

# MINDFUL MOVERS

England & Wales · Charity number 1204625

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-09-07

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

## Contact

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**Address** 40 Jenkin Road  
Horbury  
Wakefield  
West Yorkshire  
WF4 6DT

**Phone** 07789120929

**Email** [hello@mindfulmovers.org](mailto:hello@mindfulmovers.org)

**Website** [www.mindfulmovers.org](http://www.mindfulmovers.org)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF THOSE LIVING WITH ILL-MENTAL HEALTH WITHIN THE WAKEFIELD DISTRICT AND SURROUNDING AREAS BY THE PROVISION OF EDUCATIONAL PROGRAMMES, WELLBEING ACTIVITIES, THERAPEUTIC INTERVENTION PROGRAMMES, PHYSICAL ACTIVITY, AND PEER TO PEER SUPPORT.

**Activities:** Mindful Movers are a peer led group, supporting with mental health and wellbeing. We have a Basecamp with Thornes Park nursery, Thornes Park, Wakefield. We offer a range of activities including walk & talk sessions, open volunteering days, creative health sessions, TRIBE personal development programmes and accredited qualification courses. Gardening and nature based activities at the Basecamp site

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Environment/conservation/heritage, Economic/community Development/employment, Recreation
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

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- Barnsley
- Bradford City
- Calderdale
- City Of Wakefield
- Doncaster
- Kirklees
- Leeds City
- Sheffield City

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£44,527	£25,748	-	-
2024-03-31	£12,678	£4,046	-	-

## Trustees

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Name	Role	Appointed
Dan Southcoat		2025-01-24
Hannah West		2024-02-10
John-Paul Fletcher		2025-09-17
Kathryn Waldegrave		2025-09-17

**MINDFUL MOVERS**

England & Wales - Charity number 1204625

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# Accounts

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Registered Charity No: 1204625

**MINDFUL MOVERS**  
**REPORT AND ACCOUNTS**  
**YEAR ENDED 31 MARCH 2025**

**MINDFUL MOVERS**  
**REPORT AND ACCOUNTS**  
**YEAR ENDED 31 MARCH 2025**

**CONTENTS**

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	<b>Page</b>
Legal and Administrative Information	3
Trustees' Report	4-7
Independent Examiner's Report	8
Receipts & Payments Account	9
Statement of Assets and Liabilities	10
Notes to the Financial Statements	11-15

**MINDFUL MOVERS**  
**LEGAL AND ADMINISTRATIVE INFORMATION**  
**YEAR ENDED 31 MARCH 2025**

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**Full Name:** Mindful Movers

**Registered Charity Number:** 1204625

**Contact Address:** 7 Castle Grove  
Horbury  
Wakefield  
West Yorkshire  
WF4 5DX

**Trustees:** Hannah West  
John Gandy Resigned 9<sup>th</sup> September 2024  
Kelly Hall  
Joanne Mitchell Resigned 4<sup>th</sup> March 2025  
Dan Southcoat Appointed 24<sup>th</sup> January 2025

**Bankers:** The Co-Operative Bank  
PO Box 250  
Skelmersdale  
WN8 6WT

**Independent Examiner:** Christopher Stones  
Community Accountant  
BCVS Services  
23 Queens Road  
Barnsley  
S71 1AN

**MINDFUL MOVERS**  
**TRUSTEES' REPORT**  
**YEAR ENDED 31 MARCH 2025**

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The Trustees present their report and accounts for the year ending 31 March 2025.

**Structure, governance and management**

Mindful Movers is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission and governed by a charitable constitution adopted on 7<sup>th</sup> September 2023. Prior to this Mindful Movers was an unincorporated association formed in May 2018.

**Appointment of trustees**

The members of the CIO are the charity trustees. Membership of the CIO cannot be transferred to anyone else.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The affairs of the charity are managed by the trustees, who may exercise all the powers of the charity.

There must be at least three charity trustees, there is no maximum. Apart from the first charity trustees, every trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting.

The trustees who served during the year are shown on page 3 of this report.

In selecting new trustees, the charity trustees must take into account the skills, knowledge and experience needed for the effective administration of the CIO.

**Charitable aims and objectives**

The objects of the charity are:

For the public benefit, to relieve the needs of those living with ill-mental health within the Wakefield district and surrounding areas by the provision of educational programmes, wellbeing activities, therapeutic intervention programmes, physical activity and peer to peer support.

**Public benefit**

In shaping the objectives for the year, the trustees have paid due regard to the public benefit guidance published by the Charity Commission. The trustees consider that all activities as outlined in this report meet the public benefit requirement.

## MINDFUL MOVERS

### TRUSTEES' REPORT continued

YEAR ENDED 31 MARCH 2025

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#### **Review of the main activities and achievements during the year**

The charity delivers weekly peer support sessions focused on wellbeing (mental, physical and social/emotional health). Using nature, moving more and the outdoors as a vehicle to support positive wellbeing.

The charity also delivers additional 'on tour' sessions where other venues are visited and activities undertaken including participation in the YHA walking festival.

