

FitMoms & Kids

Northern Ireland · Charity number 107347

Details

Status Overdue

Registered 2019-04-12

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address 3 Portland Avenue
Glengormley
Newtownabbey
Belfast
BT36 5ey
BT36 5EY

Phone 07817936509

Email info@fitmomsandkids.co.uk

Website www.fitmomsandkids.com

Activities

Purposes: to promote the physical and emotional health and wellbeing of women and in particular, but not exclusively, mothers or carers of children with autism or other related communication and behavioural disorders and women who feel socially isolated in the Newtownabbey area of Belfast and the surrounding district ('the area of benefit'), through the provision of fitness classes, gym facilities, recreational activities, children's safe playroom, support groups and by any other means as the Trustees shall consider appropriate; to promote the physical and emotional health of children and young people and in particular, but not exclusively, those with autism or other related communication and behavioural disorders or obesity through the provision of programmes and activities designed to promote their self-esteem.

What the charity does: Other charitable purposes

How the charity works: Sport/recreation

Who the charity helps: Addictions (drug/solvent/alcohol abuse), Carers, Children (5-13 year olds), General public, Interface communities, Learning disabilities, Men, Mental health, Older people, Parents, Physical disabilities, Preschool (0-5 year olds), Sensory disabilities, Unemployed/low income, Victim support, Volunteers, Women, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2024-03-31	£75,379	£71,717	£0	0

Trustees

Name	Role	Appointed
Miss Julie Preston		
Miss Leanne Evans		
Miss Lesley Dowey		
Mrs Zena Read		

FitMoms & Kids

Northern Ireland - Charity number 107347

Accounts

Charity registration number: 107347

FitMoms & Kids

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FitMoms

Annual Report and Financial Statements

for the Year Ended 31 March 2024

FitMoms & Kids
known as FitMoms
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FitMoms & Kids
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Reference and Administrative Details

Chairman	Miss Leanne Evans
Trustees	Miss Lesley Dowey Miss Leanne Evans Mrs Zena Reid Miss Julie Preston
Charity Registration Number	107347
Principal Office	3 Portland Avenue Glengormley Newtownabbey Co Antrim BT36 5EY
Independent Examiner	Tony Mc Clements Independent Examiner J A Mc Clements & Co Unit25b Ballymena Business Centre 62 Fenaghy Road Galgorm Ballymena Co Antrim BT42 1FL

FitMoms & Kids
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Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2024.

Objectives and activities

Objects and aims

Provision of fitness Classes, Gym facilities, recreational activities, children's safe playroom, support groups and other means as considered appropriate to the needs of service users; provision of programmes and activities designed to promote their self-esteem.

The aim of the charity is to promote the physical and emotional wellbeing of women and in particular, but not exclusively , mothers and carers of children of autism or other relayed communication and behavioural disorders and women who feel socially isolated in the Newtownabbey area of Belfast and the surrounding district('the area of benefit') through the provision of fitness classes, gym facilities, recreational activities, children's safe playroom, support groups and by any other means as the Trustees shall consider appropriate; to promote the physical and emotional healt of children and young people and in particular, but not exclusively , those with autism and other related communication and behavioural disorders or obesity through the provision of programmes and activities designed to promote self-esteem.

Public benefit

The organisation is attempting to bring groups of socially isolated womentgether, reducing/removing social isolation, improving self-esteem and feelings of self worth, reducing incidence of loneliness, improving mental health. it is supporting families with children with special needs such as autism and other complex needs.

Fit moms & Kids has existed since 2014, initially as a voluntary group, becoming a business in 2015; the organisation has grown exponentially since, and has to date helped hundreds of socially disadvantaged women and families; many of these have written testimonials, encouraged others to join in and participate, further increasing the reach of the organisation. The organisation continues to grow, and is now looking for larger premises, developing a management team, instigating new projects and partnerships with third party agencies, as well as increasing membership and volunteer opportunities.

None has been identified; the organisation exists to alliviate risk of harm both physically and mentally.

Any member of the public , who may approach the organisation. Basis of need is assessed by informal personal interview to determine health status, actual need, and that personal issues genuinely exist rather than seeking a cheap gym option.

There is no private benefit to any member , trustee or other individual.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

Nature of governing document

Constitution

FitMoms & Kids

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Trustees' Report (continued)

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 20 May 2025 and signed on its behalf by:

.....
Miss Lesley Dowey
Trustee

.....
Miss Leanne Evans
Chairman and trustee

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Trustees' Report (continued)

.....
Mrs Zena Reid
Trustee

.....
Miss Julie Preston
Trustee

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Statement of Trustees' Responsibilities

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity 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 in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 20 May 2025 and signed on its behalf by:

.....
Miss Lesley Dowey
Trustee

.....
Miss Leanne Evans
Chairman and trustee

.....
Mrs Zena Reid
Trustee

.....
Miss Julie Preston
Trustee

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Independent Examiner's Report to the trustees of FitMoms & Kids

I report to the trustees on my examination of the accounts of FitMoms & Kids for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of FitMoms & Kids you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the FitMoms & Kids's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of FitMoms & Kids as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
J A Mc Clements & Co
Independent Examiner
FCPA

J A Mc Clements & Co
Unit25b Ballymena Business Centre
62 Fenaghy Road Galgorm
Ballymena
Co Antrim
BT42 1FL

Date:.....

