

Registered Charity No: 1204625

MINDFUL MOVERS
REPORT AND ACCOUNTS
YEAR ENDED 31 MARCH 2025

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YEAR ENDED 31 MARCH 2025

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MINDFUL MOVERS
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2025

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 th September 2024
	Kelly Hall	
	Joanne Mitchell	Resigned 4 th March 2025
	Dan Southcoat	Appointed 24 th 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

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 7th 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.

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 31st Jan – 2nd 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

" 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
TRUSTEES' REPORT continued
YEAR ENDED 31 MARCH 2025

Financial Position

The financial statements are set out in pages 9 to 15.

The Receipts and Payments Account shows a surplus at the year-end of £18,288 (2024: Loss £3,333). Total funds of the charity at year-end stand at £26,924 (2024: £8,636).

The trustees declare that they have approved the report above.

Signed on behalf of the charity's trustees:

Signed: H. West Date: 01st July 2025

Hannah West, Chair

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

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: 01st 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	£	£	£	£
Receipts				
Fundraising	1,410	-	1,410	-
Interest	90	-	90	-
Grants	4 1,000	42,025	43,025	653
Sundry income	2	-	2	65
Total receipts	2,502	42,025	44,527	718
Payments				
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	-
Total payments	491	25,748	26,239	4,051
Surplus/(Deficit)	2,011	16,277	18,288	(3,333)
Total funds brought forward	247	8,389	8,636	8
Transfers between funds	5&6 6,266	(6,266)	-	-
Funds transferred from Unicorp.Ass	-	-	-	11,961
Total Funds Carried Forward	5 8,524	18,400	26,924	8,636

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

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

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: 01st July 2025

Hannah West, Chair

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

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

4. Grants & Donations

	Unrestricted	Restricted	2025 Total	7/9/23 31/3/24
	£	£	£	£
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	-
Total	1,000	42,025	43,025	653

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

5. Fund Analysis

	Opening balance £	Receipts £	Payments £	Fund Transfers £	Closing balance £
Unrestricted funds					
General Fund	247	2,502	(491)	6,266	8,524
	247	2,502	(491)	6,266	8,524
Restricted funds					
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)	-
	8,389	42,025	(25,748)	(6,266)	18,400
TOTAL FUNDS	8,636	44,527	(26,239)	-	26,924

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

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

- 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

