

MOMENTUM IN FITNESS
CHARITY NUMBER: 1202050

REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED
31 DECEMBER 2025

TRUSTEES REPORT FOR THE PERIOD ENDED 31 DECEMBER 2025

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

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)

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

This year has been one of significant growth for Momentum in Fitness, broadening delivery across our key projects and hosting large-scale fundraising events. We are continuing to build a solid foundation both financially and operationally, supporting our aim to expand our reach and impact further into the future.

Project:FitForLife

Background

Fit For Life aims to support older adults (aged 55 and over) within our local community to become more active and help to decrease feelings of social isolation. The programme consists of a weekly one hour exercise session where participants are introduced to and supported to perform a range of exercises, including resistance exercises (with free weights), bodyweight movements and safe use of machines, such as the rower and stationary bike. After each session, attendees often stay for a free hot drink, allowing them time and space to talk with others and build social connections.

We monitor 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. Across all of our cohorts, the data has shown positive improvements for participants in their physical capacity and capability with exercise, alongside their confidence and knowledge of exercising safely.

2025

Update

Our Fit For Life project has continued to thrive throughout 2025, with successful delivery of four further cohorts of the 12-week programme. Funding received through The National Lottery Fund: Awards for All at the end of 2023 enabled us to continue delivery in early 2025, and we gratefully received further funding from the Spitfire Wellbeing Fund supporting the project to continue into the later half of the year.

Due to high demand, this year we began offering an additional weekly class for attendees who completed the initial 12-week programme, funded on a subsidised pay-as-you-go basis. We are now delivering three weekly drop-in classes alongside the regular 12-week programmes and money raised through registrations for these classes is donated directly back into the charity, enabling us to cover resources and continue delivery of these additional classes into the future.

We hosted social events throughout 2025 for our past and present Fit For Life attendees, offering them an opportunity to feedback thoughts and suggestions to support future cohorts. This year we also gave participants an opportunity to attend a nutrition workshop with the aim of supporting their overall health and wellbeing, and this is intended to become a regular addition to the 12-week programmes moving forward into the new year.

Project:PB-Active

Background

Project PB-Active currently works to provide exercise therapy primarily to patients on the Piam Brown children's ward at Southampton General Hospital. 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 - fundamentally we give children and young people affected by cancer the space and opportunity to engage in activity away from their treatment, allowing themselves and their families a brief respite in the midst of their treatment or recovery.

We offer our exercise therapy service in one of two settings: either on site at the hospital during one of our regular visits to the Piam Brown ward, or off-site at our gym facility. Patients who are referred to our service can be supported by our exercise therapists for up to twelve 1-to-1 sessions with an aim to support the patient's short or longer term goals, interests and capabilities - for example, supporting them to feel able and confident enough to go back to school or take part in previous hobbies.

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.

2025

Update

This year we increased our capacity to support patients at the gym location in Eastleigh and have taken steps towards our aim of establishing 'hub' locations in other areas to enable patients from further afield to access our services more easily. The project benefitted in 2025 from a hugely successful community fundraising event - the 'Thanks A Million' rowing challenge - which raised a staggering total of £72,522. Funds raised from this event are being used exclusively to benefit the patients of the Piam Brown ward and is crucial to provide service continuity going forwards. Receiving this amount of funding has and will undoubtedly continue to help us positively support so many children and young people whose lives have been touched by cancer.

This year we also forged a working relationship with the team at Queen Alexandra Hospital in Portsmouth and in December, our exercise therapists began delivering sessions on-site for young patients who are being treated at the hospital. This work is supporting us to trial the 'hub' model which we hope to establish further in 2026 so that we can support patients in other geographical areas, outside of Southampton General and the gym location in Eastleigh.

Project:Teens

Background

Our Project:Teens aims to support and encourage young people in the local community to participate in exercise and fitness sessions. Our key focus is helping those who may otherwise not have opportunity or means to take part in group-based fitness sessions, introducing them to a wide variety of exercises including weight training, gymnastics-based exercise and cardiovascular training. The aim is not only to increase awareness and interest in health, fitness and exercise but also to support them in learning new skills and provide an opportunity to try something new, away from a school or home environment.

2025

Update

We have continued to build a strong working relationship with a local school providing a one hour weekly functional fitness session for a group of up to twelve 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. 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.

This year, we also provided a one-off session for a local education referral unit that provides short-term support for pupils who struggle with a mainstream educational environment. We delivered a group exercise session for a group of pupils to compliment their core curriculum and received positive feedback from the supporting staff. We hope that we can continue to offer sessions such as these moving forward in the future to provide other local groups or schools the opportunity to experience group fitness and exercise in a new environment.

Reserves

A summary of the adopted reserves policy is:

Momentum in Fitness currently has annual income, excluding gifted gym space, from fundraising of under £130,000. Annual expenditure does not exceed income. 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 3 years from adoption of this policy in September 2023).

Momentum in Fitness has approximately £40,000 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. 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 £600 per month.

Income

Grants

This year, we have gratefully received grants from various funders which has been critical to supporting operations and delivery across all of our projects.

In 2025, we received £4,410 from the Spitfire Wellness Fund (in January) and £800 from Eastleigh Town Council (in October which was all towards supporting our Fit For Life project.

In response to applications for funding towards our PB:Active project, we received £1,500 from the Astor Foundation (in February), £500 from Xelabus (in March) and £1,000 from the Kiln Family Trust (in August).

Alongside these grants, we were also delighted to receive a grant of £5,000 from the Albert Hunt Trust in July 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 2025, we received funds from a handful of fundraising events, with the large majority from the hugely successful 'Thanks A Million' rowing challenge in June 2025, which raised £72,522.11.

