



# CanRehab Trust

## ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30<sup>th</sup> April 2023

Charity Number 1191483  
Company Number 12567741  
(Registered in England and Wales)

[www.canrehabtrust.org](http://www.canrehabtrust.org)

# Trustees' Report

## Introduction

This is the third year of CanRehab Trust's operation. The charitable company was formed as a charitable company limited by guarantee and registered in England and Wales on 22 April 2020. Subsequently, it was registered with the Charity Commission for England and Wales on 25 September 2020.

This report summarises the activities and governance of the organisation for the period from 22 April 2022 to 30 April 2023. The Trustees would like to thank everyone who has helped CanRehab Trust during the year, in whatever capacity – our instructors, beneficiaries, funders and volunteers.

Latest research shows that if you are born after 1960, your lifetime risk of being diagnosed with cancer is now 1 in 2. There are over 360,000 new cancer cases in the UK every year - that's nearly 1000 every day (CRUK).

Over the past decade, researchers have clearly demonstrated that being physically active can have a positive impact physically and psychologically on people who have had a cancer diagnosis. This has resulted in the implementation of exercise as a component of a cancer patient's treatment in countries such as Denmark, Germany and Holland.

Undertaking exercise **before surgery of treatment** is believed to have a number of benefits for patients, such as making the patient fit for surgery and helping tolerate treatments such as chemotherapy. For example, one review of studies showed that patients with lung cancer having undertaken an aerobic exercise programme prior to surgery, had fewer post-operative complications and shorter hospital stays.

Being physically active **during cancer treatment** can help alleviate many of the side effects of cancer treatment and help improve the physiological and psychological ability to withstand treatment toxicities. Examples of how physical activity can help include:

- Better able to manage cancer related fatigue.
- Reduced loss of cardiorespiratory fitness, muscle strength and flexibility
- Improved quality of life
- Better sleep quality and improved bone health
- Reduce other specific treatment side effects such as risk of lymphoedema, hernia, cardiotoxicity etc.

Many people live with the effects of cancer and treatment side effects long after treatment has finished. Being active **post cancer treatment** is beneficial to patients enabling them to regain physical function, aerobic capacity, strength, and flexibility and may also reduce or delay recurrence of cancer. Benefits include:

- Reduced fatigue
- Improved body image and body composition
- Improved quality of life
- Reduced joint pain in patients taking aromatase inhibitors.
- Improved urinary incontinence for patients with prostate cancer.

- Reduced risk of cancer recurrence and other long-term conditions

Advances in treatment mean that people are living longer **with advanced cancer**. It is important that they are supported to live well for as long as possible and physical activity/ exercise programmes can have an important role in supporting and improving quality of life.

Despite the evidence above, health professionals often do not have the time or confidence to encourage their patients to be active or know where to send them to get the appropriate support. Even when exercise is recommended to cancer patients, access to appropriate support can be a postcode lottery.

For these reasons, CanRehab Trust was founded by Professor Anna Campbell MBE in 2020. The charity seeks to support people who have had a cancer diagnosis to be more active and so improve their ability to self-manage and improve their quality of life. People living with and beyond a cancer diagnosis are matched with a **registered cancer exercise qualified instructor** who can provide them with either on-line or face-to-face safe and individualised support.

## CanRehab Trust's Vision

*CanRehab Trust's Vision is that all cancer patients can be 'Actively Living Well Through Cancer' and it aims to help anyone living with and beyond cancer in the UK to become or remain active.*

## CanRehab Trust's Mission Statement

*Everything that CanRehab Trust does focuses on 'Supporting people to lead active and fulfilling lives along their cancer journey.'*

## What we do:

- Provide anybody at any stage of their cancer journey with support to stay active.
- Ensure there is somebody locally/virtually who will be able to work with them to achieve their activity goals.
- Always link the person to an appropriate, qualified, quality-assured trainer
- Maintain a Register of qualified instructors for the whole of the UK.
- Continually provide CPD to instructors on the CanRehab Trust register
- Provide and subsidise exercise retreats for cancer patients and survivors.
- Support development of evidence to show the benefits of being active before, during and after cancer treatment.