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Statement of Financial Activities for the Year Ended 31 March 2024

	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Donations and legacies		65,729	65,729
Other trading activities		9,650	9,650
Total income		<u>75,379</u>	<u>75,379</u>
Expenditure on:			
Raising funds		(54,437)	(54,437)
Charitable activities		(17,280)	(17,280)
Total expenditure		<u>(71,717)</u>	<u>(71,717)</u>
Net income		<u>3,662</u>	<u>3,662</u>
Net movement in funds		3,662	3,662
Reconciliation of funds			
Total funds brought forward		<u>21,758</u>	<u>21,758</u>
Total funds carried forward	15	<u>25,420</u>	<u>25,420</u>
	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Donations and legacies		34,537	34,537
Other trading activities		10,085	10,085
Total income		<u>44,622</u>	<u>44,622</u>
Expenditure on:			
Raising funds		(51,213)	(51,213)
Charitable activities		(14,571)	(14,571)
Total expenditure		<u>(65,784)</u>	<u>(65,784)</u>
Net expenditure		<u>(21,162)</u>	<u>(21,162)</u>
Net movement in funds		(21,162)	(21,162)
Reconciliation of funds			
Total funds brought forward		<u>42,921</u>	<u>42,921</u>
Total funds carried forward	15	<u>21,759</u>	<u>21,759</u>

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2023 is shown in note 15.

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**(Registration number: 107347)
Balance Sheet as at 31 March 2024**

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	12	24,812	21,365
Current assets			
Cash at bank and in hand	13	2,108	1,321
Creditors: Amounts falling due within one year	14	<u>(1,500)</u>	<u>(927)</u>
Net current assets		<u>608</u>	<u>394</u>
Net assets		<u>25,420</u>	<u>21,759</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>25,420</u>	<u>21,759</u>
Total funds	15	<u>25,420</u>	<u>21,759</u>

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on 20 May 2025 and signed on their behalf by:

.....
Miss Lesley Dowey
Trustee

.....
Miss Leanne Evans
Chairman and trustee

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Notes to the Financial Statements for the Year Ended 31 March 2024

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

FitMoms & Kids meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Equipment	20% Straight Line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

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

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

- (a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.
- (b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.
- (c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).
- (d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.
- (e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.
- (f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Grants, including capital grants; Grants from companies	65,729	65,729
Total for 2024	65,729	65,729
Total for 2023	34,537	34,537

3 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income; Other events income	2,795	2,795
Membership subscriptions	6,855	6,855
Total for 2024	9,650	9,650
Total for 2023	10,085	10,085

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2023	32,463	32,463
Additions	3,447	3,447
At 31 March 2024	<u>35,910</u>	<u>35,910</u>
Depreciation		
At 1 April 2023	<u>11,098</u>	<u>11,098</u>
At 31 March 2024	<u>11,098</u>	<u>11,098</u>
Net book value		
At 31 March 2024	<u>24,812</u>	<u>24,812</u>
At 31 March 2023	<u>21,365</u>	<u>21,365</u>

13 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	<u>2,108</u>	<u>1,321</u>

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	980	-
Other creditors	-	(1)
Accruals	520	928
	<u>1,500</u>	<u>927</u>

15 Funds

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General	<u>21,758</u>	<u>75,379</u>	<u>(71,717)</u>	<u>25,420</u>
	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	<u>42,921</u>	<u>44,622</u>	<u>(65,784)</u>	<u>21,759</u>

16 Analysis of net assets between funds

	Unrestricted funds		Total funds at 31 March 2024
	General £	Other £	£
Tangible fixed assets	21,365	3,447	24,812
Current assets	-	2,108	2,108
Current liabilities	<u>(520)</u>	<u>-</u>	<u>(520)</u>
Total net assets	<u>20,845</u>	<u>5,555</u>	<u>26,400</u>
	Unrestricted funds		Total funds at 31 March 2023
	General £	Other £	£
Tangible fixed assets	10,790	10,575	21,365
Current assets	-	1,321	1,321
Current liabilities	<u>1</u>	<u>(928)</u>	<u>(927)</u>
Total net assets	<u>10,791</u>	<u>10,968</u>	<u>21,759</u>

17 Analysis of net funds

	At 1 April 2023 £	At 31 March 2024 £
Cash at bank and in hand	<u>1,321</u>	<u>1,321</u>
Net debt	<u>1,321</u>	<u>1,321</u>

