds 2024-25</u>	Balance at				Balance at
(for previous year, see Note 11)	31/03/2024	Income	Expenditure	Transfers	31/03/2025
<u>Restricted Funds:</u>					
Being Me	57,764	941	(57,155)	-	1,551
Being Me Digital	12,181	10,185	(11,346)	-	11,020
Organisational Development	12,310	3,100	(15,410)	-	-
Plink & Boo	14,608	4,820	(19,428)	-	-
The Snowy Day	-	105,942	(80,961)	-	24,981
Well Done Mummy Penguin	-	43,954	(43,954)	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Restricted Funds:	96,862	168,942	(228,252)	-	37,552
<u>Unrestricted Funds:</u>					
<u>Designated Funds:</u>					
Contingency Fund	24,000	-	-	-	24,000
Admin capacity building fund	6,000	-	(5,902)	(98)	-
Coaching and mentoring fund	1,000	-	-	1,000	2,000
Strategic development fund	28,000	-	(1,702)	5,000	31,298
Fixed asset reserve	1,256	-	-	(314)	942
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Designated Funds:	60,256	-	(7,604)	5,588	58,240
<u>General Funds</u>	23,634	32,972	(21,274)	(5,588)	29,745
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Unrestricted Funds:	83,890	32,972	(28,878)	-	87,985
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total Funds:	180,752	201,914	(257,129)	-	125,537

Purposes of funds

The Being Me funds are to deliver creative clubs for autistic girls and non-binary young people aged between 11 and 25 in South Gloucestershire and Cheltenham.

The Being Me digital fund is for research & development of a co-created digital art work about the autistic experience.

The Organisational Development fund is for capacity building within the charity.

The Plink & Boo fund is for a tour of the production by this name.

The Snowy Day fund is for a production by this name.

The Well Done Mummy Penguin fund is to create a new stage adaptation of the latest book by award winning Chris Haughton.

The Contingency Fund provides for any unexpected drop in income, as per the Reserves Policy (see page 9).

The Admin capacity building, Coaching and mentoring, and Strategic Development funds are set aside to increase and improve the charity's management and administrative capacity following the recent expansion of activity.

The fixed asset reserve holds the value of fixed assets, to provide for future depreciation.

[9] Payments to trustees and related party transactions

No trustees received remuneration during the period. No trustees received expense payments during the period.

There were no other related party transactions during the period.

[10] <u>Staff costs</u>	2025	2024
	£	£
Wages and salaries	38,683	44,524
Employer pension contributions	619	268
	<hr/>	<hr/>
	39,302	44,793

The average number of staff employed during the period was 2.5 (2024 3) and the average full time equivalent number of posts was 2.0 (2024 2.0). No employee earned over £60,000 per annum during the period.

The key management personnel of the charity during the period comprised the trustees and the Artistic Director.

The total employee benefits paid to management personnel were £21,211 (2024 £13,104).

# Can't Sit Still CIO

## Notes to the Accounts (continued)

### Year to 31st March 2025

[11] Previous year comparisons

#### Statement of Financial Activities 2023-24

	01/09/23 to 31/03/2024	01/09/23 to 31/03/2024	01/09/23 to 31/03/2024
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
<b>Income:</b>			
Donations	99	-	99
Charitable activities	110,838	148,724	259,561
Investments	420	-	420
<b>Total Income</b>	<b>111,356</b>	<b>148,724</b>	<b>260,080</b>
<b>Expenditure:</b>			
Charitable activities	55,807	111,596	167,403
<b>Total Expenditure</b>	<b>55,807</b>	<b>111,596</b>	<b>167,403</b>
<b>Net Income / (Expenditure)</b>	<b>55,549</b>	<b>37,128</b>	<b>92,677</b>
Transfers between funds	-	-	-
<b>Net Movement in Funds</b>	<b>55,549</b>	<b>37,128</b>	<b>92,677</b>
Total funds brought forward	28,340	59,734	88,075
<b>Total funds carried forward</b>	<b>83,890</b>	<b>96,862</b>	<b>180,752</b>

#### Movements in Funds 2023-24

	Balance at 01/09/2023	Income	Expenditure	Transfers	Balance at 31/03/2024
<b><u>Restricted Funds:</u></b>					
Being Me	22,372	77,592	(42,200)	-	57,764
Being Me Digital	13,821	-	(1,640)	-	12,181
Well Done Mummy Penguin	23,541	43,231	(66,773)	-	-
Organisational Development	-	12,398	(89)	-	12,310
Plink & Boo	-	15,502	(894)	-	14,608
<b>Total Restricted Funds:</b>	<b>59,734</b>	<b>148,724</b>	<b>(111,596)</b>	<b>-</b>	<b>96,862</b>
<b><u>Unrestricted Funds:</u></b>					
<b>Designated Funds:</b>					
Contingency Fund	12,000	-	-	12,000	24,000
Admin capacity building fund	-	-	-	6,000	6,000
Coaching and mentoring fund	-	-	-	1,000	1,000
Strategic development fund	-	-	-	28,000	28,000
Fixed asset reserve	748	-	-	508	1,256
<b>Total Designated Funds:</b>	<b>12,748</b>	<b>-</b>	<b>-</b>	<b>47,508</b>	<b>60,256</b>
<b><u>General Funds</u></b>	<b>15,592</b>	<b>111,356</b>	<b>(55,807)</b>	<b>(47,508)</b>	<b>23,634</b>
<b>Total Unrestricted Funds:</b>	<b>28,340</b>	<b>111,356</b>	<b>(55,807)</b>	<b>-</b>	<b>83,890</b>
<b>Total Funds:</b>	<b>88,075</b>	<b>260,080</b>	<b>(167,403)</b>	<b>-</b>	<b>180,752</b>

**CAN'T SIT STILL**

England & Wales - Charity number 1191401

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# Accounts

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**Can't Sit Still CIO**  
**Trustees Report and Financial Statements**  
**1<sup>st</sup> September 2023 to 31<sup>st</sup> March 2024**

Charity number: 1191401

**Can't Sit Still CIO**  
**Trustees' Annual Report**  
**1<sup>st</sup> September 2023 to 31<sup>st</sup> March 2024**

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- 2. Reference and Administrative Information
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- 3. Achievements and Performance
- 9. Financial Review
- 10. Statement of Responsibilities of Trustees
- 11. Independent Examiner's Report
- 12. Statement of Financial Activities
- 13. Balance Sheet
- 14. Notes to the Accounts

**Reference and Administrative Information**

Charity name: Can't Sit Still  
Charity registration number: 1191401  
Registered Office and  
Operational Address: 12B Hanham Hall, Whittucks Road, Hanham, Bristol  
BS15 3FR

**Trustees 2023-24**

Sarah Jones (chair)  
Adam McCready  
Lucy Wood  
Ashish Sawhney (appointed 29<sup>th</sup> January 2024)  
Claire Neaves (appointed 29<sup>th</sup> January 2024)  
Katharine Kavanagh (appointed 25<sup>th</sup> October 2024)  
Loz Eva Samuels (resigned 29<sup>th</sup> January 2024)  
Robin Peters (resigned 25<sup>th</sup> October 2024)

# Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation, incorporated and registered as a charity on 22<sup>nd</sup> September 2020. Its governing document is the Constitution dated 22<sup>nd</sup> September 2020.

## Recruitment and Appointment of Trustees

The Board was strengthened by two new appointments during the financial year. We welcomed Ashish Sawhney who brings his experience as a Director in a diverse, global tech team, along with strategic planning, governance, financial management and leadership skills. We also welcomed Claire Neaves who has an education background and is an educational researcher at the University of Oxford and a freelance inclusion and diversity consultant. We are delighted and excited to welcome both Ash and Claire to the team.

We were sorry to say goodbye to one of our Founding Trustees, Loz Samuels, in January 24. Loz has offered unerring support, advocacy, kindness and deep insights to establish Can't Sit Still as a CIO in 2020. We wish her well as she pursues her multitude of interests across the arts and cultural sphere and beyond.

We continue to have a live and open access approach to Board recruitment. Trustees are openly recruited to meet identified gaps in skills, knowledge & experience needed for the effective governance of the CIO, and complement the strengths of the existing Board. Potential candidates are elected by a majority vote at Trustees' Meetings.

## Objects and Activities

### Charitable Objects

The advancement of education in the arts in particular, but not exclusively theatre through the provision and creation of performances and educational projects for the public benefit.

### Public Benefit

The charity delivers public benefit using the medium of theatrical performances and workshops for the purposes of education, personal development and wellbeing, as detailed in "Achievements and Performance" below.

The Trustees are aware of the requirement of public benefit and seek to implement the Charity Commissioners' guidance on public benefit.

## Achievements and Performance

Looking at the context within which Can't Sit Still's work has been created over the period, we have seen increasing worldwide unrest and division worldwide.

Local authority bankruptcies started to emerge in 2023, with the cracks in public resourcing directly affecting communities we work with. We noticed participants presenting with very high levels of support needs and reporting that there is little infrastructure in place to help them.

The storm season in the UK was reported as 20% more intense as a result of human-caused climate change this year with increased risk of floods and disproportionate risk of climate harm to people facing health, housing and financial challenges.

Fear of the unintended consequences of AI continues to grow, as does the use of the technology. The charity takes a balanced view of also seeing the potential of AI to aid efficiency and increase the reach of our work.

Can't Sit Still continued to focus its efforts on work to use creativity and culture to disrupt social inequalities by inspiring individuals, connecting communities and spreading joy. We believe the work we are doing brings hope when hope is in short supply, and taps into the power of collaboration and co-creation, bringing people into closer engagement with each other and with the needs of our planetary home.

We have drawn from the expertise of our local communities in South Gloucestershire, our audiences and partners, our skilled board of trustees, diverse freelance teams and committed partners to produce new work this year and build on previous successes. Key achievements include:

- Premiere of *Well Done, Mummy Penguin* at ARC, Stockton-on-Tees
- Commercial tour of *Oh No, George!* to Bristol, London and Dublin
- Negotiating the rights to adapt *The Snowy Day* by Jack Ezra Keats
- Securing new funding partners for the Being Me project for autistic young people
- Successful Board recruitment
- Brand refresh completed and new website developed.

## **Challenges & Opportunities 2023 - 24**

Post pandemic audience behaviour remains unsettled and hard to predict. This may be as the result of ongoing cost of living pressures and also different behaviours born out of the trauma of living through Covid 19.

While there are ongoing concerns in the arts sector as a whole about the ability to secure consistent funding, the charity achieved a significant increase in its earned income over the period particularly as the result of re-staging *Oh No, George!* as a viable, self-funding tour. We now have a deeper understanding of the trajectory required to take an idea from page to profit and the ability to replicate the model in the future.

The figures over the period show that we generated 33% as earned income, 14% from Arts Council England, 8% from other public funds, 25% from Trusts and Foundations, 4% from the National Lottery and 16% from creative industry tax reliefs (some of which were backdated to previous years). The charity is highly conscious of the need to continue to diversify funding partnerships and, where possible, generate unrestricted funding to provide a stable platform from which to grow.

We believe that operating locally and acting in response to global issues by building community connection and resilience through arts and culture is our strength. We are the only place-based arts organisation in South Gloucestershire and continue to build a reputation for innovation in the area. Our ties across the county border in Gloucestershire

are strengthening too as we embed projects there and as half the executive team lives there.

As we continue to embed ourselves in our Gloucestershire places, we are building committed partnerships, audiences and stakeholders willing to share the risk and share the learning that comes with doing something new before we take our work out to audiences and participants more widely. We believe that our commitment to place increases the potential for securing new revenue streams from non-arts funders and investors.

Technological changes are rapid. For a small charity, keeping pace with this level of development in AI and digital spaces can be overwhelming. The team is committed to using tools and approaches that put humans and their connection with the planet at the heart. This helps to mitigate perceived pressure to keep on top of every innovation. However, the charity remains open to new ideas and will continue to test opportunities that present exciting opportunities for creative exploration that enhances audience & participant engagement, that are in tune with the planet and supports achieving the charity's aims.

## Artistic Programme 2023-24

### Being Me



Investment from The Barnwood Trust, National Lottery Community Fund, Bristol, North Somerset and South Glos NHS ICB and from participant's families during this financial year has meant that we have launched our Being Me Clubs model, tested in 21 - 22, over a much longer period. Thanks to this valuable funding we have been able to provide

stability and consistency for autistic girls and non-binary young people & their families throughout the period.

