

IF YOU CAN

England & Wales · Charity number 1199616

Details

Status Registered

Legal form CIO

Registered 2022-07-11

Register [View on the Charity Commission register](#)

Contact

Address Gears Farm House
Gears Lane
Goldsithney
Penzance
TR20 9LB

Phone 07878756032

Email alisonryder@gmail.com

Activities

Objects: TO PROVIDE GRANTS AND DONATIONS FOR SUCH CHARITABLE PURPOSES FOR THE PUBLIC BENEFIT IN THE UK AND ABROAD AS ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE.

Activities: IF YOU CAN Charity provides finance to exclusively charitable projects in particular, but not exclusively, that work in the key areas of homelessness, animal welfare, provides educational scholarships for children and supports people with mental health issues.

Classification

- **How:** Makes Grants To Individuals, Provides Other Finance
- **What:** General Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£255	£300	-	-
2024-06-30	£1,000	£300	-	-
2023-06-30	£0	£0	-	-

Trustees

Name	Role	Appointed
Andrew Hall	Chair	2022-07-11
Alison Ryder		2022-07-11
Ioana Oancea		2022-07-11
Sal Worringham		2022-08-19

IF YOU CAN

England & Wales - Charity number 1199616

Accounts

REGISTERED CHARITY NUMBER: 1199616

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 June 2025
for
IF YOU CAN

IF YOU CAN

Contents of the Financial Statements
for the Year Ended 30 June 2025

	Page
Reference and Administrative Details	1
Report of the Trustees	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 9

IF YOU CAN

Reference and Administrative Details
for the Year Ended 30 June 2025

TRUSTEES

Mr Andrew Hall Chair
Mr Sal Worringham Trustee
Ms Alison Ryder Trustee
Ms Ioana Oancea Trustee

PRINCIPAL ADDRESS

Gears Farm House
Gears Lane
Goldsithney
Penzance
TR20 9LB

**REGISTERED CHARITY
NUMBER**

1199616

IF YOU CAN

Report of the Trustees
for the Year Ended 30 June 2025

The trustees present their report with the financial statements of the charity for the year ended 30 June 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

FINANCIAL REVIEW

Funds in deficit

The charity received donation of £255 (2024: £1,000) for the period to 30th June 2025. After outgoing expenses of £300 (2024: £300), the charity was left with a deficit of £45 (202: £700) for the period to 30th June 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

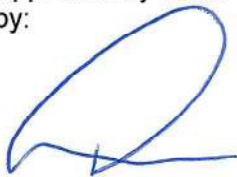
Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 15th Nov 2025 and signed on its behalf by:



.....
Andrew Hall - Trustee

IF YOU CAN

Statement of Financial Activities
for the Year Ended 30 June 2025

	Notes	30.6.25 Unrestricted fund £	30.6.24 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		<u>255</u>	<u>1,000</u>
EXPENDITURE ON			
Raising funds	2	<u>300</u>	<u>300</u>
NET INCOME/(EXPENDITURE)		(45)	700
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>700</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u>655</u>	<u>700</u>

The notes form part of these financial statements

IF YOU CAN

Balance Sheet
30 June 2025

	Notes	30.6.25 Unrestricted fund £	30.6.24 Total funds £
CURRENT ASSETS			
Cash at bank		955	1,000
CREDITORS			
Amounts falling due within one year	5	(300)	(300)
NET CURRENT ASSETS		<u>655</u>	<u>700</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		655	700
NET ASSETS		<u>655</u>	<u>700</u>
FUNDS			
Unrestricted funds	6	<u>655</u>	<u>700</u>
TOTAL FUNDS		<u>655</u>	<u>700</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 15th Nov 2025 and were signed on its behalf by:


.....
Andrew Hall - Trustee

The notes form part of these financial statements

IF YOU CAN

Notes to the Financial Statements for the Year Ended 30 June 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