## Activities and Achievements (2022-2023)

### 1. Completion of the Trust's Role in the SafeFit Clinical Trial

SafeFit is a research trial designed to support anyone in the UK with suspicion of or confirmed diagnosis of cancer. Our cancer exercise specialists provide free, remote advice, support and resources to maintain and improve physical and emotional well-being.

SafeFit is designed to:

- provide exercise advice based on individual needs that can be done safely at home.
- help individuals find different and new ways to keep active and eat healthily.
- provide emotional and behaviour change support.

This included information about preparing for and going through cancer treatment during the coronavirus (COVID-19) crisis.

SafeFit was developed in partnership with:

- Edinburgh Napier University
- CanRehab Ltd
- CanRehab Trust
- Wessex Cancer Alliance
- University Hospital Southampton NHS Foundation Trust
- Macmillan Cancer Support
- Centre for Perioperative Care (CPOC)
- National Institute for Health Research Cancer and Nutrition Collaboration
- Royal College of Anaesthetists

*"I still can't believe how lucky I am to have found out about SafeFit. I have been matched to a fantastic trainer who I 'Zoom' with 3 times a week. She is so supportive and encouraging. There is no pressure, but we are gradually working on my fitness and eating habits. This has led to a huge improvement in my sleep, my confidence and my overall wellbeing. I can't stop telling everyone I know how brilliant SafeFit is." Participant*

Through the SafeFit programme, we developed a robust process to ensure that all participants are provided with an online, tailored, evidence-based exercise programme alongside any requested nutritional advice and behavioural change support. This process has been shaped to ensure, most importantly, that all safety concerns are addressed, and all participants are matched with the most appropriate cancer exercise instructor.

### 2. Continue to provide CanRehab Trust Register

At the core of the charity is the CanRehab Trust Register, which now has over 150 specialist cancer exercise instructors. To become a member of this register, instructors must provide the following:

- A recognised and valid cancer exercise qualification
- Proof of revalidation of this qualification every 3 years
- Valid PVG/DBS certificate
- Current professional indemnity insurance

Often instructors have additional competencies which allows participants with specific needs to be accommodated. For example:

- Level 4 cardiac rehabilitation, stroke, falls prevention, mental health, diabetes qualification.
- Pilates or yoga qualification
- Relevant professional qualifications (e.g., medical doctor, nurse, physiotherapist)

Registered instructors received additional training by experts on:

- Good Clinical Practice
- Data protection
- Healthy conversations and emotional support
- Healthy eating
- Behaviour change support to be active in the long term.

### 3. Develop the Matching Process

All participants are contacted by a clinical exercise specialist to whom they provide a full medical history, current cancer status and also information on co-morbidities, current medication, and physical activity preferences. Any safety concerns are taken to the Clinical Advisory Group before a decision is made about working with this participant. The criteria and process above ensure that participants are safe to exercise and are matched with the most appropriate instructor and that any specific or wider needs can be safely met.

From April 2022 to Dec 2022, 39 final participants were referred to an instructor, with 38 participants undergoing (there was 1 withdrawal prior to starting). The trial reached its recruitment target by the end of December 2022. There were no referrals to instructors in 2023, however, those who were match had still to complete their 23 sessions over the following 6 months in 2023.

### 4. Develop the Infrastructure

CanRehab Trust established systems and procedures to manage the register of instructors and operate effectively and efficiently. A website was created together with an instructor registration system and database. Dr Anna Campbell held fortnightly virtual meetings with the CanRehab Trust instructors to encourage a 'Community of Practice' in which experiences are shared and best practice could be further developed.

The database of participants on the SafeFit programme has been maintained by the University of Southampton NHS Hospitals Trust, which also carried out the clinical screening of participants.

### 5. Increase Supporters, Volunteers and Fundraising

Our instructors are also great supporters and volunteers of CanRehab Trust. They gave up some of their free time to attend our virtual meetings to discuss the SafeFit programme and some instructors continue to undertake fundraising activities to raise funds for future cancer patients.

To date, CanRehab Trust's activity has been made possible through the time and dedication of trustees, with hundreds of hours spent on the administration and governance of the Charity and the SafeFit programme during

2022/23. The Charity had no donated funds on set up and has relied on a small administration fee from each exercise session to cover overheads and staff salaried.