The Being Me Clubs - co-created with the young people and our professional neurodivergent facilitation team - are proven to build confidence, agency and resilience. We have seen the outcomes rippling out, positively affecting school attendance, friendships, family dynamics and self-advocacy.

The challenge for the charity is in the sustainability and scale of what could be an ongoing service provision which we have identified is missing from a national offer. The potential is huge. We will continue to run the Clubs until July 24 in order to serve local families and develop the vision for the future offer, in partnership with them.

## **Well Done, Mummy Penguin**



*Image copyright Robert Day, 2023.*

*Well Done, Mummy Penguin* opened to joyful audiences in Stockton-on-Tees for a Christmas run at ARC. The diverse cast and creative team tested material with local children over the course of the rehearsal period, their insights and responses helping us to deliver a show that delighted those that came. The show is our second adaptation of a Chris Haughton title and champions family bonds and incredible parents everywhere. We look forward to our Christmas run at The Albany in Deptford in 2024.

## Oh No, George!



*Copyright, photographer - Paul Blakemore*

Our third outing for *Oh No, George!* was a carefully programmed mid scale tour, with longer runs than we have previously delivered. The team valued establishing new and supportive relationships with venues we'd not performed at before including Polka Theatre, Pavilion Theatre Dublin and Redgrave Theatre Bristol.

The show was warmly received and exceeded our expectations in terms of ticket sales, generating a profit on our first unsubsidised tour. Since its conception pre-Covid, we had always anticipated *Oh No, George!* had the potential to earn income for the company and it was enormously validating to achieve a great return on the investments made previously by funders including NESTA and Arts Council England, to whom we remain very grateful.

### **Organisational Development**

We began work in the year on an ambitious organisational development (OD) programme to develop the operational, financial and environmental sustainability of Can't Sit Still. The aim of the OD over the 23/24 & into 24/25 financial years is to establish CSS into the outdoor arts touring circuit with an environmentally responsible redevelopment of *Plink & Boo*; to reveal international touring possibilities for *Oh No, George!* and to develop the charity's infrastructure and governance to be ambitious and robust, including establishing a youth advisory group.

We were successful with a project grant from Arts Council England for this work, received in November 23. These strands of activity will continue to develop and roll out in the 24/25 financial year.

## Environmental Sustainability



Planetary care is woven wherever possible throughout our planning and delivery, built into contracts & teams, and informs our operational decisions. We continue to highly value the expertise of Trustee Adam McCreedy, who brings with him environmentally sustainable touring expertise. Our knowledgeable Trustees are proactive in holding the team to account and provide welcome challenge to support decision making. New thinking in the organisation means that we will seek out higher skills levels in the industry in respect of how to take positive environmental action as we develop new shows, and we will build resources into budgets to achieve this wherever possible. Our assessment is that, in order to improve our environmental practices, we also need to slow down and make better, more considered decisions about what we use, how we use it, and its repurposing thereafter. We believe CSS has a role to play in setting good standards and sharing our learning to inspire and inform colleagues. We keenly look for great practice elsewhere which helps us to build our knowledge as we look at what sustainable touring actually means.

## Governance and Staffing

The Artistic Director and Company Manager work a total of 1.0 FTE. The small team is enhanced by freelance creatives who join the company to deliver the funded programme of work as performers, producers, production teams and facilitators. We worked with 35 freelance professionals over the course of the period.

The 6 trustees of the charity meet quarterly to analyse the financial position of the charity, ensure legal compliance and assess risks and opportunities. Board recruitment is ongoing on a rolling basis and is informed by regular skills analysis and diversity monitoring.

## **Funding and Income Generation**

Fundraising and income generation in the period has been particularly buoyant with successful grant applications to Arts Council England, National Lottery, NHS and Barnwood Trust. In addition, the company earned 33% of its income from commission and performance fees, workshop & consultancy fees and donations.

This success has enabled the Trustees to designate unrestricted reserves in order to underpin the charity, providing for 6 months wind up contingency, increased administrative capacity, coaching & mentoring for the executive team, and a strategic development fund.

The charity remains open-eyed when it comes to the ongoing need to diversify income, and this will be further supported by the Organisational Development programme as it rolls out next year.

## **Financial Review**

The charity is in excellent financial health, benefitting from good funding relationships and partnerships which are well stewarded. It has an unrestricted, undesignated reserves balance of £23,634 to carry forward into the 24/25 financial year (2023 £15,592). Expenditure is limited to available funds for each area of work and therefore the trustees are satisfied that the charity is a going concern, and will continue to be for the foreseeable future.

## **Reserves Policy**

Can't Sit Still's unrestricted reserves fall in line with Charity Commission's good practice guidelines. The charity has met its reserves target to provide for any sudden and unexpected loss of income, whereby the unrestricted free reserves should equal between three and six months of core running costs which equates to between £12,000 and £24,000. The total unrestricted reserves currently stand at £83,890 (2023 £28,340) of which £24,000 has been designated as a contingency fund to cover wind up costs (2023 £12,000), £6,000 is designated for Admin capacity building (2023 nil), £1K for coaching & mentoring (2023 nil) and £28K for strategic development including the roll out of the strategic plan over the next 3 years (2023 nil). £1,256 is the Fixed Asset Reserve (2023 £748), with £23,634 as the free reserves/general funds (2023 £15,592).

The trustees are committed to ensuring that the success of building reserves serves to meet the needs of its beneficiaries and have made designations in order to achieve this, leaving the free reserves to support cashflow and meet any unexpected financial needs if they arise.

# Statement of Responsibilities of the Trustees

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware.

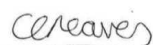
The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 12<sup>th</sup> December 2024 and signed on their behalf by:



..... Sarah Jones, Trustee



..... Claire Neaves, Trustee

# Independent examiner's report to the trustees of Can't Sit Still CIO

I report on the accounts of the Charitable Incorporated Organisation for the period ending 31<sup>st</sup> March 2024 which are set out on pages 12 to 18.

## Responsibilities and basis of report

As the trustees of the Charity, 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

## Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Management Accountants (CIMA), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.



.....

13<sup>th</sup> December 2024

Jon Harris, ACMA, CGMA, MA, FRSA  
20 Wenlock Road, London N1 7GU

**Can't Sit Still CIO**  
**Statement of Financial Activities**  
**(incorporating Income & Expenditure Account)**  
**Year to 31st March 2024**

		01/09/23 to 31/03/24	01/09/23 to 31/03/24	01/09/23 to 31/03/24	Year to 31/08/23
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	[see Note 11] £
<b>Income:</b>					
Donations	[2]	99	-	99	1,524
Charitable activities	[3]	110,838	148,724	259,561	95,384
Investments		420	-	420	239
<b>Total Income</b>		<b>111,356</b>	<b>148,724</b>	<b>260,080</b>	<b>97,147</b>
<b>Expenditure:</b>					
Charitable activities	[4]	55,807	111,596	167,403	59,093
<b>Total Expenditure</b>		<b>55,807</b>	<b>111,596</b>	<b>167,403</b>	<b>59,093</b>
<b>Net Income / (Expenditure)</b>		<b>55,549</b>	<b>37,128</b>	<b>92,677</b>	<b>38,054</b>
Transfers between funds	[8]	-	-	-	-
<b>Net Movement in Funds</b>		<b>55,549</b>	<b>37,128</b>	<b>92,677</b>	<b>38,054</b>
Total funds brought forward		28,340	59,734	88,075	50,020
<b>Total funds carried forward</b>		<b>83,890</b>	<b>96,862</b>	<b>180,752</b>	<b>88,075</b>

**Can't Sit Still CIO  
Balance Sheet  
As at 31st August 2024**

Charity number: 1191401

	Notes	31/03/24 £	31/08/23 £
<b>Fixed Assets</b>	[5]	1,256	748
<b>Current Assets</b>			
Debtors and prepayments	[6]	72,996	1,364
Cash at bank and on hand		121,326	97,602
		<hr/>	<hr/>
		194,322	98,966
<b>Current Liabilities</b>			
Creditors and accruals	[7]	14,826	11,639
		<hr/>	<hr/>
<b>Net Current Assets</b>		179,496	87,327
		<hr/>	<hr/>
<b>Net Assets</b>		<b>180,752</b>	<b>88,075</b>
 <b>The funds of the charity:</b>			
<b>Unrestricted funds:</b>			
General funds	[8]	23,634	15,592
Designated funds	[8]	60,256	12,748
<b>Restricted funds:</b>		96,862	59,734
		<hr/>	<hr/>
		<b>180,752</b>	<b>88,075</b>

Approved by the trustees on 12th December 2024 and signed on their behalf by:

*S. E. Jones*

.....  
Sarah Jones  
Trustee

*C Neaves*

.....  
Claire Neaves  
Trustee

# Can't Sit Still CIO

## Notes to the Accounts

### Year to 31st March 2024

#### [1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), and the Charities Act 2011.

Can't Sit Still CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Preparation of the accounts on a going concern basis

The charity's balance sheet at 31st March 2024 is in surplus, and funding has been secured for upcoming activities of the charity. No activities are planned without income to support them. Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

(c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met.

(d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value

(e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

(f) Fund Accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the cost against the activity for which the expenditure was incurred, under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. There were no such costs during the year in question.

[ii] Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities, and those costs of an indirect nature necessary to support them.

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or Section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

(j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st March 2024**

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

(l) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the account.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

[2] Income from donations

	2024	2024	2024	2023	2023	2023
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
General donations	99	-	99	202	1,322	1,524
	99	-	99	202	1,322	1,524

[3] Income from charitable activities

	2024	2024	2024	2023	2023	2023
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
<u>Grants:</u>						
Arts Council of England	-	35,620	35,620	-	69,984	69,984
South Gloucestershire Council	-	-	-	-	2,730	2,730
National Health Service	20,910	-	20,910	-	15,321	15,321
Quartet Community Foundation	-	-	-	-	5,000	5,000
National Lottery	-	9,990	9,990	-	-	-
Barnwood Trust	-	65,801	65,801	-	-	-
Total grants	20,910	111,411	132,321	-	93,035	93,035
Commissions	-	36,161	36,161	-	-	-
Consultancy	883	-	883	1,960	-	1,960
Workshop contributions	-	1,151	1,151	-	310	310
Performance fees	47,486	-	47,486	-	-	-
Children's Television Tax Relief	5,750	-	5,750	-	-	-
Theatre Tax Relief	35,699	-	35,699	-	-	-
Reimbursed expenses	111	-	111	79	-	79
Total income from charitable activities	110,838	148,724	259,561	2,039	93,345	95,384

The charity received government grants totalling £56,530 (2023 £88,035). This comprised funding from the Arts Council of England and the National Health Service.

[4] Analysis of expenditure on charitable activities

	2024	2023
	£	£
<u>Direct costs</u>		
Production fees	48,277	17,071
Production salaries	25,804	-
Royalties	9,785	1,877
Materials and other direct costs	18,896	3,949
Travel, accommodation & subsistence	20,651	2,352
Marketing	7,983	2,021
Access costs	1,124	1,060
Training	8,632	-
Total direct costs	141,151	28,329

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st March 2024**

[4] Analysis of expenditure on charitable activities (continued)

	2024	2023
	£	£
<u>Support costs</u>		
Salaries	18,720	23,750
Employer pensions	268	241
Legal and professional fees	40	60
Training	-	898
Admin travel	-	85
Bank charges	78	30
Loan interest	63	1,219
Insurance	388	597
Subscriptions	1,053	1,033
Advertising and publicity	1,281	-
Rent	2,232	2,073
Accountancy	1,494	228
Fee for Independent Examination	200	300
Depreciation	419	249
Sundry	15	-
	<hr/>	<hr/>
Total support costs	26,251	30,763
	<hr/>	<hr/>
Total charitable expenditure	167,403	59,093

As the charity only undertakes one kind of activity, support costs have not been apportioned.