IF YOU CAN

Notes to the Financial Statements - continued
for the Year Ended 30 June 2025

2. RAISING FUNDS

Raising donations and legacies

	30.6.25	30.6.24
	£	£
Support costs	<u>300</u>	<u>300</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2025 nor for the year ended 30 June 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2025 nor for the year ended 30 June 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>1,000</u>
EXPENDITURE ON	
Raising funds	<u>300</u>
NET INCOME	<u>700</u>
TOTAL FUNDS CARRIED FORWARD	<u>700</u>

IF YOU CAN

Notes to the Financial Statements - continued
for the Year Ended 30 June 2025

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.6.25	30.6.24
	£	£
Other creditors	<u>300</u>	<u>300</u>

6. MOVEMENT IN FUNDS

	At 1.7.24	Net movement in funds	At 30.6.25
	£	£	£
Unrestricted funds			
General fund	700	(45)	655
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>700</u>	<u>(45)</u>	<u>655</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	255	(300)	(45)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>255</u>	<u>(300)</u>	<u>(45)</u>

Comparatives for movement in funds

	At 1.7.23	Net movement in funds	At 30.6.24
	£	£	£
Unrestricted funds			
General fund	-	700	700
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>-</u>	<u>700</u>	<u>700</u>

IF YOU CAN

Notes to the Financial Statements - continued
for the Year Ended 30 June 2025

6. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,000	(300)	700
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>1,000</u>	<u>(300)</u>	<u>700</u>

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

	At 1.7.23 £	Net movement in funds £	At 30.6.25 £
Unrestricted funds			
General fund	-	655	655
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>-</u>	<u>655</u>	<u>655</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 £
Unrestricted funds			
General fund	1,255	(600)	655
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>1,255</u>	<u>(600)</u>	<u>655</u>

IF YOU CAN

Notes to the Financial Statements - continued
for the Year Ended 30 June 2025

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2025.

IF YOU CAN

England & Wales - Charity number 1199616

Accounts

REGISTERED CHARITY NUMBER: 1199616

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 June 2024
for
IF YOU CAN

IF YOU CAN

Contents of the Financial Statements
for the Year Ended 30 June 2024

	Page
Reference and Administrative Details	1
Report of the Trustees	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 7

IF YOU CAN

Reference and Administrative Details
for the Year Ended 30 June 2024

TRUSTEES

Andrew Hall Chair
Mr Sal Worringham Trustee
Ms Alison Ryder Trustee
Ms Ioana Oancea Trustee

PRINCIPAL ADDRESS

Gears Farm House
Gears Lane
Goldsithney
Penzance
TR20 9LB

**REGISTERED CHARITY
NUMBER**

1199616

IF YOU CAN

Report of the Trustees
for the Year Ended 30 June 2024

The trustees present their report with the financial statements of the charity for the year ended 30 June 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

FINANCIAL REVIEW

Funds in surplus

The charity received donations of £1,000 (2023: £0) for the period to 30th June 2024. After outgoing expenses of £300 (2023: £0), the charity was left with a surplus of £700 (2023: £0) for the period to 30th June 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

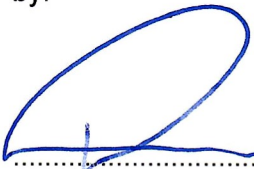
Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 27th NOV 2024 and signed on its behalf by:



Andrew Hall - Trustee

IF YOU CAN

Statement of Financial Activities
for the Year Ended 30 June 2024

		Year Ended 30.6.24 Unrestricted fund £	Period 11.7.22 to 30.6.23 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies		<u>1,000</u>	<u>-</u>
EXPENDITURE ON			
Raising funds	2	<u>300</u>	<u>-</u>
NET INCOME		700	-
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>-</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>700</u></u>	<u><u>-</u></u>

The notes form part of these financial statements

IF YOU CAN

Balance Sheet
30 June 2024

	Notes	30.6.24 Unrestricted fund £	30.6.23 Total funds £
CURRENT ASSETS			
Cash at bank		1,000	-
CREDITORS			
Amounts falling due within one year	5	(300)	-
NET CURRENT ASSETS		<u>700</u>	<u>-</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>700</u>	<u>-</u>
NET ASSETS		<u>700</u>	<u>-</u>
FUNDS			
Unrestricted funds	6	<u>700</u>	<u>-</u>
TOTAL FUNDS		<u>700</u>	<u>-</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 27th NOV 2024 and were signed on its behalf by:


.....
Andrew Hall - Trustee

The notes form part of these financial statements

IF YOU CAN

Notes to the Financial Statements for the Year Ended 30 June 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

IF YOU CAN

Notes to the Financial Statements - continued
for the Year Ended 30 June 2024

2. RAISING FUNDS

Raising donations and legacies

	Year Ended 30.6.24 £	Period 11.7.22 to 30.6.23 £
Support costs	<u>300</u>	<u>-</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2024 nor for the period ended 30 June 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2024 nor for the period ended 30 June 2023.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Total funds £
NET INCOME	-
TOTAL FUNDS CARRIED FORWARD	<u>-</u>

IF YOU CAN

Notes to the Financial Statements - continued
for the Year Ended 30 June 2024

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.6.24 £	30.6.23 £
Other creditors	<u>300</u>	<u>-</u>

6. MOVEMENT IN FUNDS

	At 1.7.23 £	Net movement in funds £	At 30.6.24 £
Unrestricted funds			
General fund	-	700	700
TOTAL FUNDS	<u>-</u>	<u>700</u>	<u>700</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,000	(300)	700
TOTAL FUNDS	<u>1,000</u>	<u>(300)</u>	<u>700</u>

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2024.

IF YOU CAN

England & Wales - Charity number 1199616

Accounts

REGISTERED CHARITY NUMBER: 1199616

Report of the Trustees and
Unaudited Financial Statements for the Period ended 30 June 2023
for
IF YOU CAN

IF YOU CAN

Contents of the Financial Statements
for the Period ended 30 June 2023

	Page
Reference and Administrative Details	1
Report of the Trustees	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 to 6

IF YOU CAN

Reference and Administrative Details
for the Period ended 30 June 2023

TRUSTEES

Andrew Hall (Chair) (appointed 11.7.22)
Sal Worringham (Trustee) (appointed 19.8.22)
Ms Alison Ryder (Trustee) (appointed 11.7.22)
Ms Ioana Oancea (Trustee) (appointed 11.7.22)

PRINCIPAL ADDRESS

Gears Farm House
Gears Lane
Goldsithney
Penzance
TR20 9LB

**REGISTERED CHARITY
NUMBER**

1199616

IF YOU CAN

Report of the Trustees for the Period ended 30 June 2023

The trustees present their report with the financial statements of the charity for the Period ended 30 June 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on 9 October 2023 and signed on its behalf by:

Andrew Hall - Trustee



IF YOU CAN

Statement of Financial Activities
for the Period ended 30 June 2023

	Notes	£

TOTAL FUNDS CARRIED FORWARD		===== -

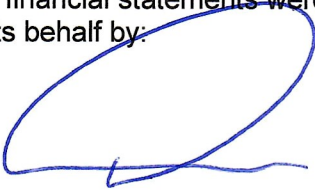
The notes form part of these financial statements

IF YOU CAN

Balance Sheet
At 30 June 2023

	Notes	£
TOTAL ASSETS LESS CURRENT LIABILITIES		- _____
NET ASSETS		- =====
FUNDS	3	_____
TOTAL FUNDS		- =====

The financial statements were approved by the Board of Trustees on 9 October 2023 and were signed on its behalf by:



Andrew Hall -Trustee

The notes form part of these financial statements

IF YOU CAN

Notes to the Financial Statements for the Period ended 30 June 2023

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

The charity was dormant throughout the period ended 30 June 2023.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 30 June 2023.

Trustees' expenses

There were no trustees' expenses paid for the period ended 30 June 2023.

3. MOVEMENT IN FUNDS

	Net movement in funds £	At 30.6.23 £
TOTAL FUNDS	—	—

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

Incoming resources £	Resources expended £	Movement in funds £
----------------------------	----------------------------	---------------------------

IF YOU CAN

Notes to the Financial Statements - continued
for the Period ended 30 June 2023

3. MOVEMENT IN FUNDS - continued

	_____	_____	_____
TOTAL FUNDS	<u> -</u>	<u> -</u>	<u> -</u>