Other community fundraising events included two marathons (Brighton and Queenstown) which together raised in excess of £2,000.

We hosted our first annual charity Ball in June 2025 which raised over £10,000 from ticket sales, silent auction, a raffle and donations combined on the night.

We also raised over £1,578 from a charity hamper raffle in December 2025.

Looking forward to community fundraising events in 2026, we have many of our supporters participating in a 'Mind Over Metres' challenge in January and are also anticipating a 'Three Peaks' challenge moving into Spring. We have also scheduled the next annual Charity Ball in August and hope that this will be as successful as the first event.

Expenditure

With more activity and delivery in 2025, we saw an inevitable increase in expenditure on staff costs across the year, which was all through invoicing on a self-employment basis. We have four coaches responsible for delivering sessions across all of our projects and a further four staff members (also working on a self-employed basis) supporting on a part-time/ad-hoc basis across all of the operational and administrative tasks (the CEO, COO, Project Manager and Fundraising Officer).

THE FUTURE

The work put in over the last twelve months (and years prior) has arguably brought us to our strongest and most exciting point yet as we look forward into 2026. We are immensely proud that through the hard work and dedication of our staff, community and supporters, we leave this year in a much improved financial position, enabling us to begin realising our growth plans and objectives across all of our key projects. With more financial security, we can look to build more stability operationally to ensure we are fulfilling our aims and objectives as effectively and efficiently as possible. We hope to provide more opportunities for our community to participate in exercise and experience the wealth of benefits that it provides.

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



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 2025 which are set out on pages 10-16.

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

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FINANCIAL STATEMENTS

Statement of Profit and Loss

January - December 2025

	Total
INCOME	
Charitable activities	1,115.22
Donations and Legacies	109,788.24
FFL Income	3,592.82
Grant	5,000.00
Grant - FFL Project	5,210.00
Grant - PB Active	3,000.00
Total Grant	13,210.00
Total Income	127,706.28
COST OF SALES	
Clothing/Merchandise	3,113.78
Total Cost of Sales	3,113.78
TOTAL	124,592.50
EXPENDITURES	
Advertising/Promotional	750.30
Coaching Invoice	12,088.69
Equipment Expenses	364.56
Gym Space	8,332.80
Insurance	1,487.70
Management Invoice	16,864.34
Office/General Administrative Expenses	1,621.69
Other Professional Services	4,879.04
Payment Processing Fees	309.60
Phone Costs	85.36
Printing, Postage and Stationery	2,878.26
Raising funds	7,840.22
Support Fees	4,385.80
Travel and Accommodation	301.04
Venue Hire Costs	1,000.00
Web Hosting and Online Platforms	270.88
Total Expenditures	63,460.28
NET OPERATING INCOME	61,132.22
NET INCOME/(EXPENDITURE)	£61,132.22

BALANCE SHEET

Statement of Financial Position

As of December 31, 2025

	Total
FIXED ASSET	
Total Fixed Asset	
CASH AT BANK AND IN HAND	
Current Account	15,420.43
Hampshire Trust Bank Account	65,000.00
Total Cash at bank and in hand	80,420.43
NET CURRENT ASSETS	80,420.43
NET CURRENT ASSETS (LIABILITIES)	80,420.43
TOTAL ASSETS LESS CURRENT LIABILITIES	80,420.43
TOTAL NET ASSETS (LIABILITIES)	£80,420.43
CHARITY FUNDS	
Opening Balance Equity	27,933.01
Retained Earnings	-8,644.80
Surplus/(Deficit)	61,132.22
Total Charity funds	£80,420.43

STATEMENT OF CASH FLOWS

Statement of Cash Flows

January - December 2025

	Total
OPERATING ACTIVITIES	
Net Income	61,132.22
Adjustments to reconcile Net Income to Net Cash provided by operations:	0.00
Accruals	-870.00
Total Adjustments to reconcile Net Income to Net Cash provided by operations:	-870.00
Net cash provided by operating activities	60,262.22
NET CASH INCREASE FOR PERIOD	60,262.22
Cash at beginning of period	20,158.21
CASH AT END OF PERIOD	£80,420.43

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31 DECEMBER 2025

MOMENTUM IN FITNESS NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31 DECEMBER 2025

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 a 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	
		£	£	£	
Charitable Activities			1,115.22	1,115.22	
Other (FFL Paid Income)			3,592.82	3,592.82	
Donations & Legacies		-	104,421.84	104,421.84	
Donated Gym Space		-	5,366.40	5,366.40	
Grants		4,410.00	8,800.00	13,210.00	
		4,410.00	123,296.28	127,706.28	

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.

6 CREDITORS: amount falling due within one year:

There are no creditors falling due within one year of the accounts.

7 FUNDS

Restricted Fund		Start of Year	Income	Expenditure	Losses	Gains	End of Year
Fit For Life		4,588	4,410	(26,729)	-	-	(17,731)
Unrestricted Fund							
General Fund		12,200	83,296	(39,845)	-	-	55,651
Start up Loan Write Off		2,500					2,500
							-
Designated Fund							
Future Development			40,000				40,000
		19,288	87,706	(66,574)	-	-	80,420

2025 Funds included £4,410 restricted funds from Spitfire Wellbeing Fund.

End of year funds include c. £40,000 in reserves and £40,000 designated funds for future development.

Overall expenditure for the year has been allocated in the following proportions to projects with unrestricted general funds covering the shortfall of restricted funding:

	Project: FFL	Project: PM Brown	Project: Teens	Total
% Split	40.15%	48.86%	10.99%	100.00%
Expenditure 25	26,729	32,528	7,316	66,574