[5] Tangible Fixed Assets

	Furniture & fittings 2024	Furniture & fittings 2023
	£	£
<u>Cost</u>		
Balance brought forward	1,354	1,354
Additions during the year	927	-
	<hr/>	<hr/>
	2,281	1,354
<u>Depreciation</u>		
Balance brought forward	606	357
Charge for the year	419	249
	<hr/>	<hr/>
	1,025	606
	<hr/>	<hr/>
Net Book Value	1,256	748

[6] Debtors and prepayments

	2024	2023
	£	£
Trade debtors	23,591	375
Prepayments	236	625
Accrued income	7,720	-
Creative Industry tax reliefs	41,449	-
Other debtors	-	364
	<hr/>	<hr/>
	72,996	1,364

[7] Creditors

	2024	2023
	£	£
Amounts due within 12 months:		
Trade creditors	13,078	936
Tax and National Insurance	16	343
Accruals	1,600	360
Loan due within one year	-	10,000
Other creditors	132	-
	<hr/>	<hr/>
	14,826	11,639

## Can't Sit Still CIO

### Notes to the Accounts (continued)

#### Year to 31st March 2024

[8] <u>Movements in Funds 2023-24</u> <i>(for previous year, see Note 11)</i>	Balance at 01/09/2023	Income	Expenditure	Transfers	Balance at 31/03/2024
<u>Restricted Funds:</u>					
Being Me	22,372	77,592	(42,200)	-	57,764
Being Me Digital	13,821	-	(1,640)	-	12,181
Well Done Mummy Penguin	23,541	43,231	(66,773)	-	-
Organisational Development	-	12,398	(89)	-	12,310
Plink & Boo	-	15,502	(894)	-	14,608
Total Restricted Funds:	59,734	148,724	(111,596)	-	96,862
<u>Unrestricted Funds:</u>					
<u>Designated Funds:</u>					
Contingency Fund	12,000	-	-	12,000	24,000
Admin capacity building fund	-	-	-	6,000	6,000
Coaching and mentoring fund	-	-	-	1,000	1,000
Strategic development fund	-	-	-	28,000	28,000
Fixed asset reserve	748	-	-	508	1,256
Total Designated Funds:	12,748	-	-	47,508	60,256
<u>General Funds</u>	15,592	111,356	(55,807)	(47,508)	23,634
Total Unrestricted Funds:	28,340	111,356	(55,807)	-	83,890
Total Funds:	88,075	260,080	(167,403)	-	180,752

#### Purposes of funds

The Being Me funds are to deliver creative clubs for autistic girls and non-binary young people aged between 11 and 25 in South Gloucestershire and Cheltenham.

The Being Me digital fund is for research & development of a co-created digital art work about the autistic experience.

The Well Done Mummy Penguin fund is to create a new stage adaptation of the latest book by award winning Chris Haughton.

The Organisational Development fund is for capacity building within the charity.

The Plink & Boo fund is for a tour of the production by this name.

The Contingency Fund provides for any unexpected drop in income, as per the Reserves Policy (see page 9).

The Admin capacity building, Coaching and mentoring, and Strategic Development funds are set aside to increase and improve the charity's management and administrative capacity following the recent expansion of activity.

The fixed asset reserve holds the value of fixed assets, to provide for future depreciation.

#### [9] Payments to trustees and related party transactions

No trustees received remuneration during the period. No trustees received expense payments during the period.

There were no other related party transactions during the period.

#### [10] Staff costs

	2024	2023
	£	£
Wages and salaries	44,524	23,750
Employer pension contributions	268	241
	44,793	23,991

The average number of staff employed during the period was 3 (2023 2) and the average full time equivalent number of posts was 2.0 (2023 1.0). No employee earned over £60,000 per annum during the period.

The key management personnel of the charity during the period comprised the trustees and the Artistic Director.

The total employee benefits paid to management personnel were £13,104 (2023 £16,655).

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st March 2024**

[11] Previous year comparisons

Statement of Financial Activities 2022-23

	<b>Year to 31/08/2023</b>	<b>Year to 31/08/2023</b>	<b>Year to 31/08/2023</b>
	Unrestricted funds	Restricted funds	Total funds
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income:</b>			
Donations	202	1,322	1,524
Charitable activities	2,039	93,345	95,384
Investments	239	-	239
<b>Total Income</b>	<b>2,480</b>	<b>94,667</b>	<b>97,147</b>
<b>Expenditure:</b>			
Charitable activities	8,576	50,516	59,093
<b>Total Expenditure</b>	<b>8,576</b>	<b>50,516</b>	<b>59,093</b>
<b>Net Income / (Expenditure)</b>	<b>(6,096)</b>	<b>44,150</b>	<b>38,054</b>
Transfers between funds	-	-	-
<b>Net Movement in Funds</b>	<b>(6,096)</b>	<b>44,150</b>	<b>38,054</b>
Total funds brought forward	34,436	15,584	50,020
<b>Total funds carried forward</b>	<b>28,340</b>	<b>59,734</b>	<b>88,075</b>

Movements in Funds 2022-23

	Balance at 01/09/2022	Income	Expenditure	Transfers	Balance at 31/08/2023
<b>Restricted Funds:</b>					
Being Me	15,584	24,373	(17,584)	-	22,372
Being Me Digital	-	29,110	(15,289)	-	13,821
Well Done Mummy Penguin	-	41,184	(17,643)	-	23,541
Total Restricted Funds:	15,584	94,667	(50,516)	-	59,734
<b>Unrestricted Funds:</b>					
Designated Funds:					
Contingency Fund	12,000	-	-	-	12,000
Fixed asset reserve	997	-	-	(249)	748
Total Designated Funds:	12,997	-	-	(249)	12,748
<b>General Funds</b>	21,439	2,480	(8,576)	249	15,592
Total Unrestricted Funds:	34,436	2,480	(8,576)	-	28,340
Total Funds:	50,020	97,147	(59,093)	-	88,075

**CAN'T SIT STILL**

England & Wales - Charity number 1191401

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# Accounts

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**Can't Sit Still CIO**  
**Trustees Report and Financial Statements**  
**Year to 31<sup>st</sup> August 2023**

Charity number: 1191401

# **Can't Sit Still CIO Trustees' Annual Report Year to 31<sup>st</sup> August 2023**

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- 3. Structure, Governance and Management
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- 10. Independent Examiner's Report
- 11. Statement of Financial Activities
- 12. Balance Sheet
- 13. Notes to the Accounts

## **Reference and Administrative Information**

Charity name: Can't Sit Still  
Charity registration number: 1191401  
Registered Office and  
Operational Address: 11 Conham Hill, Hanham, Bristol BS15 3AW

## **Trustees 2022-23**

Sarah Jones (chair)  
Robin Peters  
Loz Eva Samuels  
Adam McCready  
Lucy Wood (appointed 27<sup>th</sup> August 2023)

# Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation, incorporated and registered as a charity on 22<sup>nd</sup> September 2020. Its governing document is the Constitution dated 22<sup>nd</sup> September 2020.

## Recruitment and Appointment of Trustees

New Trustees are nominated on an ongoing basis by existing Trustees and elected by a majority vote at Trustees' Meetings. Trustees are recruited to meet identified gaps in skills, knowledge & experience needed for the effective governance of the CIO, and complement the strengths of the existing Board.

## Objects and Activities

### Charitable Objects

The advancement of education in the arts in particular, but not exclusively theatre through the provision and creation of performances and educational projects for the public benefit.

### Public Benefit

The charity delivers public benefit using the medium of theatrical performances and workshops for the purposes of education, personal development and wellbeing, as detailed in "Achievements and Performance" below.

The Trustees are aware of the requirement of public benefit and seek to implement the Charity Commissioners' guidance on public benefit.

## Achievements and Performance

### Context

In the face of division, Covid trauma and recovery and increasing climate change impacts and anxiety, Can't Sit Still is committed to championing & celebrating difference, bringing diverse people together to create projects and shows which are hopeful, kind and generous. We have focussed this year on:

- building our knowledge of planetary care driven by the Board of Trustees;
- developing networks at home in South Gloucestershire and across national and international touring theatre networks (London, Dublin, Singapore);
- deepening our existing partnerships (NHS, The Arc, Stockton, Freedom Festival, DOCA) ;
- adding a new Company Value "Courageous Learning" and establishing our refreshed values at the heart of all we do.

This year of consolidation has enabled Can't Sit Still to focus on fertilising the ground for forthcoming work. The team has worked strategically to deepen existing partnerships with funders including the NHS, South Gloucestershire Council, The Quartet Foundation and West of England Combined Authority.

In addition, we have established exciting new partnerships with anchor venues in the UK - The Arc, Stockton; The Albany and Polka Theatre, London - and in the EU and Singapore - with a view to 23/24/25 tours of our stage adaptations of award-winning author Chris Hauton's children's books Oh No, George! and Well Done, Mummy Penguin.

We started a brand refresh which is progressing well and will be launched in 2023/24 financial year. We created a new Board Recruitment pack to roll out in 2023/24 with a focus and commitment to diversifying our Board of Trustees.

Online delivery of What Will George Do? continued to attract healthy audiences over the year and we began the journey of exploring possibilities of a co-created digital artwork about the autistic experience in 'Being Me Digital'.

Our work is better because of the involvement and partnership of our participants, audiences, supporters, funders and stakeholders. They help us to fly the flag of ambitious and uncompromising inclusion, helping the charity to ensure that high quality artistic and creative opportunities and experiences are available for people who may not otherwise have access.

We are consistently delighted by the wealth of talent and experience our diverse teams of artists and creative facilitators share with our beneficiaries. The charity prides itself on creating spaces where people can be brave and authentic, and in doing so energise new conversations which have the power to change the world for the better.

### **Challenges & Opportunities 2022 - 23**

The charity continued its positive investment relationship with NESTA this year. The extension of the loan period underpinned the decision to programme a third unsubsidised tour for Oh No, George! for 2023/24. The NESTA evaluation framework formed the basis for Can't Sit Still's robust and accessible approach to capture learning and impact of the participatory work we undertake, presenting the charity with excellent insights to support both better quality of provision and leveraging further investment.

We were delighted to be invited by NESTA to co-present the ["Demystifying Due Diligence"](#) webinar this year to support arts organisations to begin conversations with social investors.

We are noticing the shifts in the funding landscape that are likely to impact the charity, namely certain major funders redistributing all of their assets with a view to closing, and the knock on effects of worldwide economic challenges on the public purse. This is likely to mean that Local Authority and NHS investments become harder to achieve in coming years and demands that the charity continues to build income generation models which do not rely on fundraising.

We also recognise that Can't Sit Still is a valuable partner for investors wishing to distribute place-based funds as we embed ourselves at home in South Gloucestershire. As a relatively new charity, Can't Sit Still continues on its journey to establish a high quality reputation as a trusted investee able to amplify the impact of awards by leveraging significant match funding and maximising social capital through its co-creative approach.

## Artistic Programme 2022-23

### Being Me



Image Credit: Lisa Whiting Photography

Investment from Bristol, North Somerset and South Gloucestershire NHS CCG enabled the charity to pilot a new creative programme based on research findings in 2021/22 for autistic girls and non-binary young people aged 11 – 16 in South Gloucestershire.

The co-created Being Me Club provides the neuro-affirmative psychological and physical environment for the young people to be their authentic selves and explore their creative potential with the support of Can't Sit Still's professional facilitation team.

Through the pilot programme, we met with parents too to understand their hopes, fears and challenges to shape our ongoing strategy to build the visibility and agency of their children.

The success of the pilot helped to lever a further tranche of NHS investment for financial year 23/24 as a welcome addition to fundraising achieved by our Families Task Force who, faced with the ending of the pilot programme, were determined to do what they could to help the service continue. The charity also made successful applications to the National Lottery & The Barnwood Trust.

## Being Me Digital



We ran a hugely successful Easter Club for autistic girls and non binary young people who worked with a professional creative team - including neurodivergent facilitators. The young people were offered the choice to explore animation, sound recording, film-making and visit a professional motion capture studio. This will feed into the research and development of 'Being Me Digital', a digital creative project that will culminate in Spring 2024.

### Well Done, Mummy Penguin

We were successful in securing a valuable Christmas Commission from Arc, Stockton and The Albany, Deptford to realise Well Done, Mummy Penguin. With a nod to the fascinating nature of penguin parenting, Well Done, Mummy Penguin is a brand new stage adaptation of the latest picture book from award-winning writer and illustrator Chris Haugton, and an irresistible ode to family bonds and incredible parents everywhere.

