

Charity registration number 1209526 (England and Wales)

GIRLS IN MOTION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 JULY 2025

GIRLS IN MOTION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	T Eccles S Archibald T Fairhurst	(Appointed 9 August 2024) (Appointed 9 August 2024) (Appointed 9 August 2024)
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Charity number (England and Wales)	1209526
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Registered office	Flat 20 Avro House 34 Navigation Street Manchester Greater Manchester United Kingdom M4 6EJ
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Independent examiner	Azets Audit Services Westpoint Lynch Wood Peterborough Cambridgeshire United Kingdom PE2 6FZ
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Bankers	Metro Bank 1 Southampton Row London WC1B 5HA
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GIRLS IN MOTION

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 JULY 2025

Girls in Motion (GIM) is a Charitable Incorporated Organisation established in August 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

"The advancement of the amateur sport of squash among women and girls for the public benefit by creating opportunities for women and girls to engage in squash, running community inclusive events, supporting female coaches and leaders, delivering participation initiatives and providing structured support for clubs to increase female membership."

Our purpose is to grow participation and through this, leadership opportunities for women and girls in squash through four core pillars:

1. Participation – Providing opportunities for women and girls to access and enjoy squash in inclusive, community-based environments.
2. Retention – Create a space to play and participate, supporting clubs to create sustainable, welcoming environments that encourage ongoing participation.
3. Competition – Strengthening female competition structures to offer appropriate, confidence-building playing opportunities.
4. Leadership – Developing and mentoring women as coaches, organisers and leaders in the sport.

In our first year as a charity, Girls in Motion focused on delivering a visibility and credibility in our actions. Our activities included:

- Running and supporting community squash events for women and girls.
- Funding and mentoring female coaches through our LeadHER Fund.
- Partnering with clubs and county organisations to establish or strengthen women's sessions and leagues.
- Creating digital resources and a national map of women's squash leagues to improve access and visibility.
- Building an online platform and social media presence to connect women's squash communities nationwide.

Achievements and performance

Our first year as a registered charity (2024–2025) saw strong progress across all four pillars.

Events and Engagement:

- GIM Junior Autumn Meet 2024 – 52 girls signed up from 21 clubs (ages 6–16), supported by volunteer coaches, professional coaches and a professional squash player.
- GIM Junior Spring Meet 2025 – 49 girls from 21 clubs (ages 6–16), supported by volunteer coaches, professional coaches and a professional squash player.
- GIM Junior Copper Tournament (May 2025) – 31 girls competed, including 17 first-time competitors. Through collaboration with England Squash, GIM amended the rules to suit the abilities of entrants.

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TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 JULY 2025

- PSA Manchester Women's Festival (April 2025) – 36 women took part; with coaching sessions led by professional and junior coaches and a fun, team competition. The event was held alongside the PSA Manchester Open 25 which gave opportunity for the attendees to watch professional squash and be supported by professional players Tesni Evans and Lowri Roberts.
- Wigan Women's Open Day built on a new womens only session at Wigan Squash Club. GIM provided female coaches and financially supported the day open to all women with 36 attendees.
- 45 women signed up to The Northern Womens Open presented by GIM. This was designed for women new to competition, providing a structure that was inviting and supportive, many trying squash competitively for the first time.
- GIM also supported Hunts County club to host a local Junior Meet, increasing female engagement across regions.

In total, over 200 women and girls took part in GIM-supported activities during the year.

Leadership & Coaching:

- LeadHER Coaching Fund – 15 women received funding for Level 1 or Level 2 England Squash coaching qualifications.
- 10 women gained practical coaching experience at GIM events, mentored by experienced coaches.
- GIM developed a female coach network and showcased stories such as Mia Leahey, a LeadHER recipient who now coaches and volunteers at GIM events.

Other Competitive Opportunities:

- Compiled data on 16 women's leagues representing over 1,000 players nationwide.
- Supported North West Women's Squash League (NWWSL) with new branding, summer league expansion, promotional materials and ticketing resources..
- Promoted womens and women friendly events through GIM networks, increasing visibility.

Club Support & Growth:

- Produced a 'Run Your Own GIM Meet' guide to help clubs replicate the model locally.
- Supported Wigan Squash Club to launch a weekly women's session, now self-sustaining with 10+ regular players with an underwriting financial model.
- Held advisory calls with 6nr clubs; assisting with planning and promotional materials to establish female only sessions/ events.

Visibility & Awareness:

- Launched a dedicated website and Instagram platform sharing events, opportunities and impact stories.
- Featured in Squash Player Magazine, PSA Foundation media, and a PSA documentary interview.
- Created a recognisable brand for GIM and a digital hub linking clubs, coaches and leagues nationwide.

Public Benefit:

The trustees confirm that Girls in Motion continues to meet the public benefit requirement by promoting participation in amateur sport and providing opportunities for women and girls to develop confidence, leadership skills and community belonging through squash. Our activities are open to all women and girls regardless of background, ability or experience.