The charity also delivers a range of courses including accredited learning course through the Leadership skills Foundation and TRIBE wilderness therapeutic approaches based personal development programmes.

#### Activities during the year

Delivery of our UKSPF funded Tribe course at Nostell Priory to a cohort of 8 women. The SWEMWBS score for those who completed the 8-week programme reflect the growth and personal development journey each participant experienced during the programme. Level 2 Qualification in Sports Leadership course completed by 3 of the TRIBE participants as an extension of the personal development, all are now volunteering with Mindful Movers and have completed their Walk Leader training.

We delivered 4 x wellbeing sessions for the Nostell Priory and the National Trust earning the charity £480 in unrestricted funding.

We received a £400 donation from the TL Dallas Foundation for our work.

We received YHA funding to take 9 members of the group on an overnight residential experience to Castleton (Losehill Hall) YHA as part of the Festival of Walking. This was a great trip with many memories made by those who attended and tackled Mam Tor during the trip.

Gaynor has produced a superb 'on tour' schedule for the last Friday of each month running from February – September 2025.

Doing a reccy of a house (Boar Cottage) which sleeps 10 people available for charities to hire in Staithes as a potential residential venue. Reccy on 31<sup>st</sup> Jan – 2<sup>nd</sup> Feb (Rachel Hale & Lucia Armitage) also checking out this property for a residential as part of the Level 2 leadership skills cohort. Property details given to us by a MM member Sarah Steel who has stayed there with her brother.

Our Prosper funded project worker Kathryn Wilson began in January working 9 hours a week with a focus on our Basecamp site and delivery, connection in this space.

We were successful with the Culture grant funding through Wakefield Council which allowed us to deliver 4 successful creative health artist led workshops with our members and their families. We created some amazing work during the mosaic, silk painting, leaf painting and paper sculpture workshops. We then curated an exhibition of work which again saw good attendance to showcase the talent and impact of nature-based creativity on mental wellbeing.

We have also been successful with the Barnsley Mental Health Innovation fund to delivery 3 x wellbeing days in May and an 8 week TRIBE programme focused on suicide prevention.

**MINDFUL MOVERS**  
**TRUSTEES' REPORT continued**  
**YEAR ENDED 31 MARCH 2025**

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" It's been an exciting year for Mindful Movers, and as I reflect back on how far we have come, I am immensely proud of every single person who has contributed to the Mindful Movers family, from our members, volunteers, committee and the board of trustees – together, it is possible.

This last year has seen us grow and evolve to be the diverse group it is today, and this is thanks to the commitment of everyone involved.

This year we have taken significant steps towards having our own basecamp at Thornes Park where we can offer more events, workshops and volunteering opportunities. The lease for this site should be with us in late May, early June 2025.

We are incredibly grateful for the people who have funded us this year and continue to support grassroots mental support in Wakefield.

Finally, I look forward to the new year and the exiting developments that are coming our way!"

Hannah West - Chair

**The Charity's policy on reserves**

Currently the charity does not hold large reserves. This decision is based on their being no paid staff and no venue hire to pay for on a regular basis. The level of reserves should be calculated and monitored every 12 months by the Treasurer. This policy shall be reviewed every 3 years and whenever there are significant changes in staff numbers or new projects.

At the year end the general reserve stands at £8,524 (2024: £247) which meets this requirement.

**Related Parties**

The trustees consider that there are no related parties to the charity.

**Trustees responsibilities for the financial statements**

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy the financial position of the charity at any time and enable the trustees to prepare financial statements for each financial year. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.



**MINDFUL MOVERS**  
**INDEPENDENT EXAMINER'S REPORT**  
**YEAR ENDED 31 MARCH 2025**

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I report on the accounts of the charity, which are set out on pages 9 to 15.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year, under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts, under section 145 of the 2011 Act;
- follow the procedures laid down in the general directions given by the Charity Commissioners under section 145 (5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention

**Basis of independent examiner's report**

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records, in accordance with section 130 of the 2011 Act, and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met;

or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed  Date: 01<sup>st</sup> July 2025

Christopher Stones  
Community Accountant, BCVS Services,  
23 Queens Road, Barnsley, S71 1AN