### Environmental Sustainability

Our ongoing commitment to environmental sustainability continues to be embedded throughout our operations and infrastructure. The Trustees are proactive in holding the team to account and provide welcome challenge and expertise to inform our approach. We take a planet first approach when making decisions about key impact areas such as production travel and set construction. This has led to a successful application made to Arts Council England during the year to test whether our newly designed set can have a 'regenerative' impact on the planet. We will also use the resource to investigate the environmental impact of touring work, looking at existing sustainable touring models & imagining new ones.

## **Governance and Staffing**

The Artistic Director and Company Manager work a total of 1.0 FTE. The small team is enhanced by freelance creatives who join the company to deliver the funded programme of work as performers, producers, production teams and facilitators. During 2022/23 Can't Sit Still worked with 10 freelance professionals.

The 5 trustees of the charity meet quarterly to analyse the financial position of the charity, ensure legal compliance and assess risks and opportunities. Board recruitment is ongoing on a rolling basis and we were pleased to welcome Lucy Wood as a new trustee in July 2023. Lucy brings an enormous wealth of commercial and subsidised theatre producing and general management experience both here in the UK and internationally.

## **Funding and Income Generation**

Can't Sit Still continues to maintain a high success rate in securing public and private funding from investment partners. During this year, the charity was awarded the Christmas commission by ARC and The Albany which provided leverage to secure resources from Arts Council England to stage Well Done Mummy Penguin in both 23/24 & 24/25.

The charity has an ongoing strategic commitment to diversifying its income streams in order to increase financial sustainability. This year it has established partnerships to take Oh No, George! on tour in 23/24 as a commercial tour without subsidy. We have been developing this new income generation model with support from NESTA. Their valuable investment in Can't Sit Still took the form of both a grant and a loan which the charity successfully repaid early. We are pleased to be taking George back out on tour for the third time to further establish the viability of this way of working.

During this year grant funding was secured from

- NHS CCG
- Arts Council England
- South Gloucestershire Council
- Quartet Foundation

We continue to maintain a small number of regular donors over the period and continue to generate earned income via one-off consultancies. The core team, Cat Boot and Jay Haigh, bring a wealth of professional experience spanning a combined 45 years of working in the arts & cultural sector. During the year they soft launched a service to share their experience as consultants with emerging practitioners and established companies seeking to build their co-creation knowledge. The benefits of collaborating in this way are 2-way, feeding the Charity with new insights and helping establish Can't Sit Still's visibility, as well as offering a high class consultancy service to companies and artists seeking support. We have added expertise to programmes at Circomedia, The Whitfield Tabernacle, Bristol Old Vic and Old Vic Theatre School as well as The Space, London. The consultancy service provides unrestricted income - £1,960 during this financial year - and supports the charity's mission to disrupt social inequalities, inspire people, connect communities and bring joy.

## **Financial Review**

The charity invested £1,257 of its unrestricted reserves during the year to support the Autumn Tour of Oh No, George! leaving an unrestricted cash reserves balance of £27,592 (2022 £33,439) to carry forward into 23/24 financial year. Expenditure is limited to available funds for each area of work and therefore the trustees are satisfied that the charity is a going concern, and will continue to be for the foreseeable future.

## **Reserves Policy**

Can't Sit Still continues to build its unrestricted free reserve fund in line with Charities Commission good practice guidelines. The Charities' trustees have established a reserves target to provide for any sudden and unexpected loss of income, whereby the unrestricted free reserves should equal between three and six months of core running costs, which equates to £7,500-£15,000. The total reserves currently stand at £28,340 of which £12,000 has been designated as a contingency fund to cover wind up costs, £748 is the Fixed Asset Reserve, with £15,592 as the free reserves.

# Statement of Responsibilities of the Trustees

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware.

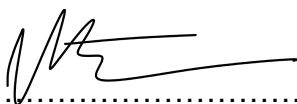
The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 12<sup>th</sup> February 2024 and signed on their behalf by:



..... Sarah Jones, Trustee



..... Robin Peters, Trustee

# Independent examiner's report to the trustees of Can't Sit Still CIO

I report on the accounts of the Charitable Incorporated Organisation for the period ending 31<sup>st</sup> August 2023 which are set out on pages 11 to 17.

## Responsibilities and basis of report

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

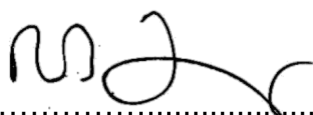
I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

## Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



27<sup>th</sup> February 2024

Rupert Taylor  
Easton Business Centre  
Felix Road  
Bristol BS5 0HE

**Can't Sit Still CIO**  
**Statement of Financial Activities**  
**(incorporating Income & Expenditure Account)**  
**Year to 31st August 2023**

		Year to 31/08/2023	Year to 31/08/2023	Year to 31/08/2023	Year to 31/08/2022
		Unrestricted funds	Restricted funds	Total funds	Total funds [see Note 10]
	Notes	£	£	£	£
<b>Income:</b>					
Donations	[2]	202	1,322	1,524	1,271
Charitable activities	[3]	2,039	93,345	95,384	148,434
Investments		239	-	239	13
<b>Total Income</b>		<b>2,480</b>	<b>94,667</b>	<b>97,147</b>	<b>149,718</b>
<b>Expenditure:</b>					
Charitable activities	[4]	8,576	50,516	59,093	142,590
<b>Total Expenditure</b>		<b>8,576</b>	<b>50,516</b>	<b>59,093</b>	<b>142,590</b>
<b>Net Income / (Expenditure)</b>		<b>(6,096)</b>	<b>44,150</b>	<b>38,054</b>	<b>7,128</b>
Transfers between funds	[8]	-	-	-	-
<b>Net Movement in Funds</b>		<b>(6,096)</b>	<b>44,150</b>	<b>38,054</b>	<b>7,128</b>
Total funds brought forward		34,436	15,584	50,020	42,893
<b>Total funds carried forward</b>		<b>28,340</b>	<b>59,734</b>	<b>88,075</b>	<b>50,020</b>

**Can't Sit Still CIO  
Balance Sheet  
As at 31st August 2023**

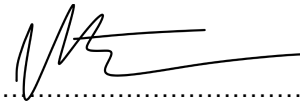
Charity number: 1191401

	Notes	2023 £	2022 £
<b>Fixed Assets</b>	[5]	748	997
<b>Current Assets</b>			
Debtors and prepayments	[6]	1,364	15,679
Cash at bank and on hand		97,602	61,692
		<hr/>	<hr/>
		98,966	77,371
<b>Current Liabilities</b>			
Creditors and accruals	[7]	11,639	28,348
		<hr/>	<hr/>
<b>Net Current Assets</b>		87,327	49,023
		<hr/>	<hr/>
<b>Net Assets</b>		<b>88,075</b>	<b>50,020</b>
 <b>The funds of the charity:</b>			
<b>Unrestricted funds:</b>			
General funds	[8]	15,592	21,439
Designated funds	[8]	12,748	12,997
<b>Restricted funds:</b>		59,734	15,584
		<hr/>	<hr/>
		<b>88,075</b>	<b>50,020</b>

Approved by the trustees on 12th February 2024 and signed on their behalf by:



.....  
Sarah Jones  
Trustee



.....  
Robin Peters  
Trustee

# Can't Sit Still CIO

## Notes to the Accounts

### Year to 31st August 2023

#### [1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

(a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), as amended by Update Bulletin 1 issued on 2nd February 2016, and the Charities Act 2011.

Can't Sit Still CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Preparation of the accounts on a going concern basis

The charity's balance sheet at 31st August 2023 is in surplus, and funding has been secured for upcoming activities of the charity. No activities are planned without income to support them. Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

(c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met.

(d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value

(e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

(f) Fund Accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the cost against the activity for which the expenditure was incurred, under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. There were no such costs during the year in question.

[ii] Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities, and those costs of an indirect nature necessary to support them.

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or Section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

(j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the reducing balance method. Individual items costing less than £500 are not treated as fixed assets.

# Can't Sit Still CIO

## Notes to the Accounts (continued)

### Year to 31st August 2023

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

(l) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the account.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

[2] <u>Income from donations</u>	2023			2022		
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £
General donations	202	1,322	1,524	271	1,000	1,271
	202	1,322	1,524	271	1,000	1,271
[3] <u>Income from charitable activities</u>	2023			2022		
	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £
<u>Grants:</u>						
Arts Council of England	-	69,984	69,984	-	30,550	30,550
West of England Combined Authority	-	-	-	-	2,000	2,000
South Gloucestershire Council	-	2,730	2,730	2,500	500	3,000
National Health Service	-	15,321	15,321	-	18,795	18,795
Create Gloucestershire	-	-	-	-	7,338	7,338
Nesta	-	-	-	10,000	-	10,000
Quartet Community Foundation	-	5,000	5,000	-	-	10,000
Total grants	-	93,035	93,035	12,500	59,183	71,683
Commissions			-	4,623	9,940	14,563
Consultancy	1,960	-	1,960	-	-	-
Workshop fees	-	310	310	-	-	-
Performance fees	-	-	-	-	44,073	44,073
Sales	-	-	-	550	3,944	4,494
Theatre Tax Relief	-	-	-	13,486	-	13,486
Reimbursed expenses	79	-	79	135	-	135
Total income from charitable activities	2,039	93,345	95,384	31,295	117,139	148,434

The charity received government grants totalling £88,035 during the year (2022 £52,815). This comprised funding from the Arts Council of England, South Gloucestershire Council and the National Health Service.

[4] Analysis of expenditure on charitable activities

	2023 £	2022 £
<u>Direct costs</u>		
Production fees	17,071	35,173
Production salaries	-	31,317
Royalties	1,877	4,784
Materials and other direct costs	3,949	20,238
Travel, accommodation & subsistence	2,352	8,812
Marketing	2,021	7,915
Access costs	1,060	1,211
Stock purchases	-	1,167
Total direct costs	28,329	110,616

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st August 2023**

[4] Analysis of expenditure on charitable activities (continued)

	2023	2022
<u>Support costs</u>	£	£
Salaries	23,750	24,253
Employer pensions	241	1,182
Legal and professional fees	60	421
Training	898	468
Admin travel	85	178
Bank charges	30	73
Loan interest	1,219	1,094
Insurance	597	445
Post & stationery	-	1
Subscriptions	1,033	1,230
Advertising and publicity	-	147
Rent	2,073	1,297
Accountancy	228	552
Fee for Independent Examination	300	300
Depreciation	249	332
	<hr/>	<hr/>
Total support costs	30,763	31,974
	<hr/>	<hr/>
Total charitable expenditure	59,093	142,590

As the charity only undertakes one kind of activity, support costs have not been apportioned.

[5] Tangible Fixed Assets

	Furniture & fittings 2023	Furniture & fittings 2022
	£	£
<u>Cost</u>		
Balance brought forward	1,354	101
Additions during the year	-	1,253
	<hr/>	<hr/>
	1,354	1,354
<u>Depreciation</u>		
Balance brought forward	357	25
Charge for the year	249	332
	<hr/>	<hr/>
	606	357
	<hr/>	<hr/>
Net Book Value	748	997

[6] Debtors and prepayments

	2023	2022
	£	£
Trade debtors	375	-
Prepayments	625	662
Other debtors	364	15,016
	<hr/>	<hr/>
	1,364	15,679

[7] Creditors

	2023	2022
	£	£
Amounts due within 12 months:		
Trade creditors	936	156
Tax and National Insurance	343	522
Accruals	360	648
Loan due within one year	10,000	25,000
Other creditors	-	2,022
	<hr/>	<hr/>
	11,639	28,348

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st August 2023**

[8] <u>Movements in Funds 2022-23</u> <i>(for previous year, see Note 11)</i>	Balance at 01/09/2022	Income	Expenditure	Transfers	Balance at 31/08/2023
<u>Restricted Funds:</u>					
Being Me	15,584	24,373	(17,584)	-	22,372
Being Me Digital	-	29,110	(15,289)	-	13,821
Well Done Mummy Penguin	-	41,184	(17,643)	-	23,541
<b>Total Restricted Funds:</b>	<b>15,584</b>	<b>94,667</b>	<b>(50,516)</b>	<b>-</b>	<b>59,734</b>
<u>Unrestricted Funds:</u>					
<u>Designated Funds:</u>					
Contingency Fund	12,000	-	-	-	12,000
Fixed asset reserve	997	-	-	(249)	748
<b>Total Designated Funds:</b>	<b>12,997</b>	<b>-</b>	<b>-</b>	<b>(249)</b>	<b>12,748</b>
<u>General Funds</u>	21,439	2,480	(8,576)	249	15,592
<b>Total Unrestricted Funds:</b>	<b>34,436</b>	<b>2,480</b>	<b>(8,576)</b>	<b>-</b>	<b>28,340</b>
<b>Total Funds:</b>	<b>50,020</b>	<b>97,147</b>	<b>(59,093)</b>	<b>-</b>	<b>88,075</b>

Purposes of funds

The Being Me funds are to deliver creative clubs for autistic girls and non-binary young people aged between 11 and 25 in South Gloucestershire and Cheltenham.