## Plans for the future

During these first three years of operation (2020 - 2023), the capacity of CanRehab Trust has been fully utilised in delivering the SafeFit Programme. The evidenced-based clinical trial required more than 1100 participants to have completed the programme for valid scientific conclusions to be drawn and reported. In this past year 2022 - 2023, we have concentrated on recruiting and matching the final participants to the SafeFit Trial. Thirty nine participants were referred to an instructor, with 38 participants undergoing at least 1 session with their instructor (there was 1 withdrawal prior to starting).

We are confident, based on the results so far, that the programme has made a huge difference to participants, not only in terms of their physical and mental wellbeing, but also to improved outcomes of their cancer treatment. Current initial results suggest that this programme is reaching participants who would not normally access exercise offers i.e. those in geographically challenged areas, those of lower demographic status and those with advanced cancer or with complex comorbidities.

"I just want to say that being involved in the SafeFit sessions has literally changed my life. So far, I have lost 10lb by exercising and healthy eating. My fitness level has changed massively, and I am now much stronger in my body, and I can now do much more, including bending and stretching safely. I had frequent falls which has now improved greatly, and my balance is more stable. I feel much better in myself both physically and mentally and it has helped me get into a routine of regular exercise and I am more confident in myself. My trainer has been fantastic and very caring and nonjudgemental and has helped me increase my fitness level slowly and safely. I am so grateful I have had the opportunity to be involved in this trial and hope it will be rolled out to all cancer patients" Participant

At the end of the SafeFit clinical trial in December 2023, the Trustees intend to work on fundraising activities to raise much needed funds to continue to provide similar exercise programmes for cancer patients. We will design and cost a number of different options for support to anyone living with and beyond a cancer diagnosis e.g. 20 sessions over 6 months costing £600 or a single consultation and motivational interview for £80.

In 2024, we will organise co-ordinated fundraising across the UK for all instructors to promote and get involved in. We also hope that current and previous participants in the SafeFit programme, and their families, will become future supporters and volunteers of the charity.

To establish a firm foundation for the future, the trustees will develop a business plan and a 'case for support,' to submit information to prospective funders about the Charity and its plans. The Charity needs to build a level of unrestricted reserves to provide working capital for the day to day running of the organisation. For the organisation to thrive and grow, we need to recruit permanent employees to manage the Charity, to fundraise for the future and to run the services, most of which has been carried out by trustees and volunteers to date.

As the SafeFit programme draws to a close, in 2024 we will be engaging in more of the following fundraising activities:

- Developing fundraising information and applying for funding from individuals, trusts, companies and philanthropists.

- Producing material for people to leave a legacy to CanRehab Trust.
- Applying for grants from trusts and foundations
- Approaching oncology departments, healthcare commissioners and hospital charities for funding for patients.
- Organising fundraising events and challenges.

We will also continue to develop our register of instructors by promoting the register through training agencies, fitness services and leisure media. We will provide ongoing training for instructors and opportunities to develop through knowledge and skills sharing.

Access to future exercise programmes for those living with and beyond cancer will be advertised on the Charity's website and we will also publicise the CanRehab Trust's services to health professionals, to cancer charities and healthcare service providers.

## Financial Review

Income for the year ended 30<sup>th</sup> April 2023 totalled £51,666. Expenditure for the year ended 30<sup>th</sup> April 2023 amounted to £39,828. The Statement of Financial Activities on page shows the surplus for the year of £11,838.

The balance sheet on page shows reserves on 30<sup>th</sup> April 2023 of £34,965 of which £34,225 were unrestricted and £740 in the restricted fund for nominated patients.

## Reserves

### Reserves policy

The Charity has general reserves. The Trustees have reviewed the financial position of the Charity and believe that there are adequate resources to continue in operation for the foreseeable future, and for at least 12 months from the date of signing of the accounts. Trustees believe the level of free reserves (that is those funds not tied up in fixed assets, designated and restricted funds) needs to be greater, to provide a foundation for future growth and working capital of the Charity. This should be sufficient to recruit a small team of permanent employees. Our plan is to recruit a small team of five employees in the coming few years. The Trustees consider that free reserves of between £50,000 and £100,000 needs to be built up.

