



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From Nov 21 Period start date To Apr 23 Period end date

Charity name: The Fitness Support Network

Charity registration number: 1196342

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY THE PROVISION OF FREE ACCESS TO GYMS AND FITNESS CLASSES FOR CANCER PATIENTS AGED 18 AND OVER IN ENGLAND PAID FOR BY THE CHARITY
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The charity receives applications and sets up and pays for gym memberships for patients if their application is successful.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to the guidance

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The charity has successfully placed 30 cancer patients into a local gym or sports facility in their area to aid their mental and physical health whilst going through cancer treatment.</p> <p>The charity has had media coverage which has spread the information about the positive impact of physical activity on cancer patients which also raised donations.</p> <p>The charity had a successful opening campaign which involved cancer patients coming together to tell their fitness stories. It brought in some revenue from the sale of goods which went towards gym memberships for applicants.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity had an income of £19053 based mostly on public donations and activities with spending of £17663 with the majority spent gym memberships for beneficiaries. At the end of the year the charity had a cash balance of £1390 at the bank.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We do not have a cash reserves policy as The Fitness Support Network utilises a model that has little to no impact on cash reserves and relies on future fundraising activities and public donations to keep funding the applicants gym memberships.
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	The charity does not have any overheads or staff to pay.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concern

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public donations and volunteers hosting events
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees selection methods are informal meetings with candidates to observe suitability. Trustees can be appointed by existing trustees: Thomas Roach, Karen Callaghan, Timothy Hambridge and the charity founder Danielle Hambridge.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	This has not been necessary to date.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Fitness Support Network
Other name the charity uses	
Registered charity number	1196342
Charity's principal address	13 Leybourne Dell Benenden TN17 4EA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Thomas Roach			The Fitness Support Network board of trustees
2	Karen Callaghan			The Fitness Support Network board of trustees
3	Timothy Hambridge			The Fitness Support Network board of trustees
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	The charity does not have assets held in this capacity
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Thambridge</i>	
Full name(s)	Timothy Hambridge	
Position (eg Secretary, Chair, etc)	Chair	
Date	21/04/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Fitness Support Network

No (if any)
1196342

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	Nov-21		Apr-23

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Justgiving donations	12,715	-	-	12,715	-
Local Giving Gift Donation	500	-	-	500	-
Charities Trust donation	328	-	-	328	-
Refunds to charity	584	-	-	584	-
Rye College Gift	449	-	-	449	-
GB Hastings K LTD Gift	1,600	-	-	1,600	-
Go Fund Me donation	2,030	-	-	2,030	-
Other donations	470	-	-	470	-
Donations through activities	376	-	-	376	-
Sub total (Gross income for AR)	19,052	-	-	19,052	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	19,052	-	-	19,052	-
A3 Payments					
Beneficiary gym memberships	14,928	-	-	14,928	-
Website	454	-	-	454	-
Fundraising regulator	100	-	-	100	-
Suppliers	559	-	-	559	-
Office equipment	678	-	-	678	-
Printing services /stationary	329	-	-	329	-
Computer protection software McAfee	90	-	-	90	-
Website maintenance	459	-	-	459	-
Charity Event	66	-	-	66	-
Sub total	17,663	-	-	17,663	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	17,663	-	-	17,663	-
Net of receipts/(payments)	1,389	-	-	1,389	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	1,389	-	-	1,389	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	cash at bank	1,389	-	-
		-	-	-
		-	-	-
	Total cash funds	1,389	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Thambridge</i>	Timothy Hambridge	22/04/2024	