**MINDFUL MOVERS**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**YEAR ENDED 31 MARCH 2025**

	Unrestricted Funds	Restricted Funds	Total 2025	Total 7/9/23 31/3/24
Note	£	£	£	£
<b>Receipts</b>				
Fundraising	1,410	-	1,410	-
Interest	90	-	90	-
Grants	4 1,000	42,025	43,025	653
Sundry income	2	-	2	65
<b>Total receipts</b>	<b><u>2,502</u></b>	<b><u>42,025</u></b>	<b><u>44,527</u></b>	<b><u>718</u></b>
<b>Payments</b>				
Equipment	200	1,437	1,637	744
Staff and volunteer expenses	82	971	1,053	534
Activities & events	200	102	302	540
Sundry expenses	9	-	9	3
Staff costs	-	17,071	17,071	-
Room hire	-	2,036	2,036	50
Refreshments	-	713	713	461
Website	-	645	645	599
Uniform	-	262	262	43
Insurance	-	744	744	715
Stationery, printing and postage	-	617	617	38
Training	-	680	680	325
Community Transport	-	107	107	-
Basecamp project	-	363	363	-
<b>Total payments</b>	<b><u>491</u></b>	<b><u>25,748</u></b>	<b><u>26,239</u></b>	<b><u>4,051</u></b>
<b>Surplus/(Deficit)</b>	<b>2,011</b>	<b>16,277</b>	<b>18,288</b>	<b>(3,333)</b>
Total funds brought forward	247	8,389	8,636	8
Transfers between funds	<b>5&amp;6</b> 6,266	(6,266)	-	-
Funds transferred from Unicorp.Ass	-	-	-	11,961
<b>Total Funds Carried Forward</b>	<b>5 <u>8,524</u></b>	<b><u>18,400</u></b>	<b><u>26,924</u></b>	<b><u>8,636</u></b>

**MINDFUL MOVERS**  
**STATEMENT OF ASSETS & LIABILITIES**  
**AS AT 31 MARCH 2025**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Monetary Assets:</b>		
Co-operative bank -current account	18,811	619
Co-operative bank -savings account	8,090	8,009
Cash in hand	23	8
<b>Total monetary assets</b>	<b><u>26,924</u></b>	<b><u>8,636</u></b>
<b>Debtors/prepayments at the year end:</b>		
Insurance prepaid	604	580
	<b><u>604</u></b>	<b><u>580</u></b>
<b>Liabilities:</b>		
Accountancy Fee	600	-
Funds held for Mental Health Network	551	-
	<b><u>1,151</u></b>	<b><u>-</u></b>

**Assets Retained for the charity's Own Use:**

A list of fixed assets retained for the charity's use is included in note 7. (page 15)

The trustees declare that they have approved the accounts above.  
Signed on behalf of the charity's trustees:

*H. West*

Date: 01<sup>st</sup> July 2025

Hannah West, Chair

**MINDFUL MOVERS**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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**1. Accounting policies**

Basis of the preparation of the accounts

The financial statements have been prepared on a Receipts & Payments basis which summarises the movement of cash in and out of the organisation. In this context 'cash' includes cash equivalents, such as bank accounts where cash can be readily available to pay debts as they fall due. This format of accounts is available to non-company charities with gross annual income of £250,000 or less.

Classification of income & expenditure

Income and expenditure has been analysed in the accounts using natural classification.

Funds structure

The charity maintains an unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds may be provided to the charity for particular purposes and may only be spent for the purposes for which they were given. Any balance remaining outstanding on a restricted fund at the end of the year is carried forward as a balance on the fund, unless permission has been given by the funder to remove the restriction on the balance outstanding. Restricted funds will arise from grants and donations given to the charity for specific purposes.

**2. Trustee payments, benefits and expenses**

There were no payments, remuneration or benefits to trustees during the period, other than out of pocket expenses that were reasonably incurred by trustees in promoting the purposes of the Charity.

**3. Related Party Transactions**

No payments were made to related parties during the period.

**MINDFUL MOVERS**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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**4. Grants & Donations**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>2025</b>	7/9/23
	<b>£</b>	<b>£</b>	<b>Total</b>	31/3/24
			<b>£</b>	<b>£</b>
YHA Festival of Walking	-	170	170	653
Rotary Fund	-	295	295	-
Sir George Martin Trust	-	5,000	5,000	-
The BRELMS Trust	-	5,720	5,720	-
Groundwork UK GWUK	-	10,206	10,206	-
Prosper	-	9,360	9,360	-
Active Travel Grants	-	5,000	5,000	-
YHA Natural England	-	2,000	2,000	-
Post Code Lottery - Groundworks	-	2,000	2,000	-
Culture Grants	-	1,500	1,500	-
NIF Grant	-	774	774	-
Yorkshire Building Society	1,000	-	1,000	-
<b>Total</b>	<b>1,000</b>	<b>42,025</b>	<b>43,025</b>	<b>653</b>