These Accounts have consequently been prepared on a going concern basis.

### Unrestricted funds

On 30<sup>th</sup> April 2023 the general reserves were £34,225. The trustees are satisfied that there is a sufficient level of free reserves to continue for the next twelve months to fund day to day costs. The reserves policy is reviewed on an annual basis.

### Restricted funds

The Nominated Patients Fund hold donations which have been made for the benefit of nominated patients. In the year to 30 April 2023 £800 was donated for the benefit of nominated patients and as at 30 April 2023 £740 remained in the fund.

## Risk Management

The Charity maintains a risk register which is brought to Trustees for review periodically, with key risks highlighted at meetings of the Board of Trustees. Risk assessment is an ongoing process, embedded in the day-to-day operations of the Charity. A risk assessment is undertaken for each participant enrolled in the SafeFit programme and any other participant receiving any personal training sessions with our instructors would have a risk assessment undertaken prior to the start of their programme.

The trustees review possible risks when a new project or activity is considered.

Principal risks and uncertainties, and mitigations against these are as follows:

1. The highest risk is the risk of harm being caused, or being perceived to have been caused, to a participant as a result of any activity suggested by an instructor. This risk is mitigated by high quality, specialist training in Cancer Rehabilitation given to all our instructors, and the ongoing professional development and revalidation requirements for instructors to remain on the CanRehab Trust register of instructors. Additionally, our instructors and the Charity have comprehensive professional indemnity insurance cover for all services provided.
2. There is a risk that the Charity may not generate sufficient income to cover future services beyond SafeFit, to provide the same level of participation. This will result in individuals having to wait longer to receive our services, which we want to be free for all those are living with and beyond cancer, who wish to receive our support. The Charity has no employees and is currently reliant on the capacity of trustees to submit funding.
3. proposals, each of whom has other full-time employment. We are now focusing on fundraising to mitigate this risk.

### **Board of Trustees.**

1. Anna Campbell
2. Lachlan Gillies
3. Stuart Rowa-Dewar
4. Rebecca Robinson
5. Jo Taylor

### **Registered office**

McCallum & Co LLP  
Accountants & Tax Advisors  
Beaconsfield  
Beacon Edge  
PENRITH  
Cumbria  
CA11 7SF5



## Bankers

Barclays Bank Plc  
Leicester

LE87 2BB

**Company number: 12567741**

(registered in England and Wales)

**Registered Charity number: 1191483 (England and Wales)**

Website: <https://www.canrehabtrust.org/>

## Charitable objects

The Charity's objects are:

For the public benefit to address the needs and rehabilitation of those living with and beyond cancer through physical activity, sport and exercise, through:

1. Establishing and maintaining a register of cancer specialist personal trainers qualified in providing safe tailored effective exercise programmes for people living with and beyond a cancer diagnosis.
2. The provision of individual physical activity programmes, one to one support, guidance, retreats and education.
3. Educating the public about the benefits of exercise for cancer survival and wellbeing to anyone affected by cancer, family and friends of those with cancer, and medical staff treating cancer patients.

Any other activities in furtherance of the objects.

## Trustees' appointment

The Board of Trustees consists of three trustees, who are the Directors of the charitable company. The Articles of Association allow for not less than three trustees but there is no maximum number.

A Governance handbook is provided to Trustees on appointment. This includes guidance on trustees' responsibilities and key policies. Members of the Board have individual areas of expertise and share information on relevant changes in legislation affecting the charity and best practice.

## Members

The trustees (who are the directors of the company) may establish classes of membership with different rights and obligations. The trustees have not established any different classes of membership. The trustees are also the members of the charitable company.

There must be an annual general meeting (AGM) of the members of the charitable company. The first AGM must be held within 18 months of the registration of the company, and subsequent AGMs must be held at intervals of not

more than 15 months. The AGM must receive the annual statement of accounts (duly audited or examined where applicable) and the trustees' annual report.

### Public Benefit Statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

The Trustees ensure that these purposes are carried out for the public benefit by enabling anyone who has had a diagnosis of cancer at any time to receive services, subject to funding being available. The beneficial outcomes from receiving the services help improve the recovery of patients and therefore, enable individuals to return to employment and lead fulfilling lives. All Trustees give their time voluntarily and receive no benefit from the charity in relation to their role as Trustees. No trustee claimed any expenses during the period.

