

MOMENTUM IN FITNESS
CHARITY NUMBER: 1202050

REPORT AND FINANCIAL STATEMENTS FOR
THE PERIOD ENDED 31 DECEMBER 2024

TRUSTEES REPORT FOR THE PERIOD ENDED 31 DECEMBER 2024

The Trustees present their report and the accounts of the Charity for the period ended 31st December 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).

REFERENCE AND ADMINISTRATIVE DETAILS

NAME: Momentum in Fitness

REGISTRATION NUMBER: 1202050

ADDRESS: Unit 3b

Barton Park Industrial Estate

Chickenhall Lane

Eastleigh

SO50 6RR

TRUSTEES: Ross Walters (Chair)

Ruth Andrew

Penelope Watson

Georgina Salmon (Treasurer)

Rebecca Band

Peter Stokes

INDEPENDENT EXAMINER: Laura Bradshaw, FCCA

CHARITY STRUCTURE, GOVERNANCE AND MANAGEMENT

Momentum in Fitness is a Charitable Incorporated Organisation (CIO), governed according to the Constitution dated December 2022. Momentum in Fitness works to provide and facilitate accessible fitness sessions for local people across Hampshire. We aim to break down and overcome the barriers which prevent some individuals and groups in our community from being physically active. Our work supports everyone to experience the wide range of benefits from participating in exercise.

Trustees

The Board of Trustees ("the Board") is responsible for the overall governance of Momentum in Fitness. The number of trustees cannot be fewer than three, or more than seven.

New trustees can be appointed by a resolution passed at a meeting of charity trustees. New trustees must be appointed for a term of three years. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Board meets regularly throughout the year and all trustees give their time freely and no trustee remuneration is paid. Overall responsibility for the management of the charity is vested in the Trustees. The charity is managed on an operational basis by the appointed CEO, Charles Balchin and COO, Amy Johnson-Mayes.

OBJECTIVES AND ACTIVITIES

Momentum in Fitness was established in 2023 to provide accessible fitness sessions for disadvantaged and vulnerable people. Our Constitution states our objects as: Improving access to physical activity for disadvantaged children, young people and adults in Southampton and the surrounding areas through the provision of exercise facilities, coaching & education to improve health and wellbeing. In this context, disadvantaged refers to those in need due to age, ill health, disability, financial hardship or other disadvantage.

The main activities undertaken by Momentum in Fitness is the provision and facilitation of tailored exercise sessions for various groups and individuals within our local community. We also endeavor to provide advice, guidance and support where possible and appropriate to help people get more active and participate in physical activity.

Public Benefit

The Trustees have paid due regard to the Charity Commission guidance on public benefit. Our activities are carried out for the benefit of the public and decisions are made with due regard to any risks to beneficiaries and/or the public, alongside ensuring that any activities carried out are consistent with our purpose.

ACHIEVEMENTS AND PERFORMANCE

Momentum in Fitness has seen steady and continued progress throughout 2024 – our second year as a registered charity. We continue to focus our efforts across three key project areas, with the aim to steadily develop and grow these projects to ensure the services we provide are as efficient and impactful as possible.

Project:FitForLife

A key project for us is our Fit For Life project which is focused on supporting older adults (aged 55 and over) to become more active. We were fortunate to receive a grant from the National Lottery Community Fund in late 2023 which enabled us to begin delivery of the project in early 2024. Since then, we have now successfully delivered two cohorts, each of which is 12-weeks in duration. We delivered a one hour exercise session per week across both 12 week programmes, where participants were introduced to and supported with performing a range of exercises, including resistance exercises (with free weights), bodyweight movements and safe use of machines, such as the rower and stationary bike.

We monitored progress and impact of the project through individual physical measures and survey feedback both gathered at the start and end of the 12-week programme. The data has shown positive improvements for participants in their physical capacity and capability with exercise, alongside their confidence and knowledge of exercising safely.

Due to the success of the first cohort and the demand for on-going support beyond the 12-week programme, we introduced two weekly classes on a subsidised pay-as-you-go basis for participants. This has proved to be a great success, with classes consistently well attended. Money raised through registrations for these classes is donated directly back into the charity, enabling us to cover resources and continue these additional classes into the future. A third cohort for the 12-week project will begin in March 2025, utilising the remainder of the National Lottery funding, after which point we hope to gain further funding to ensure we can continue to run additional cohorts in 2025.

Project:PB-Active

Another of our key projects is the provision of exercise therapy to patients on the Piam Brown children's ward at Southampton General Hospital. In winter 2023, we began working on a pilot version of this project, with the support of a Consultant Oncologist and physiotherapist on the ward to scope and identify opportunities for both inpatients and outpatients to participate in physical activity on the ward.