**MINDFUL MOVERS**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

**5. Fund Analysis**

	Opening balance £	Receipts £	Payments £	Fund Transfers £	Closing balance £
<b>Unrestricted funds</b>					
General Fund	247	2,502	(491)	6,266	8,524
	<b>247</b>	<b>2,502</b>	<b>(491)</b>	<b>6,266</b>	<b>8,524</b>
<b>Restricted funds</b>					
Live Well small grant 2021	4	-	-	(4)	-
Lottery 2021	3,063	-	(997)	(2066)	-
Lottery 2019	121	-	(47)	(74)	-
Live Well grant March 2022	3,993	-	(1,385)	(2608)	-
European Social Fund Groundwork	198	-	-	(198)	-
PMHN Christmas packs	551	-	-	-	551
Youth Hostell Ass. Festival of Walking	118	170	(197)	(91)	-
Live Well Summer 2022 Grant	341	-	(341)	-	-
Horbury & Osset Phoenix Rotary Fund	-	295	-	(295)	-
Sir George Martin Trust	-	5,000	(3,206)	-	1,794
The BRELMS Trust	-	5,720	(3,300)	-	2,420
Groundwork UK	-	10,206	(9,182)	(1024)	-
Prosper Wakefield District Ltd	-	9,360	(1,980)	-	7,380
City Connect Active Travel Grants	-	5,000	(745)	-	4,255
YHA Natural England	-	2,000	-	-	2,000
Post Code Lottery - Groundworks	-	2,000	(2,357)	357	-
Wakefield MBC Culture Grant	-	1,500	(1,486)	(14)	-
Neighbourhood Improvements Fund	-	774	(525)	(249)	-
	<b>8,389</b>	<b>42,025</b>	<b>(25,748)</b>	<b>(6,266)</b>	<b>18,400</b>
<b>TOTAL FUNDS</b>	<b>8,636</b>	<b>44,527</b>	<b>(26,239)</b>	<b>-</b>	<b>26,924</b>

**MINDFUL MOVERS**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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**6. Restricted Funds and transfers**

- Live Well Grant 2021 – for website and training expenses. This fund is now complete.
- Lottery 2019 - for equipment, insurance and training expenses. This fund is now complete.
- Lottery 2021 – for tour activities, visits and equipment expenses. This fund is now complete.
- Live Well March Grant 2022 – for Making Strides accredited course delivery. This fund is now complete.
- Live Well Summer Grant 2022 – for volunteer expenses and the purchase of jackets and clothing. This fund is now complete.
- European Social Fund Groundwork Grant – for TRIBE 8 week intervention delivery and assessment. This fund is now complete.
- Positive Mental Health Network, Christmas packs – Holding funds on behalf of the Positive Mental Health Network as they do not have a bank account.
- Youth Hostel Association Festival of walking – to participate in the YHA festival of walking. This fund is now complete.
- Horbury & Ossett Phoenix Rotary Fund – a grant of £295 was received for the purchase of tools for the TRIBE basecamp. This fund is now complete.
- Sir George Martin Trust - £5,000 was received for the payment of 4.4 hours per week for management time. The balance is carried forward to the following year
- The Brelms Trust - £5,720 was received for the payment of 5.5 hours per week for management time. The balance is carried forward to the following year
- Groundwork UK - £10,206 was received for the TRIBE program. This fund is now complete.
- Prosper Wakefield District Ltd - £9,360 was received for the payment for a project worker for 12 hours per week for a year. The balance is carried forward to the following year
- City Connect Active Travel Grants - £5,000 was received for interactive trail website. The balance is carried forward to the following year
- Youth Hostel Association Natural England - £2,000 was received for the wildlife garden. The balance is carried forward to the following year.
- Post Code Lottery - £2,000 was received for groundworks. This fund is now complete.
- Wakefield Metropolitan District Council Culture Grant - £1,500 was received for four workshops and exhibitions. This fund is now complete.
- Neighbourhood Improvement Fund Grant - £774 was received for the purchase of a laptop and phone. This fund is now complete.

**MINDFUL MOVERS**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2025**

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- Fund Transfers – A number of fund transfers between restricted and unrestricted funds were made to close some previous grant pots that had been fully spent and accounted for.

**7. Assets Retained for the Charity's own use.**

Two laptops estimated value £1,000

Printer estimated value £60



**MINDFUL MOVERS**

England & Wales - Charity number 1204625

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# Accounts

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**Mindful Movers**

Charity number: 1204625

**Annual Report and Financial Statements  
for the year ended 31 March 2023**



## **Annual Report and Financial Statements for the year ended 31 March 2023**

<b>Contents</b>	<b>Page</b>
Trustees' report	2 to 4
Examiner's report	5
Receipts and payments account	6-9
Year-end accounts	10
Notes to the accounts	11-12

Prepared by Rachel Hale – Mindful Movers Charity Manager using WYCAS template.

### **These account have been signed off by:**

Hannah West

Chair of trustees

Signature:

Date:

Accounts presented at the Mindful Movers AGM 24<sup>th</sup> January 2025.

## **Trustees' report for the year ended 31 March 2023**

### **Reference and administrative details of the charity, its trustees and advisors**

The trustees during the financial year and up to and including the date the report was approved were:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Hannah West	Chair	
Kelly Hall	Treasurer	
Joanne Mitchell		
John Gandy	GDPR specialist	Resigned 9 <sup>th</sup> Sept 2024

### **Charity number: 1083458 Registered in England and Wales**

#### **Registered and principal address:**

7 Castle Grove  
Horbury  
WF4 5DX

#### **Bankers:**

Lloyds business banking (2018-2023) & Co-operative bank (2024 – ongoing)

Lloyds was used until the end of December 2023 when the charity bank account was finalised, and funds moved across to the Co-operative bank from January 2024.

#### **Structure, governance and management:**

The charity is governed by a charitable constitution adopted on 7<sup>th</sup> September 2023; this replaced the constitution used previously when Mindful Movers was a community organisation.

