
BANDED CIO

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2025

BANDED CIO

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 MARCH 2025**

Trustees X X - Trustee with dispensation (appointed 20 June 2024)
D Hunter (appointed 20 June 2024)
R M Pantoja (appointed 20 June 2024)

**Charity registered
number** 1208755

Principal office 1 Oxford House
Oakfield Close
New Malden
Surrey
KT3 6RD

**TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2025**

The Trustees present their annual report together with the financial statements of the Charity for the period 20 June 2024 to 31 March 2025.

Objectives and activities

a. Policies and objectives

The Charity's objects are, for the public benefit, to relieve the needs of people who have been subject to or affected (whether directly or indirectly) by, or who are at risk of, domestic abuse and/or sexual violence through the provision of physical education including exercise classes, and other assistance and advice to improve their physical and mental health.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Activities undertaken to achieve objectives

The charity will provide physical education including exercise classes both on a one to one basis and for groups, for example, at domestic violence refuges, and will also provide on-line videos. The purpose of the classes is to give attendees an understanding of the positive effects of exercise, and to demonstrate how to exercise safely in order to improve their mental and physical health. The charity will provide links to further information and support, which assist users to get further help and advice.

Two of the trustees are Level 3 qualified personal trainers so they will use their qualifications, experience and knowledge of health and fitness to deliver the exercise classes and the advice.

One of the trustees is a victim of domestic violence and was told 11 years ago that they would not be able to walk again, but after extensive medical treatment and rehabilitation with the trauma and PTSD and counselling departments of St. Georges Hospital; the help of a local gym which helped with their rehabilitation and provided sponsorship for personal training qualifications; and sponsorship from the YMCA, they can walk and exercise again and have successfully completed their level 2 and 3 personal training qualifications. They were awarded "Inspirational Apprentice of the year" for 2024 by the YMCA.

They wish to use their qualifications and experience to help others who have been affected by domestic and sexual violence. Due to their circumstances, they have been advised not to appear on social media or publicly available websites and they therefore received a dispensation from the Charity Commission from having their name shown on the Charity Commission information. Their name is therefore shown as "X X - trustee with dispensation" in these accounts.

c. Main activities undertaken to further the Charity's purposes for the public benefit

The charity organised a Children's Christmas present appeal during the period. We asked for donations of presents suitable for children, from members of Fitness4Less New Malden and their families and contacts. We received in excess of 300 presents which were donated to the Salvation Army and to a domestic violence refuge.

**TRUSTEES' REPORT (CONTINUED)
FOR THE PERIOD ENDED 31 MARCH 2025**

Achievements and performance

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The charity's reserve policy will be set at 3 months expenditure

Structure, governance and management

a. Constitution

Banded CIO is a registered charity, number 1208755, and was registered as a Charitable Incorporated Organisation on 20 June 2025 under a Foundation Constitution.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Constitution.

Plans for future periods

After the period end, the charity started providing exercise classes and also organised social events for its users.

**TRUSTEES' REPORT (CONTINUED)
FOR THE PERIOD ENDED 31 MARCH 2025**

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Constitution. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees on 2 December 2025 and signed on their behalf by:

.....
X X - Trustee with dispensation

.....
D Hunter

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31 MARCH 2025**

	Note	Unrestricted funds 2025 £	Total funds 2025 £
Income from:			
Donations and legacies	3	210	210
Total income		<u>210</u>	<u>210</u>
Expenditure on:			
Charitable activities	4	209	209
Total expenditure		<u>209</u>	<u>209</u>
Net movement in funds		<u>1</u>	<u>1</u>
Reconciliation of funds:			
Net movement in funds		1	1
Total funds carried forward		<u>1</u>	<u>1</u>

The Statement of Financial Activities includes all gains and losses recognised in the period.

The notes on pages 7 to 9 form part of these financial statements.

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**BALANCE SHEET
AS AT 31 MARCH 2025**

	Note	2025 £
Fixed assets		
		-
Current assets		
Debtors		-
Cash at bank and in hand		1
		1
Current liabilities		
Creditors: amounts falling due within one year		-
Net current assets		1
Total assets less current liabilities		1
Net assets excluding pension asset		1
Total net assets		1
Charity funds		
Restricted funds		-
Unrestricted funds		
General funds	6	1
Total unrestricted funds		1
Total funds		1

The financial statements were approved and authorised for issue by the Trustees on 02 December 2025 and signed on their behalf by:

X X - Trustee with dispensation

D Hunter

The notes on pages 7 to 9 form part of these financial statements.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2025**

1. General information

Banded CIO was registered with the Charity Commission as a Charitable Incorporated Organisation on 20 March 2024. The address of the principal office is shown on page 1. The registered charity number is 1208755.

2. Accounting policies**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Banded CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2025**

2. Accounting policies (continued)

2.5 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.6 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

3. Income from donations and legacies

	Unrestricted funds 2025 £	Total funds 2025 £
Donations	210	210

4. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2025 £	Total 2025 £
Support costs - insurance & stationery	168	168
Christmas present donations	41	41
	209	209

5. Trustees' remuneration and expenses

During the period, no Trustees received any remuneration or other benefits.

During the period ended 31 March 2025, no Trustee expenses have been incurred.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2025**

6. Statement of funds**Statement of funds - current period**

	Income £	Expenditure £	Balance at 31 March 2025 £
Unrestricted funds			
General Funds - all funds	210	(209)	1

7. Related party transactions

The Charity has not entered into any related party transaction during the period, nor are there any outstanding balances owing between related parties and the Charity at 31 March 2025.