### Charity Governance Code

The Board of Trustees considers the Charity to have sound governance arrangements in place.

The Trustees will use the Charity Governance Code as a helpful tool to self-assess Board performance over the coming year.

### Data Protection and Information Governance

CanRehab Trust is committed to ensuring compliance with privacy legislation, working to safeguard our supporters' information and respecting their preferences. The personal information obtained is held, used, transferred and processed in accordance with the Data Protection Act 2018 and all other applicable data protection laws and regulations including, but not limited to, the EU General Data Protection Regulation (2016/679) and the Privacy and Electronic Communication Regulations 2003.

### Fundraising Governance

The Charity's Trustees are aware of their obligations under the Charity Commission guidance on Charity Fundraising (CC20).

The Charity received no complaints during the year. The trustees will respond appropriately to all issues raised.

The Charity takes seriously the protection of vulnerable people and other members of the public from inappropriate fundraising behaviour. In order to protect against unreasonable intrusion, persistence and undue pressure to give, the Charity ensures communications to supporters are relevant to their targeted audience and there is a clear opportunity for supporters to opt out of receiving communications.

## Statement of Trustees' Responsibilities

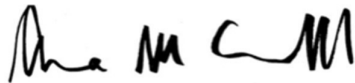
The charity trustees are responsible for preparing a trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- Select suitable accounting policies and apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- 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 that disclose with reasonable accuracy at any time the financial position of the charity. They 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.

Approved by the Trustees on 19th September 2022 and  
signed on their behalf by:



Professor Anna M Campbell MBE

Chair of the Board of Trustees

# Independent Examiner's Report

Report to the members of CanRehab Trust on the Accounts for the period ended 30 April 2023

Charity Number 1191483

## Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Charity") for the year ended 30 April 2023.

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

## Independent examiner's statement

I have completed my examination. I confirm that no 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 Company as required by Section 386 of the 2006 Act;  
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
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.

C R Hargreaves, FFA, FTA

McCallum & Co LLP  
Beaconsfield  
Beacon Edge  
Penrith  
Cumbria  
CA11 7SF

26 January 2024

## Statement of Financial Activities for the year ended 30 April 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Totals £	Unrestricted Funds £	Restricted Funds £	2022 Totals £
Income							
Donations, Grants & Legacies		1,286	800	2,086	914	-	914
Charitable Activities		49,580	-	49,580	227,680	-	227,680
Total Income		50,866	800	51,666	228,594	-	228,594
<b>Expenditure</b>							
Charitable Activities	2	(39,768)	(60)	(39,828)	(208,856)	-	(208,856)
Total Expenditure		(39,768)	(60)	(39,828)	(208,856)	-	(208,856)
Net (expenditure)/income		11,098	740	11,838	19,738	-	19,738
Transfers		-	-	-	-	-	-
Other recognised Gains		-	-	-	-	-	-
Net Movement in Funds		11,098	740	11,838	19,738	-	19,738
Fund balances carried forward at the financial year end		30,836	740	31,576	19,738	-	19,738

Notes 1 to 9 form part of the financial statements.

All income relates to continuing activities.

There is no material difference between the net income of the period and the historical cost equivalents.

All gains and losses recognised in the period are included in the Statement of Financial Activities.

## Balance Sheet as of 30 April 2023

Charity Number 1191483

Company Number 12567741

(Registered in England and Wales)

	Notes	Unrestricted Fund £	Restricted Fund £	30 Apr 23 Total Funds £	30 Apr 22 Total Funds £
<b>Fixed Assets</b>					
Tangible Assets		-	-	-	-
<b>Current Assets</b>					
Debtors and prepayments	3	1,489	-	1,489	857
Cash at Bank		37,501	740	38,241	71,495
Total Current Assets		38,990	740	39,730	72,352
<b>Creditors</b>					
Creditors: Amounts falling due within one year	4	(4,765)	-	(4,765)	(49,224)
Net Current Assets		34,225	740	34,965	23,128
Total Assets less Current Liabilities		34,225	740	34,965	23,128
Creditors: amounts falling due after more than one year		-	-	-	-
Total Net Assets		34,225	740	34,965	23,128
<b>The Funds of the Charity</b>					
Unrestricted	5			34,225	23,128
Restricted				740	-
				34,965	23,128

The Charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2023 in accordance with Section 476 of the Companies Act 2006

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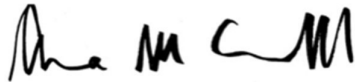


The trustees acknowledge their responsibilities for:

- a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies' regime.