#### **Method of recruitment and appointment of trustees for Mindful Movers:**

The trustees of the charity were appointed when the constituted community organisation became a charity on 7<sup>th</sup> September 2023.

## **Mindful Movers Trustees' report (continued) for the year ended 31 March 2023**

### **Objectives and activities**

#### **The charity's objects:**

FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF THOSE LIVING WITH ILL-MENTAL HEALTH WITHIN THE WAKEFIELD DISTRICT AND SURROUNDING AREAS BY THE PROVISION OF EDUCATIONAL PROGRAMMES, WELLBEING ACTIVITIES, THERAPEUTIC INTERVENTION PROGRAMMES, PHYSICAL ACTIVITY, AND PEER TO PEER SUPPORT.

#### **The charity's main activities:**

The charity delivers weekly peer support sessions focused on wellbeing (mental, physical and social / emotional health). Using nature, moving more and the outdoors as a vehicle to support positive wellbeing.

The charity also delivers additional 'on tour' sessions where other venues are visited and activities undertaken including participation in the YHA walking festival.

The charity also delivers a range of courses including accredited learning course through the Leadership skills Foundation and TRIBE wilderness therapeutic approaches based personal development programmes.

#### **Public benefit statement:**

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and support for people with ill-mental health and wellbeing.

#### **Achievements and performance:**

Between 7<sup>th</sup> September 2023 – 31<sup>st</sup> March 2024 we saw a total 303 attendances at our weekly walk and talk session, pre walk fitness sessions and 'on tour' activities.

This financial year started with a group 'on tour' trip to the seaside. Our 'on tour' sessions are delivered using National Lottery Awards for All funding (2021). We visited Saltburn-on-sea for a walk on the pier and beach, some crazy golf and fish and chip lunch.

Also, in September we participated in the YHA (England) walking festival. After receiving YHA funding, we took 8 of our group to YHA Hartington in the Peak District for an overnight stay and some glorious walking. We also used some of the funding to purchase group equipment such as maps, rucksacks and water bottles.

We planned a Making Strides course for the end of 2023 but unfortunately the course fell through due to reduced learner numbers and tutor illness.

We have walked in alternative venues including: Newmillerdam country park and Langsett Reservoir.

We held our annual charity Christmas meal at a local Italian restaurant with 15 people attending.

We also worked with our local National trust site (Nostell Priory) to develop their Wellbeing Trail around the grounds and began an additional co-curation project with them exploring the life of Sabine Winn one of the ladies of the house who struggled with her own wellbeing.

Our charity manager Rachel Hale attended the Outdoor Citizens conference at YHA Chester Trafford Hall on 2<sup>nd</sup> March 2024 to represent Mindful Movers - to learn, connect and support other organisations working in the outdoor and wellbeing arena.

In March we also visited Cannon Hall farm park with the group as one of our 'On tour' sessions.

We continued to be able to fund our volunteers' expenses for the sessions using funding from Live Well small grants (2021 & 2022, YHA walking festival)

## **Financial review**

The net receipts for the year were £8,631.80, including net receipts of £250 on unrestricted funds and net expenditure of £8,381.80 on restricted funds, after transfers.

We had a £9.10 discrepancy from previous accounting years with Lloyds. The spreadsheet is £9.10 higher than the amount shown in our co-operative bank account. This is shown on the Year End accounts in Account 1 (Lloyds sheet)

The trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to meet its liabilities as they fall due.

Projected Income should be sufficient to cover outgoings.

We continued using our original banking provider Lloyds until January 2024 when the new Charity account had been finalised with Co-operative Bank we transferred funds across to the new account.

Accordingly, these are the closing accounts for Mindful Movers (CIO) incorporated charity.

## **Reserves policy**

## Mindful Movers – Annual report & financial statements 7/9/23 – 31/3/24

Currently the charity does not hold any reserves. This decision is based on their being no paid staff and no venue hire to pay for on a regular basis. The level of reserves should be calculated and monitored every 12 months by the Treasurer. This policy shall be reviewed every 3 years and whenever there are significant changes in staff numbers or new projects.