Thanks to our community fundraising, we were in a position to continue developing this project throughout 2024, working to refine the project to ensure we deliver maximal impact for patients and families. Alongside regular visits to the hospital to deliver exercise therapy, we expanded phase 2 of this project; where our exercise therapists now also support individual patients outside of the hospital environment (on site at our gym facility) for up to 12 sessions on a 1-to-1 basis. Each of the 1-to-1 sessions is delivered with an aim to support the patient's short or longer term goals, interests and capabilities and support their wider recovery.

Since the start of this project, we have had incredibly positive feedback from the patients, as well as their parents and families and also from the staff on the ward. We have also gathered physical outcome measures and survey data from each patient which has shown positive improvements in physical fitness, confidence and mood.

Our work is complementary to the medical care which the patients receive from the NHS. We are helping to encourage patients to be active, which in turn supports both their physical and psychological well-being. We are yet to receive funding for this project, however we hope to continue and potentially expand this service if we receive appropriate funding in 2025.

Project:Teens

Our project teens provides a one hour weekly functional fitness session for a group of up to twelve school students with SEMH (Social, Emotional and Mental Health) needs. All the students who participate in this session have Health Care Plans in place and many of them have a range of additional needs, which can mean they face challenges or difficulty participating in traditional team sports or exercise. By running a

tailored exercise session based around weight training and functional fitness, we are supporting the students to learn new skills and fundamentally, providing them an opportunity to exercise at least once a week.

The session is facilitated during "choo' hours, but outside of the school environment, with the aim of enriching the standard curriculum and giving the students an opportunity to do something practical outside of the classroom. Since running this session, we have seen improvements in the students' confidence, fitness and motivation to participate and we have had really positive feedback from the students and staff who attend.

We have continued to run this project throughout 2024 and we have developed a strong relationship with the local school we work with. We intend to continue running this project in its current capacity into 2025, with the hope to continue and/or expand or diversify this later in the year should we be in a financial position which allows us to do so.

FINANCIAL REVIEW

Reserves

A summary of the adopted reserves policy is:

Momentum in Fitness currently has annual income, excluding gifted gym space, from fundraising of under £30,000. Annual expenditure does not exceed income when prior year funding relating to this year's project expenditure is taken into account – please see fund note 7 at end of report (Page 16). The Charity's reserve policy is to aim to hold four to six months of planned expenditure as reserves to ensure continued financial security and to provide for contingencies (within 2 years from adoption of this policy in September 2023).

Momentum in Fitness has approximately £10,000 of free reserves. These are held as short term reserves, to meet unanticipated cash flow needs. Any long term reserves generated shall be invested to grow at least in line with inflation, the short term reserves should be invested emphasising certainty of value.

The Board of Momentum in Fitness has delegated investment decisions to the Treasurer. Momentum in fitness had their startup loan of £2500 provided by A&A Fitness Limited, written off as a gesture of goodwill to support the charity's growth. A&A Fitness continues to be a valued partner of Momentum in Fitness and currently gifts rental of the gym facility, office and storage worth the equivalent of £1000 per month.

Income

Grants

This year saw us receive a grant of £2500 from the James Tuttiel Charitable Foundation. We also had confirmation of £4410 from the Spitfire Wellness Fund to support the FitForLife project (paid 06/01/2025). We continue to work with a highly experienced grants and trusts fundraiser to support us to identify and prioritise grant income, alongside supporting application submissions. Our aim is to continue to grow our unrestricted income to support delivery and sustainability of the charity's objectives over the next financial year.

Community event fundraising

In 2024, we received funds from two community fundraising events - a skydive and cycle ride. Together, these events raised in excess of £8000.

We received over £7500 from a one-day in person event at a technology conference in April 2024.

We also raised over £1100 from a charity hamper raffle in December 2024.

We were also fortunate enough to be the beneficiary of funds raised from spectator tickets for 2 A&A Fitness Limited events, which totalled over £900.

Looking forward, in June 2025 we have a world record breaking 1 million meter row attempt which is expected to be a large-scale fundraising event with accompanying charity ball, alongside a marathon fundraiser in April.

Expenditure

Similarly to our first year, we've kept expenditure to an absolute minimum in 2024. In September 2023 when our first pilot project officially started, we were able to begin paying one of our self-employed coaches who

facilitates and delivers our exercise sessions. We also pay our fundraiser on the same self-employed basis for their hours. In September 2023, the charity was also able to begin paying the CEO and COO on a self-employed basis for half a day per week each to ensure oversight of all administrative and operational tasks can be maintained. The charity continues to operate on minimal expenses to prioritise project delivery.

THE FUTURE

The past year has seen another twelve months of continued hard work and dedication from all those involved in maintaining the delivery and development of the charity's current projects - this includes all of our amazing supporters and community. We're proud of the strides we have made this year with each of our projects and believe this will drive us forward into a stronger position in 2025, enabling us to fulfill our objectives, maintain and grow our existing projects and allow more people in our community the opportunity to experience the endless and potentially life-changing benefits which come from participating in exercise and physical activity.

This report was approved by the board of Trustees on and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'Ross Walters', written in a cursive style.

