

Trustees' Annual Report for the period 31st July 2022 -30<sup>th</sup> July 2023

Charity Name T.E.A.MS Registration number 1196693

Trustee names: Jacalyne Cebreiro, Bilinda Busch, Lynne Lawrence

Registered Address 1 Farm Close, Hutton, Brentwood, Essex CM13 2PN

T.E.A.MS meets weekly on Thursdays at Eagle Hall, Warley, Essex.

Six paid staff provide exercise, massage and foot care.

T.E.A.MS is open to those with MS but also supports other neurological conditions and their partners and carers.

Exercise tuition takes precedence alongside muscle relaxation techniques. Social interaction is also important to the charity and various events have taken place this year in order to encourage friendships and promote awareness of the work we do. An annual BBQ event and social days throughout the year have raised funds and our profile.

T.E.A.MS has grown in members this year and we anticipate this will continue. Members continue to learn exercise techniques and uptake in exercise classes and massage is high.

Our end of year financial statement stands at £45,633 providing stability for the next year. We will continue to promote T.E.A.MS and increase our service to more people in the Essex area.

# TEAMS INCOME AND EXPENDITURE

31st July 2022 to 30th July 2023

## INCOME

Balance brought forward from 30th July 2022	£40,860.00
Donations	£2,996.00
Grants	£3,960.00
Fundraising	£10,001.00
Thursday exercise classes & therapies	£16,600.00
Thursday cash sales from refreshments	£3,833.00
HMRC Gift Aid	£1,217.00
Member Subscriptions	£160.00
<b>Total Income</b>	<b>£79,627.00</b>

## EXPENDITURE

Hire of premises	£5,353.00
Public Liability Insurance	£229.00
Equipment and supplies	£698.00
Salaries	£22,360.00
TEAMS Members Event (deposit)	£553.00
Miscellaneous	£2,785.00
Donations/Gifts	£2,016.00
<b>Total Expenditure</b>	<b>£33,994.00</b>

**NET INCOME / (EXPENDITURE)**

**TOTAL FUNDS C/F TO 30TH JULY 2023**

**£45,633.00**

See notes

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# Notes on Income and Expenditure 31st July 2022 to 30th July 2023

## INCOME

### 1 No large donations throughout the year

### 2 Grants:

Active Essex	£3,960.00
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### 3 Fundraising:

BBQs (2 in Sep 22 & July 23)	£3,067.00
Barleylands Walks	£318.00
Canoe Challenge	£1,678.00
Peak District hike	£3,500.00
Spring Fair	£733.00
Golf day	£705.00

## EXPENDITURE

### 4 Larger items include:

- Platform (assistance for massage bed)
- 4 exercise steps
- Various small exercise equipment

### 5 Miscellaneous items include:

- BBQ expenses
- Stationery
- Massage supplies (oils, bed rolls etc)
- Tablecloths
- TEAMS t shirts
- Annual website fees
- TEAMS Xmas lunch deposit 2023
- Thursday refreshment supplies
- Fundraising expenses
- Advertising

### 6 Donations/Gifts:

- Gift for Paramedics for training day
- Contribution towards air conditioning installation in Scouts Hall

### 7 Tangible Fixed Assets

- Equipment cost

£414.00  
£79.96  
£90.12

£1,071.00  
£47.00  
£242.00  
£132.00  
£386.00  
£163.00  
£100.00  
£266.00  
£329.00  
£48.00

£16.00

£2,000.00

## T.E.A.MS

### BALANCE SHEET AS AT 30TH JUL

£

#### NON CURRENT ASSETS

Equipment	<u>£0.00</u>
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Total non current assets

#### CURRENT ASSETS

Cash at bank and in hand	<u>£45,633.00</u>
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Total current assets

#### CURRENT LIABILITIES

	<u>£0.00</u>
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Total liabilities

#### NET ASSETS

**TOTAL ASSESTS LESS CURRENT LIABILITIES**

LY 2023

£	Notes
	7
£ 45,633.00	
£ -	
<u>£45,633.00</u>	
£45,633.00	

## **T.E.A.MS CASH FLOW STATEMENT**

**31ST JULY 2022 TO 30TH JULY 2023**

**£**

Cash received :

Donations	<b>£2,996.00</b>
Grants	<b>£3,960.00</b>
Fundraising	<b>£10,001.00</b>
Exercise classes and therapies	<b>£16,600.00</b>
Refreshment sales	<b>£3,833.00</b>
HMRC Gift Aid	<b>£1,217.00</b>
Member Subscriptions	<b>£160.00</b>

Cash paid to self employed sports & massage therapists	<b>£22,360.00</b>
Premises Hires	<b>£5,353.00</b>
Insurance (Public Liability)	<b>£229.00</b>
Purchase of equipment	<b>£698.00</b>
Event for TEAMS (deposit only)	<b>£553.00</b>
Miscellaneous receipts	<b>£2,785.00</b>
Donations/Gifts	<b>£2,016.00</b>

Net Cash used by operating activities	<b>£33,994.00</b>
Net cash from Operating Activities	<b>£38,767.00</b>

Change in cash from Operating Activities	<b>£4,773.00</b>
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Cash as at 31st July 2022	<b>£40,860.00</b>
Cash as at 30th July 2023	<b>£45,633.00</b>





Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
T.E.A.MS

On accounts for the year  
ended

30.7.2023

Charity no  
(if any)

1196693

Set out on pages

Attached

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD30/07/2023YY.

Responsibilities and  
basis of report

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

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

Independent  
examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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

Signed:

Date:

19.11.2023

Name:

Gemma Woodhurst

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

ACCA

Address:

117 Ingrebourne Gardens, Upminster, Essex, RM14 1BJ

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

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