### Receipts and payments account for the year ended 31 March 2023

#### Account 1 - Lloyds account with balance of £10,566.50 transferred to new Co-operative account in January 2024.

Receipts & Payments Account Account 1	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
<b>Receipts</b>										
Income - Grants	652.80	-	-	-	-	-	-	-	652.80	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income- Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	11,960.86	250.00	665.91	4,078.77	59.81	4,342.81	198.17	1,023.21	-	1,342.18
Income - Refund	64.77	-	-	-	64.77	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
	<b>12,678.43</b>	<b>250.00</b>	<b>665.91</b>	<b>4,078.77</b>	<b>124.58</b>	<b>4,342.81</b>	<b>198.17</b>	<b>1,023.21</b>	<b>652.80</b>	<b>1,342.18</b>
<b>Payments</b>										
Payment - Website	-	-	-	-	-	-	-	-	-	-
Payment - Jackets / clothing	21.60	-	-	21.60	-	-	-	-	-	-
Payment - Volunteer expenses	367.06	-	106.01	55.80	-	-	-	-	150.25	55.00
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	37.35	-	-	-	11.96	25.39	-	-	-	-
Payment - Group equipment	678.42	-	-	34.42	-	-	-	422.40	221.60	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	259.60	-	-	252.00	-	-	-	-	7.60	-
Payment - Refreshments	349.80	-	-	194.45	-	-	-	-	155.35	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	-	-	-	-	-	-	-	-	-	-
Payment - Room hire	-	-	-	-	-	-	-	-	-	-
Payment - IT equipment	65.00	-	-	65.00	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	324.00	-	-	-	-	324.00	-	-	-	-
Payment - Staff mileage	-	-	-	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
	<b>2,102.83</b>	<b>-</b>	<b>106.01</b>	<b>623.27</b>	<b>11.96</b>	<b>349.39</b>	<b>-</b>	<b>422.40</b>	<b>534.80</b>	<b>55.00</b>
<b>Net receipts / (payments)</b>	<b>10,575.60</b>	<b>250.00</b>	<b>559.90</b>	<b>3,455.50</b>	<b>112.62</b>	<b>3,993.42</b>	<b>198.17</b>	<b>600.81</b>	<b>118.00</b>	<b>1,287.18</b>
Transfer	(10,566.50)	(10,566.50)	-	-	-	-	-	-	-	-
Balance brought forward	-	-	-	-	-	-	-	-	-	-
<b>Balance carried forward</b>	<b>9.10</b>	<b>(10,316.50)</b>	<b>559.90</b>	<b>3,455.50</b>	<b>112.62</b>	<b>3,993.42</b>	<b>198.17</b>	<b>600.81</b>	<b>118.00</b>	<b>1,287.18</b>
Checks - this should equal zero	0.00									

**Account 2 - Co-operative savings account (£8,000).**

Receipts & Payments Account Account 2	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
<b>Receipts</b>										
Income - Grants	-	-	-	-	-	-	-	-	-	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income - Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	-	-	-	-	-	-	-	-	-	-
Income - Refund	-	-	-	-	-	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
<b>Payments</b>										
Payment - Website	-	-	-	-	-	-	-	-	-	-
Payment - Jackets / clothing	-	-	-	-	-	-	-	-	-	-
Payment - Volunteer expenses	-	-	-	-	-	-	-	-	-	-
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	-	-	-	-	-	-	-	-	-	-
Payment - Group equipment	-	-	-	-	-	-	-	-	-	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	-	-	-	-	-	-	-	-	-	-
Payment - Refreshments	-	-	-	-	-	-	-	-	-	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	-	-	-	-	-	-	-	-	-	-
Payment - Room hire	-	-	-	-	-	-	-	-	-	-
Payment - IT equipment	-	-	-	-	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	-	-	-	-	-	-	-	-	-	-
Payment - Staff mileage	-	-	-	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
<b>Net receipts / (payments)</b>										
Transfer	8,000.00	8,000.00	-	-	-	-	-	-	-	-
Balance brought forward	-	-	-	-	-	-	-	-	-	-
<b>Balance carried forward</b>	<b>8,000.00</b>	<b>8,000.00</b>	-	-	-	-	-	-	-	-
Checks - this should equal zero	0.00									

### Account 3 – Cash account (£7.85)

<b>Receipts &amp; Payments Account</b>										
<b>Account 3</b>										
	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
<b>Receipts</b>										
Income - Grants	-	-	-	-	-	-	-	-	-	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income - Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	-	-	-	-	-	-	-	-	-	-
Income - Refund	-	-	-	-	-	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
<b>Payments</b>										
Payment - Website	-	-	-	-	-	-	-	-	-	-
Payment - Jackets / clothing	-	-	-	-	-	-	-	-	-	-
Payment - Volunteer expenses	-	-	-	-	-	-	-	-	-	-
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	-	-	-	-	-	-	-	-	-	-
Payment - Group equipment	-	-	-	-	-	-	-	-	-	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	-	-	-	-	-	-	-	-	-	-
Payment - Refreshments	-	-	-	-	-	-	-	-	-	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	-	-	-	-	-	-	-	-	-	-
Payment - Room hire	-	-	-	-	-	-	-	-	-	-
Payment - IT equipment	-	-	-	-	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	-	-	-	-	-	-	-	-	-	-
Payment - Staff mileage	-	-	-	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
<b>Net receipts / (payments)</b>										
	-	-	-	-	-	-	-	-	-	-
Transfer	-	-	-	-	-	-	-	-	-	-
Balance brought forward	7.85	-	-	-	7.85	-	-	-	-	-
<b>Balance carried forward</b>	<b>7.85</b>	-	-	-	<b>7.85</b>	-	-	-	-	-
Checks - this should equal zero	0.00									

**Account 4 - Co-operative bank account used from January 2024 - end of March 2024 (£619.71 at end of the financial period)**