The Being Me digital fund is for research & development of a co-created digital art work about the autistic experience.

The Well Done Mummy Penguin fund is to create a new stage adaptation of the latest book by award winning Chris Haughton.

[9] Payments to trustees and related party transactions

No trustees received remuneration during the year. No trustees received expense payments during the year. There were no other related party transactions during the year.

[10] <u>Staff costs</u>	2023	2022
	£	£
Wages and salaries	23,750	55,076
Employer pension contributions	241	494
	<u>23,991</u>	<u>55,570</u>

The average number of staff employed during the year was 2 (2022 4.5) and the average full time equivalent number of posts was 1.0 (2021 2.1). No employee earned over £60,000 per annum during the year.

The key management personnel of the charity during the year comprised the trustees and the Artistic Director.

The total employee benefits paid to management personnel were £16,655 (2022 £15,562).

# Can't Sit Still CIO

## Notes to the Accounts (continued)

### Year to 31st August 2023

[11] Previous year comparisons

#### Statement of Financial Activities 2021-22

	Year to 31/08/2022	Year to 31/08/2022	Year to 31/08/2022
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds</b>
	£	£	£
<b>Income:</b>			
Donations	271	1,000	1,271
Charitable activities	31,295	117,139	148,434
Investments	13	-	13
<b>Total Income</b>	<b>31,578</b>	<b>118,139</b>	<b>149,718</b>
<b>Expenditure:</b>			
Charitable activities	27,850	114,740	142,590
<b>Total Expenditure</b>	<b>27,850</b>	<b>114,740</b>	<b>142,590</b>
<b>Net Income / (Expenditure)</b>	<b>3,728</b>	<b>3,400</b>	<b>7,128</b>
Transfers between funds	(1,444)	1,444	-
<b>Net Movement in Funds</b>	<b>2,284</b>	<b>4,844</b>	<b>7,128</b>
Total funds brought forward	32,153	10,740	42,893
<b>Total funds carried forward</b>	<b>34,436</b>	<b>15,584</b>	<b>50,020</b>

#### Movements in Funds 2021-22

	Balance at 01/09/2021	Income	Expenditure	Transfers	Balance at 31/08/2022
<u>Restricted Funds:</u>					
Invisible Thread	2,560	-	(2,560)	-	-
Oh No George	8,000	99,344	(108,789)	1,444	-
Play-Along Plink & Boo	180	-	(180)	-	-
Being Me	-	18,795	(3,211)	-	15,584
<b>Total Restricted Funds:</b>	<b>10,740</b>	<b>118,139</b>	<b>(114,740)</b>	<b>1,444</b>	<b>15,584</b>
<u>Unrestricted Funds:</u>					
Designated Funds:					
Forgotten Landscape	2,614	4,623	(7,237)	-	-
Contingency Fund	12,000	-	-	-	12,000
Fixed asset reserve	76	-	-	921	997
<b>Total Designated Funds:</b>	<b>14,690</b>	<b>4,623</b>	<b>(7,237)</b>	<b>921</b>	<b>12,997</b>
<u>General Funds</u>	17,463	26,955	(20,613)	(2,365)	21,439
<b>Total Unrestricted Funds:</b>	<b>32,153</b>	<b>31,578</b>	<b>(27,850)</b>	<b>(1,444)</b>	<b>34,436</b>
<b>Total Funds:</b>	<b>42,893</b>	<b>149,718</b>	<b>(142,590)</b>	<b>-</b>	<b>50,020</b>

**CAN'T SIT STILL**

England & Wales - Charity number 1191401

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# Accounts

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**Can't Sit Still CIO  
Trustees Report and Financial Statements  
Year to 31<sup>st</sup> August 2022**

Charity number: 1191401

# **Can't Sit Still CIO Trustees' Annual Report Year to 31<sup>st</sup> August 2022**

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3.	Objects and Activities
3.	Achievements and Performance
8.	Financial Review
9.	Statement of Responsibilities of Trustees
10.	Independent Examiner's Report
11.	Statement of Financial Activities
12.	Balance Sheet
13.	Notes to the Accounts

## **Reference and Administrative Information**

Charity name:	Can't Sit Still
Charity registration number:	1191401
Registered Office and Operational Address:	90 Conham Hill, Hanham, Bristol BS15 3AP

## **Trustees 2021-22**

Sarah Jones  
Robin Peters  
Loz Eva Samuels (chair)  
Adam McCready [appointed 17<sup>th</sup> June 2022]

# Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation, incorporated and registered as a charity on 22<sup>nd</sup> September 2020. Its governing document is the Constitution dated 22<sup>nd</sup> September 2020.

## Recruitment and Appointment of Trustees

New trustees are nominated on a 'rolling basis' by existing trustees and elected by a majority vote at Trustees' Meetings. Recruitment of new trustees is directly informed by a trustees skills audit process which reveals gaps in skills, knowledge & experience needed for the effective governance of the CIO, as well as celebrating the strengths of the existing Board. This helps direct recruitment processes to target those who can contribute to areas that need strengthening.

## Objects and Activities

### Charitable Objects

The advancement of education in the arts in particular, but not exclusively theatre through the provision and creation of performances and educational projects for the public benefit.

### Public Benefit

The charity delivers public benefit using the medium of theatrical performances and workshops for the purposes of education, personal development and wellbeing, as detailed in "Achievements and Performance" below.

The Trustees are aware of the requirement of public benefit and seek to implement the Charity Commissioners' guidance on public benefit.

## Achievements and Performance

2021-22 saw Can't Sit Still competently navigate the ongoing Covid-19 pandemic crisis with care & commitment to its beneficiaries, teams and trustees, innovation in its artistic programme and continued development of its organisational infrastructure.

The charity continued to be bold and ambitious during a year when hope & joy were hard to find, and trauma/trauma recovery was a shared experience across the globe. We delivered work online, on front doorsteps of houses and in large theatres, targeting young people and their parents & carers, autistic girls and non-binary young people, mothers with new babies and our local community in South Gloucestershire.

We know that this work would be impossible without the generous support of our funding partners, our venues, partner organisations and individual supporters. This support has enabled us to continue to stretch our ambitions and increase our reach to those who are often excluded from high quality arts experiences and all the known benefits that the arts bring to health, wellbeing and a unique sense of personal fulfilment.

Throughout the year we have worked with extraordinary artists and creative facilitators to cocreate our work with our intended audiences and participants. We are very grateful that they have shared their authenticity and boundless creativity with us to ensure our beneficiaries have the best experiences we can offer, opening up possibilities during a year when inspiration was so badly needed.

## Challenges & Opportunities 2021-22

The Can't Sit Still team continued to innovate through the ongoing pandemic and stretch creative possibilities. This year saw the delivery of *What Will George Do?*, an interactive online offer which went beyond anything that regular streamed content could achieve, by giving young audiences control of the story of George, the naughty dog, from Chris Haughton's award winning book *Oh No, George!* We realised our ambition to launch a mid-large scale tour of the stage version of *Oh No, George!* by working closely with NESTA as a key investor, along with other funding partners. We also began work on an innovative programme funded by NHS CCG in Bristol, North Somerset and South Gloucestershire to cocreate a new club for autistic girls and non-binary young people.

Once again, the team's knowledge has grown to encompass:

- the use of new software for the production of artistic products (Eko Studio, used to create *What Will George Do?*);
- navigating a supportive, hands-on commissioning process from The Space for *What Will George Do?*;
- developing a new funding model through NESTA's social investment loan;
- the mid-large scale theatre touring experience.

The loan, in particular, has demanded a positive attitude to risk from both team and trustees which, at times, was challenging – particularly given the tour launching merely weeks after the peak of Omicron. The aim of generating unrestricted income through split tickets deals at venues presented a new income generation approach for the charity, the result of which would not be clear until the end of the tour in 22-23. The experience of taking out the loan to underpin cashflow, specifically during the production phase, has led to improved risk analysis systems being embedded, a greater understanding of the potential of mid-large scale touring and new venue collaborations which can be built on.

In working with our freelance artists and creative facilitators, the Can't Sit Still 'way' has rippled out beyond our charity into other work people have undertaken since working with us, and we continue to be proud of the impact we have on the wider arts & cultural sector. It is clear, moving forward, that training & mentoring is an area we could develop and grow in the longer term.

We continue to look forward to growing the Can't Sit Still family of creative collaborators, funders, investors and donors who share our values of disruptive generosity, stubborn inclusion and radical care for each other, for our work and for the planet.

## Artistic Programme 2021-2022

### Oh No, George!



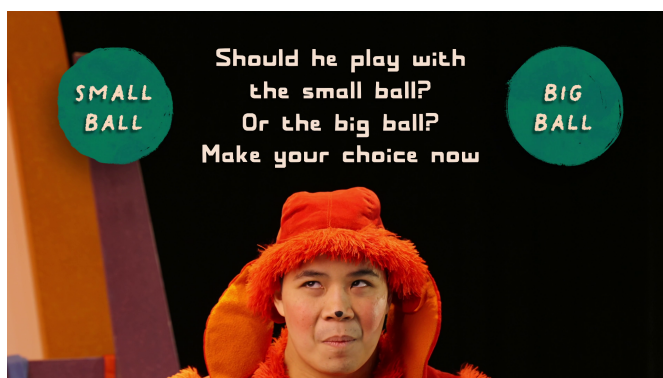
*Oh No, George!* is the delightfully playful tale of a dog who wants to be good but just can't resist temptation. Adapted from the award-winning picture book by Chris Haughton, this brand new show for children aged 3+ (and their grown ups) uses acrobatics, slapstick comedy, Sign Supported English and live music to bring George's joyful escapades to life.

In a step change to our previous touring model, *George* was booked by 15 venues nationally and took to 9 stages playing to

6,513 audience members before the end of 21-22 financial year.

### What Will George Do?

We were commissioned by The Space and supported with a creative grant from West Of England Combined Authority and funding from Arts Council England, to create a specially filmed version of the original stage show using Eko Studio software, that allows creators to develop 'choose your own ending' experiences.



With this technology we were able to give audience members control over George's choices and agency to navigate their own way through the story. This was (and remains) freely available to watch via the Can't Sit Still website. The 5-episode series features integrated British Sign Language and animated captions to bring the story to life for the widest possible audience. To date, *What Will George Do?* has been watched by over 150k people across the world.

### Being Me

We secured investment from Bristol, North Somerset and South Gloucestershire NHS CCG towards the end of the financial year, to begin work on a new participatory programme, as part of an 11-strong portfolio of organisations in the region. Our project was to research and test two creative clubs for autistic girls and non-binary young people, whether or not they had yet received an autism diagnosis.



We started this work by researching the need for the clubs with potential participants in two local secondary schools, their teachers and parents. Through this consultation phase we learned more about how the clubs could best serve these young people and their wider circles of support, what the challenges may be and how we could create an offer that was accessible. This work will roll out as a new offer, inspired by our consultation findings, in South Gloucestershire in 2022-23.

### **Invisible Thread**

This participation programme began at the height of the pandemic in the previous financial year and aimed to have a positive impact on maternal mental health and the wellbeing of mothers directly or indirectly affected by the Covid-19 pandemic.

During 21-22 we concluded the programme with the last stages of our bracelet making activity. This encouraged mothers to follow video or written instruction and create a simply crafted bracelet. They were then offered the opportunity to give their bracelet to another mother, or send it to us to distribute and receive one in the post in return. The opportunity to contribute to the project reinforced the invisible thread of support between mothers everywhere. And each bracelet was distributed with a supportive message 'From One Mother to Another'.



