

Trustees' Annual Report for the period 31st July 2024 -30<sup>th</sup> July 2025

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 £78,632.00 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 2024 to 30th July 2025

See notes

### INCOME

Balance brought forward from 30th July 2024	£47,166.00	
Interest on NatWest Savings Account (July - June)	£1,027.00	
Donations	£6,847.00	1
Grants	£29,860.00	2
Fundraising	£12,069.00	3
Thursday exercise classes & therapies	£20,109.00	
Thursday donations from refreshments etc	£3,272.00	
HMRC Gift Aid	£627.00	
Member Voluntary Subscriptions	£1,598.00	
<b>Total Income</b>	<b>£122,575.00</b>	

### EXPENDITURE

Hire of premises	£7,013.00	
Public Liability Insurance	£285.00	
Equipment and supplies	£1,789.00	4
Salaries	£31,270.00	
TEAMS members event (deposit)	£550.00	
Donations to Charities	£200.00	
Miscellaneous	£2,836.00	5
<b>Total Expenditure</b>	<b>£43,943.00</b>	

**NET INCOME / (EXPENDITURE)**

**TOTAL FUNDS C/F AT 30TH JULY 2025**

**£78,632.00**

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

### INCOME

#### 1 Donations:

Laindon Day Centre	£2,600.00
Charities Trust (total)	£1,410.00
Recycle4Charity	£36.00
Individuals/Members	£2,801.00

#### 2 Grants

ESC Sports of England	£699.00
National Lottery	£17,071.00
Albert Hunt Foundation	£5,000.00
Augustine Courtland	£4,000.00
Matthew Wrightson	£600.00
FSJ	£1,440.00
Barchester Health	£700.00
Essex County Council	£350.00

#### 3 Fundraising

Emily & Adam triathlon	£1,465.00
Canoe Challenge	£865.00
Peak District Skyline	£4,195.00
Colin Anderson memorial	£1,195.00
Harry Hussey run	£1,165.00
Misc.	£115.00
BBQ	£1,985.00
Easter fayre	£498.00
Xmas fayre	£586.00

### EXPENDITURE

#### 4 Equipment & Supplies

Massage Oils	£519.00
Storage Equipment	£160.00
Repairs to massage bed	£300.00
2 pop up gazebos	£460.00
Misc. exercise & massage equipment	£350.00

#### 5 Miscellaneous

Fundraising expenses	£1,336.00
Stationery	£181.00
Advertising	£58.00
Gifts	£344.00
Thursday refreshment supplies	£399.00
TEAMS Xmas lunch deposit 2025	£100.00
Annual Charities Trust membership	£18.00
Annual website fees	£192.00
Red Cross Training for staff member	£208.00

## T.E.A.MS

### BALANCE SHEET AS AT 30TH JULY 2025

	£	£
<b>NON CURRENT ASSETS</b>		
Equipment	<u>£0.00</u>	
Total non current assets		
<b>CURRENT ASSETS</b>		
Savings account	£47,070.00	
Interest (July - June)	£1,027.00	
Cash at bank and in hand	<u>£30,535.00</u>	
Total current assets		£78,632.00
<b>CURRENT LIABILITIES</b>	<u>£0.00</u>	
Total liabilities		£ -
<b>NET ASSETS</b>		<u><b>£ 78,632.00</b></u>
<b>TOTAL ASSESTS LESS CURRENT LIABILITIES</b>		<b>£ 78,632.00</b>

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

31ST JULY 2024 TO 30TH JULY 2025

£

Cash received :	
Donations	£6,847.00
Grants	£29,860.00
Fundraising	£12,069.00
Exercise classes and therapies	£20,109.00
Refreshment donations	£3,272.00
HMRC Gift Aid	£627.00
Member Voluntary Subscriptions	£1,598.00
Interest on Savings Account (July 24 - June 25)	£1,027.00
Cash paid to self employed sports & massage therapists	£31,270.00
Premises rental	£7,013.00
Insurance (Public Liability)	£285.00
Equipment etc	£1,789.00
Miscellaneous receipts	£2,836.00
Donations to Charities	£200.00
TEAMS members event (deposit)	£550.00
Net Cash used by Operating Activities	£43,943.00
Net cash from Operating Activities	£75,409.00
Change in cash from Operating Activities	£31,466.00
Cash as at 31st July 2024	£47,166.00
Cash as at 30th July 2025	£78,632.00



## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

**Report to the trustees**

Charity Name  
T.E.A MS

**On accounts for the year  
ended**

30<sup>th</sup> July 2025

**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 30/07/2025.

**Responsibilities and  
basis of report**

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

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

Signed:

G Woodhurst

Date:

3.10.2025

Name:

Gemma Woodhurst

Relevant professional

Accountant – ACCA

qualification(s) or body  
(if any):

Address: 117 Ingrebourne Gardens  
Upminster  
Essex RM14 1BJ

Section B	Disclosure
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Only complete if the examiner needs to highlight material 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.