<b>Receipts &amp; Payments Account</b>										
<b>Account 4</b>										
	Total	Unrestricted	Live Well small grant 2021 (website, training, vol)	Lottery 2021 (On Tour, group kit)	Lottery 2019	Live Well Grant March 2022 (Making Strides)	ESF Groundwork grant 1 (Tribe)	PMHN Xmas packs	YHA Festival of Walking	Live Well Summer 2022 Grant (Vol expenses)
<b>Receipts</b>										
Income - Grants	-	-	-	-	-	-	-	-	-	-
Income - Fundraising	-	-	-	-	-	-	-	-	-	-
Income - Members subs	-	-	-	-	-	-	-	-	-	-
Income - Bank interest	-	-	-	-	-	-	-	-	-	-
Income - Expenses reimbursement	-	-	-	-	-	-	-	-	-	-
Transfer from unincorporated association	-	-	-	-	-	-	-	-	-	-
Income - Refund	-	-	-	-	-	-	-	-	-	-
Receipt account 8	-	-	-	-	-	-	-	-	-	-
Receipt account 9	-	-	-	-	-	-	-	-	-	-
Receipt account 10	-	-	-	-	-	-	-	-	-	-
Receipt account 11	-	-	-	-	-	-	-	-	-	-
Receipt account 12	-	-	-	-	-	-	-	-	-	-
Receipt account 13	-	-	-	-	-	-	-	-	-	-
Receipt account 14	-	-	-	-	-	-	-	-	-	-
Receipt account 15	-	-	-	-	-	-	-	-	-	-
<b>Payments</b>										
Payment - Website	598.68	-	460.80	-	-	-	-	-	-	137.88
Payment - Jackets / clothing	21.60	-	-	-	-	-	-	-	-	21.60
Payment - Volunteer expenses	71.85	-	-	-	-	-	-	-	-	71.85
Payment - Training	-	-	-	-	-	-	-	-	-	-
Payment - Stationary, printing, postage	-	-	-	-	-	-	-	-	-	-
Payment - Group equipment	-	-	-	-	-	-	-	-	-	-
Payment - Community transport	-	-	-	-	-	-	-	-	-	-
Payment - Activities	280.24	-	-	280.24	-	-	-	-	-	-
Payment - Refreshments	111.85	-	-	111.85	-	-	-	-	-	-
Payment - Refunds	-	-	-	-	-	-	-	-	-	-
Payment - Insurance	714.63	-	-	-	-	-	-	-	-	714.63
Payment - Room hire	50.00	-	-	-	-	-	-	50.00	-	-
Payment - IT equipment	-	-	-	-	-	-	-	-	-	-
Payment - Logo	-	-	-	-	-	-	-	-	-	-
Payment - First Aid kit	-	-	-	-	-	-	-	-	-	-
Payment - Special occasions	-	-	-	-	-	-	-	-	-	-
Payment - First Aid equipment	-	-	-	-	-	-	-	-	-	-
Payment - Qualifications (SLQ)	-	-	-	-	-	-	-	-	-	-
Payment - Staff mileage	94.95	-	94.95	-	-	-	-	-	-	-
Payment - Staff invoices	-	-	-	-	-	-	-	-	-	-
Payment adjustment	-	-	-	-	-	-	-	-	-	-
Payment account 22	-	-	-	-	-	-	-	-	-	-
Payment account 23	-	-	-	-	-	-	-	-	-	-
Payment account 24	-	-	-	-	-	-	-	-	-	-
Payment account 25	-	-	-	-	-	-	-	-	-	-
Payment account 26	-	-	-	-	-	-	-	-	-	-
Payment account 27	-	-	-	-	-	-	-	-	-	-
Payment account 28	-	-	-	-	-	-	-	-	-	-
Payment account 29	-	-	-	-	-	-	-	-	-	-
Payment account 30	-	-	-	-	-	-	-	-	-	-
	<b>1,943.80</b>	-	<b>555.75</b>	<b>392.09</b>	-	-	-	<b>50.00</b>	-	<b>945.96</b>
<b>Net receipts / (payments)</b>	<b>(1,943.80)</b>	-	<b>(555.75)</b>	<b>(392.09)</b>	-	-	-	<b>(50.00)</b>	-	<b>(945.96)</b>
Transfer	2,563.51	2,563.51	-	-	-	-	-	-	-	-
Balance brought forward	-	-	-	-	-	-	-	-	-	-
<b>Balance carried forward</b>	<b>619.71</b>	<b>2,563.51</b>	<b>(555.75)</b>	<b>(392.09)</b>	-	-	-	<b>(50.00)</b>	-	<b>(945.96)</b>
Checks - this should equal zero	0.00									