GIRLS IN MOTION

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 JULY 2025

Financial review

The trustees define reserves as the charity's free (unrestricted) reserves, being unrestricted funds excluding tangible fixed assets and any funds designated for specific purposes. The trustees aim to hold reserves equivalent to 12 months of operating expenditure (currently £2,000) to provide working capital and to safeguard against income volatility and unforeseen costs. At 31 July 2025, free reserves were £28,245, which is above the target range; this is due to a large donation received within the financial year. The trustees plan to maintain reserves to, or above, the target level and will review this policy annually.

Plans for future periods

In Year 2, Girls in Motion aims to:

- Expand the GIM Meets model to additional clubs across England.
- Deliver a second round of LeadHER Fund coaching grants.
- Launch a national women's squash map and event calendar.
- Strengthen partnerships with England Squash, PSA Foundation and local county organisations.
- Continue to expand networks and visibility of womens squash.

Structure, governance and management

Girls In Motion is a foundation-model CIO in which the charity trustees are also the only voting members. New trustees are recruited by the board against the skills and experience needed for effective administration and are appointed by board resolution for a two-year term, with eligibility for re-appointment in line with the constitution. On appointment, each trustee confirms acceptance in writing and receives an induction pack including the constitution and the latest trustees' annual report and accounts. The first trustees and initial terms were: Sally Archibald (chair, unlimited term), Thomas Eccles (3 years), and Thomas Fairhurst (3 years).

The Trustees' report was approved by the Board of Trustees.

S Archibald

Trustee

12 March 2026

GIRLS IN MOTION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF GIRLS IN MOTION

I report to the Trustees on my examination of the financial statements of Girls in Motion (the charity) for the period ended 31 July 2025.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.

Mark Jackson FCA DChA
Azets Audit Services

Westpoint
Lynch Wood
Peterborough
Cambridgeshire
PE2 6FZ

2 April 2026

GIRLS IN MOTION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 JULY 2025

	Notes	Unrestricted funds 2025 £
Income from:		
Donations and legacies	3	32,500
Charitable activities	4	3,031
Total income		35,531
Expenditure on:		
Charitable activities	5	7,286
Total expenditure		7,286
Net income and movement in funds		28,245
Reconciliation of funds:		
Fund balances at 9 August 2024		-
Fund balances at 31 July 2025		28,245

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derive from continuing activities.

GIRLS IN MOTION

BALANCE SHEET

AS AT 31 JULY 2025

	Notes	2025 £	£
Current assets			
Cash at bank and in hand		29,445	
Creditors: amounts falling due within one year	11	(1,200)	
		<u> </u>	
Net current assets			28,245
			<u> </u>
The funds of the charity			
Unrestricted funds	12		28,245
			<u> </u>
			28,245
			<u> </u>

The financial statements were approved by the Trustees on 12 March 2026

S Archibald
Trustee

GIRLS IN MOTION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 JULY 2025

1 Accounting policies

Charity information

Girls in Motion is a Charitable Incorporated Organisation registered in England and Wales.

1.1 Reporting period

This is the first period of accounts for the charity and the annual financial statements are presented for a period shorter than one year.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements 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 Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 JULY 2025

1 Accounting policies

(Continued)

1.6 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 are allocated on the portion of the asset's use.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 JULY 2025

3 Income from donations and legacies

Unrestricted
funds
2025
£

Donations and gifts	32,500
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4 Income from charitable activities

Unrestricted
funds
2025
£

Sales within charitable activities

Event ticket sales	3,031
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5 Expenditure on charitable activities

Charitable
expenditure
2025
£

Direct costs

Training and coaching costs	1,562
Bank charges	2
Event expenditure	2,702
Advertising and marketing	1,398
IT software and consumables	230
	5,894

Share of support and governance costs (see note 6)

Support	1,392
	7,286

Analysis by fund

Unrestricted funds	7,286
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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 JULY 2025

6 Support costs allocated to activities

2025
£

Governance costs 1,392

Analysed between:

Charitable expenditure 1,392

Governance costs comprise:

2025
£

Independent examination fees 1,080

Accountancy 312

1,392

7 Net movement in funds

2025
£

The net movement in funds is stated after charging/(crediting):

Fees payable for the independent examination of the charity's financial statements 1,080

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period.

9 Employees

The average monthly number of employees during the period was:

2025
Number

Total -

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 JULY 2025

11 Creditors: amounts falling due within one year

	2025 £
Trade creditors	120
Accruals and deferred income	1,080
	<u>1,200</u>

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used.

	At 9 August 2024 £	Incoming resources £	Resources expended £	At 31 July 2025 £
General funds	-	35,531	(7,286)	28,245

13 Related party transactions

There were no disclosable related party transactions during the period.