## A Forgotten Landscape

We returned to Severn Beach in South Gloucestershire to conclude a project that had



begun before the pandemic, and was put on hold because of this. Having experienced the whole world shift throughout three lockdowns, we adapted our existing plans and focussed on working with pupils and staff at Severn Beach Primary school. Our aim was to improve the confidence of the pupils there, which the Headteacher felt had been severely impacted by the pandemic.

Working with professional artists Matt Pang and Hazel Amderson, pupils in years 3 and 5 imagined, designed and built their own story telling garden in the school grounds, entirely from found materials. The space they created is designed to ignite the children's capacity and appetite for imaginative play. Drama and story telling techniques were embedded into every session by professional actor and theatre maker Hazel. Matt taught the children how to use simple tools such as hammers, nails and paintbrushes, and then the artists and teachers facilitated the children in bringing

their vision to life.

## Environmental Sustainability

The charity continues to take its environmental responsibilities seriously, in line with its core value of radical care for people and the planet. During the year we appointed Adam McCready as a Trustee to take a lead on environmental responsibility, and ensure that we continue to interrogate our behaviours and organisational culture. We have published our Environmental Statement on our website to help encourage conversation with partners, funders and stakeholders and, during the year, began to explore tools that may help us to generate environmental impact data to inform our decision making.

## Professional Development

The charity was a Kickstart Employer this year, working with a 16-24 year old on Universal Credit as part of the DWP Kickstart scheme. Our employee, Kate, said "Overall working for Can't Sit Still has been an amazing experience and I will take knowledge I have gained from working with them into the future work I do."

## Governance and Staffing

Can't Sit Still has a part-time staff team of 2 working between them 0.9 FTE. This small team is enriched by freelancers who join the company to deliver the funded programme of work. During 2021-22 Can't Sit Still worked with 22 freelancers.

The 4 trustees of the charity meet quarterly to analyse the financial position of the charity, ensure legal compliance and assess risks and opportunities. Board recruitment is ongoing on a rolling basis and we were pleased to welcome Adam McCready as a new trustee during this year.

## **Funding and Income Generation**

The charity has an ongoing strategic commitment to diversifying its income streams in order to increase financial sustainability. We have maintained a very high rate of successful funding applications across public and private funds as the team works hard to align the charity's concerns with suitable funding partners.

During this year grant funding was secured from

- NHS CCG
- DWP (Kickstart)
- Arts Council England
- South Gloucestershire Council
- West of England Combined Authority

The charity also successfully negotiated an unsecured loan from Arts Culture Finance, via NESTA, along with an additional grant of £10K, and a commission from The Space.

We have maintained a small number of regular donors over the period and continue to generate earned income through selling tickets and delivering workshops and consultancy expertise.

## **Financial Review**

The charity has a surplus of £34,436 on unrestricted funds after allowing for designated funds earmarked for future spending (2021 £29,539). On an ongoing basis, expenditure is limited to available funds for each area of work; therefore the trustees are satisfied that the charity is a going concern, and will continue to be for the foreseeable future.

### **Reserves Policy**

The trustees have established a policy to provide for any sudden and unexpected loss of income, whereby the unrestricted funds should equal between three and six months of core running costs, which equates to around £6,000-£12,000. At the balance sheet date the free cash reserves amounted to £33,439 (2021 £29,463). Of this, £12,000 has been designated as a Contingency Fund.

# Statement of Responsibilities of the Trustees

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

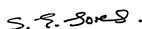
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware.

The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 23<sup>rd</sup> May 2023 and signed on their behalf by:



..... Sarah Jones, Trustee



..... Robin Peters, Trustee

# Independent examiner's report to the trustees of Can't Sit Still CIO

I report on the accounts of the Charitable Incorporated Organisation for the period ending 31<sup>st</sup> August 2021 which are set out on pages 11 to 17.

## Responsibilities and basis of report

As the trustees of the Charity, 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



.....  
25<sup>th</sup> May 2023

Rupert Taylor  
Easton Business Centre  
Felix Road  
Bristol BS5 0HE

**Can't Sit Still CIO**  
**Statement of Financial Activities**  
**(incorporating Income & Expenditure Account)**  
**Year to 31st August 2022**

		Year to 31/08/2022	Year to 31/08/2022	Year to 31/08/2022	22/09/2020 to 31/08/2021
		Unrestricted funds	Restricted funds	Total funds	Total funds [see Note 10]
	Notes	£	£	£	£
<b>Income:</b>					
Donations	[2]	271	1,000	1,271	46,154
Charitable activities	[3]	31,295	117,139	148,434	71,087
Investments		13	-	13	6
<b>Total Income</b>		<b>31,578</b>	<b>118,139</b>	<b>149,718</b>	<b>117,247</b>
<b>Expenditure:</b>					
Charitable activities	[4]	27,850	114,740	142,590	74,354
<b>Total Expenditure</b>		<b>27,850</b>	<b>114,740</b>	<b>142,590</b>	<b>74,354</b>
<b>Net Income / (Expenditure)</b>		<b>3,728</b>	<b>3,400</b>	<b>7,128</b>	<b>42,893</b>
Transfers between funds	[8]	(1,444)	1,444	-	-
<b>Net Movement in Funds</b>		<b>2,284</b>	<b>4,844</b>	<b>7,128</b>	<b>42,893</b>
Total funds brought forward		32,153	10,740	42,893	-
<b>Total funds carried forward</b>		<b>34,436</b>	<b>15,584</b>	<b>50,020</b>	<b>42,893</b>

**Can't Sit Still CIO  
Balance Sheet  
As at 31st August 2022**

**Charity number: 1191401**

	Notes	2022 £	2021 £
<b>Fixed Assets</b>	[5]	997	76
<b>Current Assets</b>			
Debtors and prepayments	[6]	15,679	6,194
Cash at bank and on hand		61,692	38,369
		<hr/>	<hr/>
		77,371	44,563
<b>Current Liabilities</b>			
Creditors and accruals	[7]	28,348	1,747
		<hr/>	<hr/>
<b>Net Current Assets</b>		49,023	42,817
		<hr/>	<hr/>
<b>Net Assets</b>		<b>50,020</b>	<b>42,893</b>
 <b>The funds of the charity:</b>			
<b>Unrestricted funds:</b>			
General funds	[8]	21,439	17,463
Designated funds	[8]	12,997	14,690
<b>Restricted funds:</b>		15,584	10,740
		<hr/>	<hr/>
		<b>50,020</b>	<b>42,893</b>

Approved by the trustees on 23rd May 2023 and signed on their behalf by:

*S. E. Jones*



.....  
Sarah Jones  
Trustee

.....  
Robin Peters  
Trustee

# Can't Sit Still CIO

## Notes to the Accounts

### Year to 31st August 2022

#### [1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

##### (a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), as amended by Update Bulletin 1 issued on 2nd February 2016, and the Charities Act 2011.

Can't Sit Still CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

##### (b) Preparation of the accounts on a going concern basis

The charity's balance sheet at 31st August 2022 is in surplus, and funding has been secured for upcoming activities of the charity. No activities are planned without income to support them. Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

##### (c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met.

##### (d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value

##### (e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

##### (f) Fund Accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

##### (g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the cost against the activity for which the expenditure was incurred, under the following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. There were no such costs during the year in question.

[ii] Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities, and those costs of an indirect nature necessary to support them.

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

##### (h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

##### (i) Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or Section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

##### (j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the straight line method. Individual items costing less than £500 are not treated as fixed assets.

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st August 2022**

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

(l) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the account.

(m) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

[2] Income from donations

	2022	2022	2022	2021	2021	2021
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Donation from Can't Sit Still Ltd	-	-	-	28,600	17,291	45,891
Other donations	271	1,000	1,271	4	258	263
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	271	1,000	1,271	28,604	17,550	46,154

[3] Income from charitable activities

	2022	2022	2022	2021	2021	2021
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
<u>Grants:</u>						
Arts Council of England	-	30,550	30,550	906	15,000	15,906
West of England Combined Authority	-	2,000	2,000	-	8,000	8,000
South Gloucestershire Council	2,500	500	3,000	10,736	-	10,736
National Health Service	-	18,795	18,795	-	14,531	14,531
Create Gloucestershire	-	7,338	7,338	-	-	-
Nesta	10,000	-	10,000	-	-	-
Bamwood Trust	-	-	-	-	2,000	2,000
Quartet Community Foundation	-	-	-	-	4,000	4,000
Gloucestershire Community Foundation	-	-	-	-	2,000	2,000
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total grants	12,500	59,183	71,683	11,642	45,531	57,173
Commissions	4,623	9,940	14,563	280	2,375	2,655
Consultancy	-	-	-	790	-	790
Performance fees	-	44,073	44,073	-	4,750	4,750
Sales	550	3,944	4,494	-	222	222
Theatre Tax Relief	13,486	-	13,486	5,498	-	5,498
Reimbursed expenses	135	-	135	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total income from charitable activities	31,295	117,139	148,434	18,210	52,878	71,087

The charity received government grants totalling £52,815 during the year (2021 £37,531). This comprised funding from the Arts Council of England, the West of England Combined Authority, South Gloucestershire Council and the National Health Service.

[4] Analysis of expenditure on charitable activities

	2022	2021
	£	£
<u>Direct costs</u>		
Production fees	35,173	34,467
Production salaries	31,317	-
Royalties	4,784	891
Materials and other direct costs	20,238	4,518
Travel, accommodation & subsistence	8,812	1,049
Marketing	7,915	2,992
Access costs	1,211	-
Stock purchases	1,167	-
	<hr/>	<hr/>
Total direct costs	110,616	43,917

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st August 2022**

[4] Analysis of expenditure on charitable activities (continued)

	2022	2021
<u>Support costs</u>	£	£
Salaries	24,253	9,669
Employer pensions	1,182	121
Fees for administration	-	3,293
Other fees	421	13,175
Training	468	40
Admin travel	178	100
Bank charges	73	91
Loan interest	1,094	-
Insurance	445	30
Post & stationery	1	59
Subscriptions	1,230	800
Advertising and publicity	147	1,176
Rent	1,297	1,124
Telephone	-	59
Accountancy	552	336
Fee for Independent Examination	300	240
Sundry expenditure	-	100
Depreciation	332	25
	<hr/>	<hr/>
Total support costs	31,974	30,437
	<hr/>	<hr/>
Total charitable expenditure	142,590	74,354

As the charity only undertakes one kind of activity, support costs have not been apportioned.

[5] Tangible Fixed Assets

	Furniture & fittings 2022	Furniture & fittings 2021
	£	£
<u>Cost</u>		
Balance brought forward	101	-
Additions during the year	1,253	101
	<hr/>	<hr/>
	1,354	101
<u>Depreciation</u>		
Balance brought forward	25	-
Charge for the year	332	25
	<hr/>	<hr/>
	357	25
	<hr/>	<hr/>
Net Book Value	997	76

[6] Debtors and prepayments

	2022	2021
	£	£
Prepayments	662	511
Other debtors	15,016	5,683
	<hr/>	<hr/>
	15,679	6,194

[7] Creditors

	2022	2021
	£	£
Amounts due within 12 months:		
Trade creditors	156	1,141
Tax and National Insurance	522	-
Accruals	648	540
Loan due within one year	25,000	-
Other creditors	2,022	66
	<hr/>	<hr/>
	28,348	1,747

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**Year to 31st August 2022**

[8] <u>Movements in Funds 2021-22</u>	Balance at 01/09/2021	Income	Expenditure	Transfers	Balance at 31/08/2022
<u>Restricted Funds:</u>					
Invisible Thread	2,560	-	(2,560)	-	-
Oh No George	8,000	99,344	(108,789)	1,444	-
Play-Along Plink & Boo	180	-	(180)	-	-
Being Me	-	18,795	(3,211)	-	15,584
<b>Total Restricted Funds:</b>	<b>10,740</b>	<b>118,139</b>	<b>(114,740)</b>	<b>1,444</b>	<b>15,584</b>
<u>Unrestricted Funds:</u>					
<u>Designated Funds:</u>					
Forgotten Landscape	2,614	4,623	(7,237)	-	-
Contingency Fund	12,000	-	-	-	12,000
Fixed asset reserve	76	-	-	921	997
<b>Total Designated Funds:</b>	<b>14,690</b>	<b>4,623</b>	<b>(7,237)</b>	<b>921</b>	<b>12,997</b>
<u>General Funds</u>	17,463	26,955	(20,613)	(2,365)	21,439
<b>Total Unrestricted Funds:</b>	<b>32,153</b>	<b>31,578</b>	<b>(27,850)</b>	<b>(1,444)</b>	<b>34,436</b>
<b>Total Funds:</b>	<b>42,893</b>	<b>149,718</b>	<b>(142,590)</b>	<b>-</b>	<b>50,020</b>

Purposes of funds

The Invisible Thread fund supports a maternal mental health project to improve wellbeing of mothers with very young children through arts and creativity.