**Year-end accounts Sept 7<sup>th</sup> 2023 – March 31<sup>st</sup> 2024**

## Mindful Movers – Annual report & financial statements 7/9/23 – 31/3/24

	Unrestricted	Restricted	Total	Previous year	Budget	Variance
<b>Receipts</b>						
Income - Grants	-	652.80	652.80			652.80
Income - Fundraising	-	-	-			-
Income - Members subs	-	-	-			-
Income- Bank interest	-	-	-			-
Income - Expenses reimbursement	-	-	-			-
Transfer from unincorporated associatic	250.00	11,710.86	11,960.86			11,960.86
Income - Refund	-	64.77	64.77			64.77
Receipt account 8	-	-	-			-
Receipt account 9	-	-	-			-
Receipt account 10	-	-	-			-
Receipt account 11	-	-	-			-
Receipt account 12	-	-	-			-
Receipt account 13	-	-	-			-
Receipt account 14	-	-	-			-
Receipt account 15	-	-	-			-
<b>Total receipts</b>	<b>250.00</b>	<b>12,428.43</b>	<b>12,678.43</b>	<b>-</b>	<b>-</b>	<b>12,678.43</b>
<b>Payments</b>						
Payment - Website	-	598.68	598.68			(598.68)
Payment - Jackets / clothing	-	43.20	43.20			(43.20)
Payment - Volunteer expenses	-	438.91	438.91			(438.91)
Payment - Training	-	-	-			-
Payment - Stationary, printing, postage	-	37.35	37.35			(37.35)
Payment - Group equipment	-	678.42	678.42			(678.42)
Payment - Community transport	-	-	-			-
Payment - Activities	-	539.84	539.84			(539.84)
Payment - Refreshments	-	461.65	461.65			(461.65)
Payment - Refunds	-	-	-			-
Payment - Insurance	-	714.63	714.63			(714.63)
Payment - Room hire	-	50.00	50.00			(50.00)
Payment - IT equipment	-	65.00	65.00			(65.00)
Payment - Logo	-	-	-			-
Payment - First Aid kit	-	-	-			-
Payment - Special occasions	-	-	-			-
Payment - First Aid equipment	-	-	-			-
Payment - Qualifications (SLQ)	-	324.00	324.00			(324.00)
Payment - Staff mileage	-	94.95	94.95			(94.95)
Payment - Staff invoices	-	-	-			-
Payment adjustment	-	-	-			-
Payment account 22	-	-	-			-
Payment account 23	-	-	-			-
Payment account 24	-	-	-			-
Payment account 25	-	-	-			-
Payment account 26	-	-	-			-
Payment account 27	-	-	-			-
Payment account 28	-	-	-			-
Payment account 29	-	-	-			-
Payment account 30	-	-	-			-
<b>Total payments</b>	<b>-</b>	<b>4,046.63</b>	<b>4,046.63</b>	<b>-</b>	<b>-</b>	<b>(4,046.63)</b>
<b>Net receipts / (payments)</b>	<b>250.00</b>	<b>8,381.80</b>	<b>8,631.80</b>	<b>-</b>	<b>-</b>	<b>16,725.06</b>
Transfer	(2.99)	-	(2.99)	-		2.99
Balance brought forward	-	7.85	7.85			7.85
<b>Balance carried forward</b>	<b>247.01</b>	<b>8,389.65</b>	<b>8,636.66</b>	<b>-</b>	<b>-</b>	<b>16,735.90</b>
Made up of:						
Account 1	9.10					
Account 2	8,000.00					
Account 3	7.85					
Account 4	619.71					
Account 5	-					
	<u>8,636.66</u>					

### Notes to the accounts for the year ended 31 March 2023

## 1 Accounting policies

### Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

### Taxation

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

### Fund accounting

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

## 2 Unrestricted funding

Fund	Use	Income	Outgoings	Remaining
Unrestricted	Unrestricted funding from NOVA Wakefield for survey participation	<b>250</b>	<b>2.99</b>	<b>247.01</b>

## 3 Restricted funding

Fund	Use	Income	Outgoings	Remaining
Live Well small grant 2021	Website, training, vol expenses	<b>665.91</b>	<b>661.76</b>	<b>4.15</b>
Lottery 2019	Group equipment, insurance, training	<b>124.58</b>	<b>11.96</b>	<b>112.62</b> <b>+£7.85</b> <b>cash</b>
Lottery 2021	On Tour activities & visits, group equipment	<b>4,078.77</b>	<b>1,015.36</b>	<b>3,063.41</b>
Live Well Grant March 2022	Making Strides – accredited course delivery	<b>4,342.81</b>	<b>349.39</b>	<b>3,993.42</b>

Live Well summer 2022	Volunteer expenses, group jackets & clothing	<b>1,342.18</b>	<b>1,000.96</b>	<b>341.22</b>
ESF Groundwork grant	TRIBE 8-week intervention delivery and assessment	<b>198.17</b>	<b>0</b>	<b>198.17</b>
PMHN Xmas packs	Holding funds on behalf of the Positive Mental Health Network as they do not have their own bank account	<b>1,023.21</b>	<b>472.40</b>	<b>550.81</b>
YHA Festival of walking	To participate in the festival of walking – overnight YHA trip and walks.	<b>652.80</b>	<b>534.80</b>	<b>118.00</b>

#### **4 Related party transactions**

##### **Trustee expenses Trustee remuneration and benefits**

No trustee received any remuneration or benefit during this or the previous year.

No trustee received any expenses during this year or the previous year.