Approved by the Board of Trustees on 26 January 2024 and signed on its behalf by Prof Anna Campbell MBE

A handwritten signature in black ink, appearing to read 'Anna M Campbell', with a stylized, cursive script.

A M Campbell, MBE  
Chair

## Notes to the Accounts

### 1. Accounting policies

#### 1.1 Nature of reporting entity

CanRehab Trust is a charitable company limited by guarantee in England and Wales (company number 12567741) and registered with the Charities Commission in England and Wales (charity number 1191483). The activities of the charity are governed by the Articles of Association.

In the event of winding up the company, each member undertakes to contribute, up to a maximum of £10.

#### 1.2 Basis of preparation of accounts

The financial statements are prepared under the historical cost convention and in accordance with the Charities Act 2011, the 'Accounting and Reporting by Charities: Statement of Recommended Practice 2015' ('Charities SORP') published in July 2014, applicable accounting and reporting standards in the United Kingdom, including Financial Reporting Standard 102.

The charity meets the definition of a public benefit entity under FRS 102.

The accounts have been presented in pounds sterling.

#### 1.3 Going concern

As noted in the Financial Review on page, the Trustees consider the Charity to be a going concern, that there are no material uncertainties around its status as a going concern, and these Accounts have been prepared on that basis.

#### 1.4 Incoming resources

All incoming resources are recognised once the Charity has entitlement to the resources, they can be reliably measured and receipt is probable.

##### A. Donations, grants and legacies

This includes incoming resources generated from gifts, donations, grants, legacies, gifts in kind, intangible income and donated services and facilities:

- Donations are accounted for when receivable, measurable, entitled and there is probability of receipt.
  - Grants are accounted for when receivable, measurable, entitled and there is probability of receipt.
  - Legacies are recognised once there is sufficient evidence that receipt is probable, and the amount of the legacy can be measured reliably. Where entitlement to a legacy exists but there is uncertainty as to its receipt or the amount receivable, details are disclosed as a contingent asset until the criteria for income recognition are met.
- B. Interest receivable is accounted for as it is received.

##### C. Other incoming resources

These are incoming resources generated by the Charity which will be used to undertake its charitable activities. Income is recognised when the Charity has entitlement to the income, it is probable that it will be received, and the amount can be reliably measured.

### 1.5 Expenditure

Liabilities are recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category.

#### D. Raising funds

The costs of raising funds are the costs associated with generating income for the funds held on trust. This will include certain legal fees, consultancy and other direct costs. The costs of raising funds will include an apportionment of overhead, support and governance costs.

#### E. Charitable activities

Cost of charitable activities comprises all costs incurred in the pursuit of the charitable objects of the Charity. These costs, where not wholly attributable, are apportioned between categories of charitable expenditure. The total costs of each category of charitable expenditure therefore include an apportionment of overhead, support and governance costs. The analysis of overhead and support costs and the bases of apportionment are set out at note 3 to the Accounts.

#### F. Allocation of overhead and support costs:

Support costs are all allocated to charitable activities during the period as there was no fundraising activity undertaken in the period.

#### G. Irrecoverable VAT:

Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

### 1.6 Structure of funds

#### H. Restricted income funds:

Restricted funds are funds subject to specific restrictions imposed by the donor.

#### I. Unrestricted income funds:

Unrestricted funds are available for application at the discretion of the Trustees in furtherance of the charitable objects of the Charity. The Trustees may earmark an element of the unrestricted funds separately for a particular project and these are identified as designated funds. This designation does not legally restrict the Trustees' discretion to apply the fund.

### 1.7 Realised gains and losses.

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and opening carrying value (or date of purchase if later).

