

Trustees' Annual Report for the period 31st July 2023 -30th July 2024

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.

Nine 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 £47,156 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 2023 to 30th July 2024

See notes

INCOME

Balance brought forward from 30th July 2023	£45,633.00	
Interest on NatWest Savings Account (March-June)	£330.00	
Donations	£2,970.00	1
Grants	£0.00	
Fundraising	£9,441.00	2
Thursday exercise classes & therapies	£18,344.00	
Thursday cash sales from refreshments	£3,880.00	
HMRC Gift Aid	£493.00	
Member Subscriptions	£1,603.00	
Total Income	£82,694.00	

EXPENDITURE

Hire of premises	£6,602.00	
Public Liability Insurance	£269.00	
Equipment and supplies	£634.00	3
Salaries	£25,655.00	
Miscellaneous	£2,378.00	4
Total Expenditure	£35,538.00	

NET INCOME / (EXPENDITURE)

TOTAL FUNDS C/F AT 30TH JULY 2024 **£47,156.00**

Bank 1

Description Paid In(£) Withdrawn(£) Balance(£) 16 JUL 2024 BROUGHT FORWARD **25,330.07** 31

Bank 2

26.7.24 Card Transaction 4282 26JUL24 AMAZON.CO.U K*VJ8OE72Z5 AMAZON.CO.UK GB 2!

31.7.24 UL OnLine Transaction HALL HALL INV Aug 24 VIA MOBILE - LVP FP 31/07/24 10 260!

check bank

21826.24

25330

47156.24

47156.24

1 JUL Interest 31JUL GRS 65862317 90.17 25,420.24

5.00 **21,836.24**

92129885326000N 534.28 **21,301.96**

Notes on Income and Expenditure 31st July 2023 to 30th July 2024

INCOME

		check
1 Donations:		
Charities Trust (total)	£1,020.00	
Masonic Lodges	£340.00	
Xmas donations	£405.00	
Member Donations	£1,205.00	
		2,970.00
2 Fundraising:		
BBQs (2 July 23 & July 24)	£5,112.00	
Easter Fayre	£440.00	
Barleylands Funwalk	£432.00	
Xmas Fayre	£1,129.00	
Auction sales	£636.00	
Raffle/ Social Event	£1,692.00	9,441.00

EXPENDITURE

		check
3 Larger items include:		
Massage bed & cover	£122.00	
Privacy screens (massage)	£335.00	
Desk	£75.00	
Folding tables (3)	£102.00	634.00
4 Miscellaneous items include:		
Fundraising expenses	£1,296.00	
Stationery	£100.00	
Advertising	£223.00	
Gifts	£197.00	
Thursday refreshment supplies	£444.00	
TEAMS Xmas lunch deposit 2024	£100.00	
Annual Charities Trust membership	£18.00	2,378.00

T.E.A.MS

BALANCE SHEET AS AT 30TH JULY 2024

	£	£
NON CURRENT ASSETS		
Equipment	<u>£0.00</u>	
Total non current assets		
CURRENT ASSETS		
Savings account	£25,000.00	
Interest March - June	£330.00	
Cash at bank and in hand	<u>£21,836.00</u>	
Total current assets		£47,166.00
CURRENT LIABILITIES	<u>£0.00</u>	
Total liabilities		£ -
NET ASSETS		<u>£ 47,166.00</u>
TOTAL ASSESTS LESS CURRENT LIABILITIES		£ 47,166.00

T.E.A.MS CASH FLOW STATEMENT

31ST JULY 2023 TO 30TH JULY 2024

£

Cash received :	
Donations	£2,970.00
Grants	
Fundraising	£9,441.00
Exercise classes and therapies	£18,344.00
Refreshment sales	£3,880.00
HMRC Gift Aid	£493.00
Member Subscriptions	£1,603.00
Interest on Savings Account (March - June)	£330.00
Cash paid to self employed sports & massage therapists	£25,655.00
Premises Hires	£6,602.00
Insurance (Public Liability)	£269.00
Purchase of equipment	£634.00
Miscellaneous receipts	£2,378.00
Net Cash used by Operating Activities	£35,538.00
Net cash from Operating Activities	£37,061.00
Change in cash from Operating Activities	£1,523.00
Cash as at 31st July 2023	£45,633.00
Cash as at 30th July 2024	£47,156.00



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

T.E.A.MS

Report to the trustees/ members of

30.6.2024

On accounts for the year ended

1196693

Charity no (if any)

Attached

Set out on pages

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/06/2024**.

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:

20.10.24

Date:

Gemma Woodhurst

Name:

ACCA, MAAT

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

IER

117 Ingrebourne Gardens

Upminster Essex RM14 1BJ

Section B

Disclosure

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.