Mr Ross Walters

(Chair of Trustees)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MOMENTUM IN FITNESS

Opinion

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 December 2024 which are set out on pages 9-14.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- the accounts do not accord with those records; or
- the accounts do 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.

Laura Bradshaw | FCCA

laurabradshawacca@gmail.com

L Bradshaw

[L Bradshaw \(Feb 11, 2025 18:57 GMT\)](#)

02/11/2025

FINANCIAL STATEMENTS

Profit and Loss

January - December 2024

TOTAL

INCOME

Donations and Legacies	31,387.26
FFL Income	696.64
Grant - JT	2,500.00
Total Income	34,583.90

EXPENDITURES

Advertising/Promotional	3,634.81
Coaching Invoice	7,640.51
Equipment Expenses	484.75
Gym Space	12,000.00
Insurance	1,253.29
Management Invoice	13,000.00
Other Professional Services	2,254.40
Phone Costs	59.32
Printing, Postage and Stationery	358.62
Raising funds	1,576.00
Travel and Accommodation	97.00
Total Expenditures	43,228.70

NET OPERATING INCOME	-7,774.80
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NET INCOME/(EXPENDITURE)	£ -7,774.80
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Balance Sheet

As of December 31, 2024

	TOTAL
FIXED ASSET	
Total Fixed Asset	
CASH AT BANK AND IN HAND	
Current Account	20,158.21
Total Cash at bank and in hand	20,158.21
NET CURRENT ASSETS	20,158.21
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	
Current Liabilities	
Accruals	870.00
Total Current Liabilities	870.00
Total Creditors: amounts falling due within one year	870.00
NET CURRENT ASSETS (LIABILITIES)	19,288.21
TOTAL ASSETS LESS CURRENT LIABILITIES	19,288.21
TOTAL NET ASSETS (LIABILITIES)	£19,288.21
CHARITY FUNDS	
Opening Balance Equity	27,933.01
Retained Earnings	-870.00
Surplus/(Deficit)	-7,774.80
Total Charity funds	£19,288.21

Statement of Cash Flows

January - December 2024

TOTAL

OPERATING ACTIVITIES

Net Income	7,774.80
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Adjustments to reconcile Net Income to Net Cash provided by operations:	0.00
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Net cash provided by operating activities	-7,774.80
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FINANCING ACTIVITIES

Opening Balance Equity	27,933.01
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Net cash provided by financing activities	27,933.01
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NET CASH DECREASE FOR PERIOD	-7,774.80
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CASH AT END OF PERIOD / CLOSING BALANCE	£20,158.21
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NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31 DECEMBER 2024

MOMENTUM IN FITNESS NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31 DECEMBER 2024

1 ACCOUNTING POLICIES

a) Accounting convention

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable for charities preparing their accounts in accordance with FRS 102.

b) Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Donations and Legacies are received by way of grants, donations and gifts, and are included in full in the Statement of Financial Activities when receivable.

c) Expenditure

Expenditure is recognised on an accrual basis as a liability is incurred. It includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

Charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries.

d) Fund Accounting

Funds held by the charity are either:

Unrestricted General Funds

Funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated Funds

Funds which are set aside for specific purposes by the trustees to be used in accordance with the charitable objects.

Restricted Funds

Funds that 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 purpose.

e) Basic Financial Instruments

The charity only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors, cash at bank and creditors. These basic financial instruments are measured at transaction price. Financial assets and liabilities classified as due within one year are not amortised.

2 LEGAL STATUS

The charity is a Charitable incorporated organisation and registered with the Charity Commission in England and Wales on 22 February 2023. The charity is a public benefit entity.

3 INCOME

Donations & Grants	Restricted Funds	Unrestricted Funds	Total
	£	£	£
Gifts & Donations	-	19,387.26	19,387.26
Donated Gym Space	-	12,000.00	12,000.00
Grants	-	2,500.00	2,500.00
Other (FFL Income)		696.64	696.64
	-	34,583.90	34,583.90

4 CHARITABLE ACTIVITIES EXPENDITURE

As outlined in the Profit & Loss Report above

5 STAFF AND RELATED PARTY TRANSACTIONS

The charity has no employees.

No trustees received any remuneration or reimbursement of expenditure during the period.

During the period Charles Balchin (CEO) received £6,500 and Amy Johnson (COO) received £6,500 for management services.

6 CREDITORS: amount falling due within one year:

	2024
	£
Accruals	870
	870

7 FUNDS

Restricted Fund	Starf of Year	Income	Expenditure	Losses	Gains	End of Year
Fit For Life	18,720	-	(14,132)	-	-	4,588
Unrestricted Fund						
General Fund	5,843	34,584	(28,227)	-	-	12,200
Start Up Loan Write Off	-	-	-	-	2,500	2,500
	24,563	34,584	(28,227)	-	2,500	19,288

2024 fund movement included a £2,500 loan received which was written off