### 1.8 Financial instruments disclosure

#### a. Cash and cash equivalents

Cash at bank and in hand is held to meet the day to day running costs of the Charity as they fall due. Cash equivalents are short term deposits with a maturity date of three months or less. b. Debtors and creditors

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price.

Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payments discounted at a market rate of interest.

#### 1.9 Critical accounting estimates and areas of judgement

In the application of the charitable accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the Accounts nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

## 2. Expenditure.

	Unrestricted £	Restricted £	Total Funds 30 April 2023 £	Total Funds 30 April 2022 £
Direct Costs:				
Personal Trainer Fees	25,920	60	25,980	176,384
Clinical Screening	-	-	-	30,000
	<u>25,920</u>	<u>60</u>	<u>25,980</u>	<u>206,384</u>
Support Costs:				
Database Administration			-	685
IT Software & Consumables			438	401
Support Costs			4,110	2,736
			<u>4,548</u>	<u>3,822</u>
Staff Costs				
Salaries			9,300	1,350
Social Security			-	-
			<u>9,300</u>	<u>1,350</u>

### Trustees' Remuneration and Benefits.

There were no Trustee's remuneration or other benefits for the year ended 30 April 2023 nor for the year ended 30 April 2022.

### Trustees expenses

There were no trustees' expenses paid for the year ended 30 April 2023 nor for the year 30 April 2022.

3. Debtors: Amounts falling due within one year

	Total Funds 30 April 2023 £	Total Funds 30 April 2022 £
Trade Debtors	780	-
Prepayments and Accrued Income	709	857
	<u>1,489</u>	<u>857</u>

4. Creditors: Amounts falling due within one year

	Total Funds 30 April 2023 £	Total Funds 30 April 2022 £
Payments on Account	-	30,000
Trade Creditors	73	19,225
Social Security and other Taxes	315	-
Net Wages Liability	2,379	-
Accrued Expenses	1,998	-
	<u>4,377</u>	<u>49,225</u>

5. Movement in Funds

	At 01 May 2022 £	Net Movement in Funds £	At 30 April 2023 £
<b>Unrestricted Funds</b>			
General Fund	23,127	11,098	34,225
<b>Restricted Funds</b>			
Nominated Patients Fund	-	740	740
	<u>23,127</u>	<u>11,838</u>	<u>34,965</u>

Net movement in funds, included in the above are as follows:

	Incoming Resources £	Resources Expended £	Movement in Funds £
<b>Unrestricted Funds</b>			
General Fund	50,866	(39,768)	11,098
<b>Restricted Funds</b>			
Nominated Patients Fund	800	(60)	740
	<u>51,666</u>	<u>(39,828)</u>	<u>11,838</u>

**Comparatives for movements in Funds**

	At 01 May 2021 £	Net Movement in Funds £	At 30 April 2022 £
<b>Unrestricted Funds</b>			
General Fund	3,390	19,737	23,127
	<u>3,390</u>	<u>19,737</u>	<u>23,127</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming Resources £	Resources Expended £	Movement in Funds £
<b>Unrestricted Funds</b>			
General Fund	228,593	(208,856)	19,737
	<u>228,593</u>	<u>(208,856)</u>	<u>19,737</u>

...Continued

A current year 12 months and prior year 12 months combined position is as follows

	At 01 May 2021 £	Net Movement in Funds £	At 30 April 2023 £
<b>Unrestricted Funds</b>			
General Fund	3,390	30,835	34,225
<b>Restricted Funds</b>			
Nominated Patients Fund	-	740	740
	<u>3,390</u>	<u>31,575</u>	<u>34,965</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming Resources £	Resources Expended £	Movement in Funds £
<b>Unrestricted Funds</b>			
General Fund	279,459	(248,624)	30,835
<b>Restricted Funds</b>			
Nominated Patients Fund	800	(60)	740
	<u>280,259</u>	<u>(248,684)</u>	<u>31,575</u>

## 6. Commitments, liabilities and provisions

### Contingent liability

The charity does not have any other commitments, liabilities or provisions requiring disclosure other than those included in the financial statements.

## 7. Related party transactions

A donation of £50.00 (2021: £10) was received from Dr Anna Campbell, a trustee, during the financial year.

There were no transactions with other entities in which Trustees of the Charity hold positions of authority or have any ownership.



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