The Oh No George Digital fund is to create an interactive digital version of the theatre show 'Oh No, George!', suitable for primary school pupils.

The Play-Along Plink & Boo fund is for a digital circus theatre adventure aimed at 2-7 year olds and their families, exploring what happens when people don't fit into boxes.

The My Place fund is to empower children, their families and educators to grow pride and awareness of the place they live, work and play through creative activity.

The Forgotten Landscape fund enables socially engaged cocreation of art work with communities in Severn Beach.

For previous year, see Note 10.

[9] Payments to trustees and related party transactions

No trustees received remuneration during the year. No trustees received expense payments during the year.

There were no other related party transactions during the year.

[10] <u>Staff costs</u>	2022 £	2021 £
Wages and salaries	55,076	9,669
Employer pension contributions	494	121
	<u>55,570</u>	<u>9,790</u>

The average number of staff employed during the year was 4.5 (2021 0.8) and the average full time equivalent number of posts was 2.1 (2021 0.4). No employee earned over £60,000 per annum during the year.

The key management personnel of the charity during the year comprised the trustees and the Artistic Director.

The total employee benefits paid to management personnel were £15,562.

# Can't Sit Still CIO

## Notes to the Accounts (continued)

### Year to 31st August 2022

[11] Previous year comparisons

#### Statement of Financial Activities 2020-21

		22/09/2020 to 31/08/2021	22/09/2020 to 31/08/2021	22/09/2020 to 31/08/2021
	Notes	Unrestricted funds £	Restricted funds £	Total funds £
<b>Income:</b>				
Donations	[2]	28,604	17,550	46,154
Charitable activities	[3]	18,210	52,878	71,087
Investments		6	-	6
<b>Total Income</b>		<b>46,820</b>	<b>70,427</b>	<b>117,247</b>
<b>Expenditure:</b>				
Charitable activities	[4]	14,667	59,687	74,354
<b>Total Expenditure</b>		<b>14,667</b>	<b>59,687</b>	<b>74,354</b>
<b>Net Income / (Expenditure)</b>		<b>32,153</b>	<b>10,740</b>	<b>42,893</b>
Transfers between funds	[8]	-	-	-
<b>Net Movement in Funds</b>		<b>32,153</b>	<b>10,740</b>	<b>42,893</b>
Total funds brought forward		-	-	-
<b>Total funds carried forward</b>		<b>32,153</b>	<b>10,740</b>	<b>42,893</b>






#### Movements in Funds 2020-21

	Balance at 22/09/2020	Income	Expenditure	Transfers	Balance at 31/08/2021
<b>Restricted Funds:</b>					
Invisible Thread	-	53,336	(50,776)	-	2,560
My Place	-	132	(132)	-	-
Oh No George Digital	-	8,000	-	-	8,000
Plink & Boo	-	80	(80)	-	-
Play-Along Plink & Boo	-	8,879	(8,699)	-	180
<b>Total Restricted Funds:</b>	-	<b>70,427</b>	<b>(59,687)</b>	-	<b>10,740</b>
<b>Unrestricted Funds:</b>					
<b>Designated Funds:</b>					
Forgotten Landscape	-	4,317	(1,703)	-	2,614
Contingency Fund	-	-	-	12,000	12,000
Fixed asset reserve	-	-	-	76	76
<b>Total Designated Funds:</b>	-	<b>4,317</b>	<b>(1,703)</b>	<b>12,076</b>	<b>14,690</b>
<b>General Funds</b>	-	<b>42,503</b>	<b>(12,964)</b>	<b>(12,076)</b>	<b>17,463</b>
<b>Total Unrestricted Funds:</b>	-	<b>46,820</b>	<b>(14,667)</b>	-	<b>32,153</b>
<b>Total Funds:</b>	-	<b>117,247</b>	<b>(74,354)</b>	-	<b>42,893</b>

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## Document history

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**CAN'T SIT STILL**

England & Wales - Charity number 1191401

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# Accounts

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**Can't Sit Still CIO**  
**Trustees Report and Financial Statements**  
**22<sup>nd</sup> September 2020 to 31<sup>st</sup> August 2021**

Charity number: 1191401

**Can't Sit Still CIO  
Trustees' Annual Report  
22<sup>nd</sup> September 2020 to 31<sup>st</sup> August 2021**

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- 2. Reference and Administrative Information
- 3. Structure, Governance and Management
- 3. Objects and Activities
- 3. Achievements and Performance
- 6. Financial Review
- 7. Statement of Responsibilities of Trustees
- 8. Independent Examiner's Report
- 9. Statement of Financial Activities
- 10. Balance Sheet
- 11. Notes to the Accounts

**Reference and Administrative Information**

Charity name: Can't Sit Still  
Charity registration number: 1191401  
Registered Office and  
Operational Address: 90 Conham Hill, Hanham, Bristol BS15 3AP

**Trustees 2020-21**

Sarah Jones  
Emily Charlotte van de Venter (resigned 9<sup>th</sup> September 2021)  
Robin Peters  
Loz Eva Samuels

# Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation, incorporated and registered as a charity on 22<sup>nd</sup> September 2020. Its governing document is the Constitution dated 22<sup>nd</sup> September 2020.

## Recruitment and Appointment of Trustees

All trustees are nominated by existing trustees, and elected by a simple majority vote at Trustees' Meetings. In selecting individuals for appointment as charity trustees, the charity trustees have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

## Objects and Activities

### Charitable Objects

The advancement of education in the arts in particular, but not exclusively theatre through the provision and creation of performances and educational projects for the public benefit.

### Public Benefit

The charity delivers public benefit using the medium of theatrical performances and workshops for the purposes of education, personal development and wellbeing, as detailed in "Achievements and Performance" below.

The Trustees are aware of the requirement of public benefit and seek to implement the Charity Commissioners' guidance on public benefit.

## Achievements and Performance

2020 will be remembered as a turning point in history: a year when a global pandemic fundamentally changed lives. In this year Can't Sit Still became a Charitable Incorporated Organisation, formally constituted on 22<sup>nd</sup> of September 2020, to make a new commitment to serving the public through the delivery of our charitable objects.

The impacts of our work include significant wellbeing improvements through taking part; increased self esteem and confidence of our participants as a result of investment in their creativity; next step development opportunities and employment for practitioners who wish to deepen their practice in coproduction and, in this most challenging of years, our work has brought hope and happiness to thousands of audience members across the globe.

We are extremely grateful for the support of funders, venues, partners and donors over a turbulent financial year where planning and delivery has been challenging. This support has, not least, given the charity relative financial stability that has allowed us space to pause, take stock and shore up our foundations. We have been:

- Honing, articulating and demonstrating our values
- Improving our internal systems
- Growing our networks
- Finding new ways to plan and deliver performances and projects that are relevant to our audiences and participants.

Throughout the financial year we have worked in and out of lockdown with mothers with very young children in Bristol and Gloucestershire, with over-stretched schools and community members in South Gloucestershire, and with families across the UK schooling children in their own homes. We have been joined by amazing artists and creative facilitators, who have worked alongside us to co-create relevant projects & opportunities which meet needs in a time of crisis and change.

### **Challenges & Opportunities 2020-21**

The charity has met the challenges of a pandemic head on and has chosen to embrace the opportunity to think & create differently: for example embracing the creativity of technology to trial new approaches to reaching and interacting with young audiences (Play-Along Plink & Boo) and world-wide audiences (Oh No, George! streamed film); scaling up our ambitions for mid-large scale touring to strengthen our financial footings (Oh No, George!); focussing on our home in South Gloucestershire contributing to cultural development on our doorstep as a trusted co-producer (Play-Along at School).

As a result, there has been a necessity for a step change in our operational model which has stretched the small team's capacity and knowledge. Moving forward we are looking forward to growing our team and strengthening relationships with investors and funders who share our values, recognise that existing systems are broken and need to change, and are willing to work with us as we forge into new and unknown territory. We know that by championing the voices, ambitions and creativity of people who are furthest away from arts and cultural opportunities we will be gaining valuable new insights which will make our work better.

### **Artistic Programme 2020-21**

**Invisible Thread:** Invisible Thread is a participation programme and professional performance that aims to have a positive impact on maternal mental health, and the wellbeing of mothers directly or indirectly affected by the Covid-19 pandemic. The programme consisted of 3 threads:

- Wellbeing Groups: each group for 12 mothers and their babies (96 people), met once-weekly for 6 weeks, led by two artist-facilitators. Participants walked through their local area, connecting with each other and the outdoor environment. Mothers were able to try a huge range of accessible activities, facilitated with quality and care, including photography, nature collages, huge scale painting, dance, aerial circus, writing, poetry, singing, crafting, comedy, performance and more.
- Performance: We offered a socially distanced, outdoor gig, performed by two musicians on front lawns, doorsteps and in back gardens. Mothers and babies were invited to share the intimate experience with friends, families, and neighbours, including those who were shielding or isolated for any reason. The performance offered mothers space to reconnect with themselves, their babies, and the people around them.
- Craft Activity: We reached out digitally and in person to encourage mothers anywhere to make simple bracelets, following video or written instruction, and requested that they give their bracelet as a gift to another mother, or send it to us to distribute and receive one in the post in return. This activity introduces simple crafting techniques available online for all and, through the choice to contribute to the project, reinforces the invisible thread of support between mothers everywhere. Each bracelet was distributed with a supportive message 'From One Mother to Another'.

We established relationships with several partners in Gloucestershire and South Bristol and worked closely with them to ensure Invisible Thread reached new mothers at an extremely stressful time and also had a safe 'next step' place anchored in their local

community where they could continue to find support and/or creative opportunities.

**Play-Along Plink & Boo:** Our interactive digital performance continued to stream via partner venues and reach families at home. The Sign Supported English, sound animation and creative captioning throughout the almost wordless show ensures that it is a theatrical experience for a wide demographic. A buoyant review in The Guardian noted *“It’s equal parts theatre, comic book and circus – a hybrid unlike any children’s show we’ve seen. Accessibility is integrated into the design... rather than being an add-on.”*

**Play-Along at School:** We tested the idea of creating a schools package to sit alongside the pre-recorded digital show; making the offer suitable for Primary Schools to use flexibly both now and into the future. The educational resources were co-designed with 2 teachers from Samuel Whites Infant School in Hanham, South Gloucestershire, where the test package was also trialed by 90 Year One children. *“[Play-Along Plink and Boo is] inspiring, interesting, engaging, fun. I would definitely recommend it to every teacher and their class.” - Naomi Mattock, Year One teacher, Samuel Whites Infant School.*

**Oh No, George!** The charity has been working towards the re-staging of the children’s book adaptation ‘Oh No, George!’, which was originally devised in 2020 and began a preview tour of small scale theatres before being shut down by Lockdown 1 in March 2020. Our venues worked with us to share a filmed version of the show during this time, extending our audience world-wide!

Thanks to the persistence of the core team, who have navigated tour booking during this time of extreme uncertainty in the arts, the show will be re-mounted in January 22, followed by a national tour to mid-large scale theatres. This tests a new business model of income generation that we hope to use in the future to subsidize the locally based, social impact work of the organisation.

### **Professional Development 2020-21**

The Artistic Director, Cat Boot, was successful in securing an individual ‘Developing Your Creative Practice’ award from Arts Council England during the financial year giving her the opportunity to increase her skills and knowledge in 3 key areas: mid-large scale directing; digital innovation in theatre practice, and approaches to leadership.

The charity hosted a mentee from Strike A Light’s young artists’ mentoring programme and was successful in our application to becoming a Kickstart Employer, enabling us to recruit a 16-24 year old on Universal Credit in the 21-22 financial year as part of the DWP Kickstart recovery scheme.

### **Consultation 2020-21**

The charity has been approached to sit on a steering board that will inform the development of a new arts venue in South Gloucestershire – the Whitfield Tabernacle. Through this work we will be able to contribute ideas to what will be a key arts venue in our local area.

### **Governance and Staffing**

Can’t Sit Still has a part-time staff team of 2 who became employed by the charity in April 2021. This small team is enriched by freelancers who join the company to deliver the funded programme of work. Over 20-21 Can’t Sit Still worked with 23 freelancers. There are 4 founding trustees of the charity who meet - at a minimum - quarterly to analyse the financial position of the charity, ensure legal compliance and assess risks and opportunities. A skills analysis undertaken during this year will inform a recruitment drive in 21-22 to increase the number and diversity of Trustees and strengthen the skill base

and influence of the charity.

### **Funding and Income Generation**

The new charity has a strategic commitment to diversifying its income streams in order to increase financial sustainability. We maintain a very high rate of successful funding applications (100% success rate in 2020-21) across public and private funds, with funding over the year being secured from Arts Council England, South Gloucestershire Council, West of England Combined Authority, NHS CCG, Quartet Community Foundation, Gloucestershire Community Foundation and The Barnwood Trust.

We have secured a small number of regular donors over the period and intend to continue to build on this through improved communications and stewardship. In addition we continue to generate earned income through generating commissions, selling tickets and delivering workshops and consultancy expertise.

## **Financial Review**

The charity has a surplus of £29,539 on unrestricted funds after allowing for designated funds earmarked for future spending. On an ongoing basis, expenditure is limited to available funds for each area of work; therefore the trustees are satisfied that the charity is a going concern, and will continue to be for the foreseeable future.

### **Reserves Policy**

The trustees have established a policy to provide for any sudden and unexpected loss of income, whereby the unrestricted funds should equal between three and six months of core running costs, which equates to around £6,000-£12,000. At the balance sheet date the free cash reserves amounted to £29,463. Of this, £12,000 has been designated as a Contingency Fund.

## Statement of Responsibilities of the Trustees

Trustees are required to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charitable company for the year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.


The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011 and the applicable Charities (Accounts and Reports) Regulations.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees confirm that to the best of their knowledge there is no information relevant to the Independent Examination of which the Examiner is unaware.

The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant financial information and that this information has been communicated to the Examiner.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 17<sup>th</sup> March 2022 and signed on their behalf by:



..... Sarah Jones, Trustee



..... Robin Peters, Trustee

# Independent examiner's report to the trustees of Can't Sit Still CIO

I report on the accounts of the Charitable Incorporated Organisation for the period ending 31<sup>st</sup> August 2021 which are set out on pages 9 to 15.

## Responsibilities and basis of report

As the trustees of the Charity, 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



24<sup>th</sup> March 2022

Rupert Taylor  
Easton Business Centre  
Felix Road  
Bristol BS5 0HE

**Can't Sit Still CIO**  
**Statement of Financial Activities**  
**(incorporating Income & Expenditure Account)**  
**22nd September 2020 to 31st August 2021**

		22/09/2020 to 31/08/2021 Unrestricted funds	22/09/2020 to 31/08/2021 Restricted funds	22/09/2020 to 31/08/2021 Total funds
	Notes	£	£	£
<b>Income:</b>				
Donations	[2]	28,604	17,550	46,154
Charitable activities	[3]	18,210	52,878	71,087
Investments		6	-	6
<b>Total Income</b>		<b>46,820</b>	<b>70,427</b>	<b>117,247</b>
<b>Expenditure:</b>				
Charitable activities	[4]	14,667	59,687	74,354
<b>Total Expenditure</b>		<b>14,667</b>	<b>59,687</b>	<b>74,354</b>
<b>Net Income / (Expenditure)</b>		<b>32,153</b>	<b>10,740</b>	<b>42,893</b>
Transfers between funds	[8]	-	-	-
<b>Net Movement in Funds</b>		<b>32,153</b>	<b>10,740</b>	<b>42,893</b>
Total funds brought forward		-	-	-
<b>Total funds carried forward</b>		<b>32,153</b>	<b>10,740</b>	<b>42,893</b>

**Can't Sit Still CIO  
Balance Sheet  
As at 31st August 2021**

Charity number: 1191401

	Notes	2021 £
<b>Fixed Assets</b>	[5]	76
<b>Current Assets</b>		
Debtors and prepayments	[6]	6,194
Cash at bank and on hand		38,369
		<hr/>
		44,563
<b>Current Liabilities</b>		
Creditors and accruals	[7]	1,747
		<hr/>
<b>Net Current Assets</b>		42,817
		<hr/>
<b>Net Assets</b>		<b>42,893</b>

**The funds of the charity:**

<b>Unrestricted funds:</b>		
General funds	[8]	17,463
Designated funds	[8]	14,690
<b>Restricted funds:</b>		10,740
		<hr/>
		<b>42,893</b>

Approved by the trustees on 17th March 2022 and signed on their behalf by:

*S. E. Jones*

.....  
Sarah Jones  
Trustee

*Robin Peters*

.....  
Robin Peters  
Trustee

# Can't Sit Still CIO

## Notes to the Accounts

### 22nd September 2020 to 31st August 2021

#### [1] Principal Accounting Policies

The principal accounting policies adopted in the preparation of the financial statements are set out below.

##### (a) Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), as amended by Update Bulletin 1 issued on 2nd February 2016, and the Charities Act 2011.

Ad Infinitum Productions CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

##### (b) Preparation of the accounts on a going concern basis

The charity's balance sheet at 31st August 2021 is in surplus, and funding has been secured for upcoming activities of the charity. No activities are planned without income to support them.

Therefore the trustees are satisfied that the charity remains a going concern on an ongoing basis.

##### (c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of activities is deferred until the criteria for income recognition have been met (see Note 7).

##### (d) Donated services and facilities

Donated professional services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity is probable and that economic benefit can be measured reliably. There were no such donations during the year in question. In accordance with the Charities SORP (FRS 102), the general volunteer time of trustees and volunteers is not recognised with any monetary value.

##### (e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

##### (f) Fund Accounting

[i] Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

[ii] Designated funds are unrestricted funds set aside by the Management Committee for particular purposes.

[iii] Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

##### (g) Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the cost against the activity for which the expenditure was incurred.

following activity headings:

[i] Costs of raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes. There were no such costs during the year in question.

[ii] Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities, and those costs of an indirect nature necessary to support them.

[iii] Other expenditure represents those items not falling into any other heading. There were no such costs during the year in question.

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**22nd September 2020 to 31st August 2021**

(h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. These include office costs, finance, personnel, payroll and governance costs which support the charity's charitable activities.

(i) Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

(j) Fixed Assets

Tangible fixed assets are written off over the expected useful life of the asset, at 25% per annum on the straight line method. Individual items costing less than £500 are not treated as fixed assets.

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

(l) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the account.

(m) Creditors

Creditors are recognised where the charitable company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

(n) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

	2021 Unrestricted £	2021 Restricted £	2021 Total £
[2] <u>Income from donations</u>			
Donation from Can't Sit Still Ltd	28,600	17,291	45,891
Other donations	4	258	263
	28,604	17,550	46,154

	2021 Unrestricted £	2021 Restricted £	2021 Total £
[3] <u>Income from charitable activities</u>			
<u>Grants:</u>			
Arts Council of England	906	15,000	15,906
West of England Combined Authority	-	8,000	8,000
South Gloucestershire Council	10,736	-	10,736
National Health Service	-	14,531	14,531
Barnwood Trust	-	2,000	2,000
Quartet Community Foundation	-	4,000	4,000
Gloucestershire Community Foundation	-	2,000	2,000
Total grants	11,642	45,531	57,173
Commissions	280	2,375	2,655
Consultancy	790	-	790
Performance fees	-	4,750	4,750
Sales	-	222	222
Theatre Tax Relief	5,498	-	5,498
Total income from charitable activities	18,210	52,878	71,087

The charity received government grants totalling £37,531 during the year. This comprised funding from the Arts Council of England, the West of England Combined Authority, South Gloucestershire Council and the National Health Service.

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**22nd September 2020 to 31st August 2021**

[4] Analysis of expenditure on charitable activities

<u>Direct costs</u>	£
Production fees	34,467
Evaluation	660
Royalties	891
Production materials	3,231
Travel, accommodation & subsistence	1,049
Marketing	2,992
Room hire	628
	<hr/>
Total direct costs	43,917
<u>Support costs</u>	
Salaries	9,669
Employer pensions	121
Fees for administration	3,293
Other fees	13,175
Training	40
Admin travel	100
Bank charges	91
Insurance	30
Post & stationery	59
Subscriptions	800
Advertising and publicity	1,176
Rent	1,124
Telephone	59
Accountancy	336
Fee for Independent Examination	240
Sundry expenditure	100
Depreciation	25
	<hr/>
Total support costs	30,437
	<hr/>
Total charitable expenditure	74,354

As the charity only undertakes one kind of activity, support costs have not been apportioned.

[5] <u>Tangible Fixed Assets</u>	Furniture & fittings 2021 £	Furniture & fittings 2020 £
<u>Cost</u>		
Balance brought forward	-	-
Additions during the year	101	-
	<hr/>	<hr/>
	101	-
<u>Depreciation</u>		
Balance brought forward	-	-
Charge for the year	25	-
	<hr/>	<hr/>
	25	-
	<hr/>	<hr/>
Net Book Value	76	-

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**22nd September 2020 to 31st August 2021**

[6] <u>Debtors and prepayments</u>	2021
	£
Trade debtors	-
Prepayments	511
Other debtors	5,683
	<hr/>
	6,194

[7] <u>Creditors</u>	2021
	£
Amounts due within 12 months:	
Trade creditors	1,141
Pension liability	66
Accruals	540
	<hr/>
	1,747

[8] <u>Movements in funds</u>	Balance at 22/09/2020	Income	Expenditure	Transfers between funds	Balance at 31/08/2021
<u>Restricted Funds:</u>					
Invisible Thread	-	53,336	(50,776)	-	2,560
My Place	-	132	(132)	-	-
Oh No George Digital	-	8,000	-	-	8,000
Plink & Boo	-	80	(80)	-	-
Play-Along Plink & Boo	-	8,879	(8,699)	-	180
	<hr/>				
Total Restricted Funds:	-	70,427	(59,687)	-	10,740
<u>Unrestricted Funds:</u>					
<u>Designated Funds:</u>					
Forgotten Landscape	-	4,317	(1,703)	-	2,614
Contingency Fund	-	-	-	12,000	12,000
Fixed asset reserve	-	-	-	76	76
	<hr/>				
Total Designated Funds:	-	4,317	(1,703)	12,076	14,690
<u>General Funds</u>	-	42,503	(12,964)	(12,076)	17,463
	<hr/>				
Total Unrestricted Funds:	-	46,820	(14,667)	-	32,153
	<hr/>				
Total Funds:	-	117,247	(74,354)	-	42,893

Purposes of funds

The Invisible Thread fund supports a maternal mental health project to improve wellbeing of mothers with very young children through arts and creativity.

The My Place fund is to develop and test methods of creative engagement in architecture and place, and champion the culture and creativity of young children and their families.

The Oh No George Digital fund is to create an interactive digital version of the theatre show 'Oh No, George!', suitable for primary school pupils.

The Plink & Boo fund is for a live circus theatre show using acrobatics, live music and mountains of toys to encourage audiences to think outside the box.

The Play-Along Plink & Boo fund is for a digital circus theatre adventure aimed at 2-7 year olds and their families, exploring what happens when people don't fit into boxes.

The Forgotten Landscape fund enables socially engaged cocreation of art work with communities in Severn Beach.

**Can't Sit Still CIO**  
**Notes to the Accounts (continued)**  
**22nd September 2020 to 31st August 2021**

[9] Payments to trustees and related party transactions

No trustees received remuneration during the year. No trustees received expense payments during the year.

There were no other related party transactions during the year, other than the transfer of the residual funds of Can't Sit Still Ltd when the CIO took over its charitable activities.

[10] <u>Staff costs</u>	2021
	£
Wages and salaries	9,669
Employer pension contributions	121
	<hr/>
	9,790

The average number of staff employed during the year was 0.8 (2020 nil) and the average full time equivalent number of posts was 0.4 (2020 nil). No employee earned over £60,000 per annum during the year. The key management personnel of the charity during the year comprised the trustees.