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Notes to the Financial Statements for the Year Ended 31 March 2024 (continued)

	At 1 April 2022 £	Financing cash flows £	At 31 March 2023 £
Cash at bank and in hand	<u>26,005</u>	<u>(24,684)</u>	<u>1,321</u>
Net debt	<u>26,005</u>	<u>(24,684)</u>	<u>1,321</u>

18 Related party transactions

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Statement of Financial Activities by fund for the Year Ended 31 March 2024

	Total Unrestricted Funds 2024 £	Total Unrestricted Funds 2023 £
Income and Endowments from:		
Donations and legacies	65,729	34,537
Other trading activities	9,650	10,085
Total income	<u>75,379</u>	<u>44,622</u>
Expenditure on:		
Raising funds	(54,437)	(51,213)
Charitable activities	<u>(17,280)</u>	<u>(14,571)</u>
Total expenditure	<u>(71,717)</u>	<u>(65,784)</u>
Net income/(expenditure)	<u>3,662</u>	<u>(21,162)</u>
Net movement in funds	3,662	(21,162)
Reconciliation of funds		
Total funds brought forward	<u>21,758</u>	<u>42,921</u>
Total funds carried forward	<u>25,420</u>	<u>21,759</u>

This page does not form part of the statutory financial statements.

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Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	Total 2024 £	Total 2023 £
Income and Endowments from:		
Donations and legacies (analysed below)	65,729	34,537
Other trading activities (analysed below)	<u>9,650</u>	<u>10,085</u>
Total income	<u>75,379</u>	<u>44,622</u>
Expenditure on:		
Raising funds (analysed below)	(54,437)	(51,213)
Charitable activities (analysed below)	<u>(17,280)</u>	<u>(14,571)</u>
Total expenditure	<u>(71,717)</u>	<u>(65,784)</u>
Net income/(expenditure)	<u>3,662</u>	<u>(21,162)</u>
Net movement in funds	3,662	(21,162)
Reconciliation of funds		
Total funds brought forward	<u>21,758</u>	<u>42,921</u>
Total funds carried forward	<u><u>25,420</u></u>	<u><u>21,759</u></u>

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Detailed Statement of Financial Activities for the Year Ended 31 March 2024 (continued)

	Total 2024 £	Total 2023 £
<i>Donations and legacies</i>		
Antrim & Newtownabbey BC	-	5,200
Community Grants	65,729	29,337
	65,729	34,537
<i>Other trading activities</i>		
Appeals and donations	2,795	1,283
Memberships and Fees	6,855	8,802
	9,650	10,085
<i>Raising funds</i>		
Arts & Crafts	(240)	(53)
Freight and carriage	(108)	-
Uniforms T-Shirts & Customes	(422)	-
Wages and salaries	(34,122)	(22,625)
Travelling	(31)	(492)
Rent	(12,134)	(8,468)
Light, heat and power	(4,257)	(6,163)
Insurance	(682)	(671)
Repairs and renewals	(480)	(780)
Telephone and fax	(342)	(480)
Computer software and maintenance costs	(635)	(314)
Printing, postage and stationery	(376)	(220)
Sundry expenses	(40)	-
Cleaning	(195)	-
Petty Cash Expenses	-	(1,506)
Promotional expenses	(50)	(100)
Accountancy fees	249	(528)
Consulting	-	(2,160)
Legal and professional fees	(252)	-
Bank charges	(320)	(188)
Depreciation of office equipment	-	(6,465)
	(54,437)	(51,213)

This page does not form part of the statutory financial statements.

FitMoms & Kids

known as FitMoms

Detailed Statement of Financial Activities for the Year Ended 31 March 2024 (continued)

	Total 2024 £	Total 2023 £
<i>Charitable activities</i>		
Payment to Facilitors	(14,983)	(10,475)
Courses	-	(175)
Schemes inc summer Schemes	-	(60)
Food for Summer Schemes	-	(135)
Projects	(430)	(3,506)
Staff training	(1,347)	(40)
Charitable donations	-	(180)
Accountancy fees	(520)	-
	<u>(17,280)</u>	<u>(14,571)</u>

This page does not form part of the statutory financial statements.

FitMoms & Kids

Northern Ireland - Charity number 107347

Accounts

Charity registration number: 107347

FitMoms & Kids

known as

FitMoms

Annual Report and Financial Statements

for the Year Ended 31 March 2023

FitMoms & Kids
known as FitMoms
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FitMoms & Kids

known as FitMoms

Reference and Administrative Details

Chairman	Miss Leanne Evans
Trustees	Miss Lesley Dowey Miss Leanne Evans Mrs Zena Reid Miss Julie Preston
Charity Registration Number	107347
Principal Office	3 Portland Avenue Glengormley Newtownabbey Co Antrim BT36 5EY
Independent Examiner	Tony Mc Clements Independent Examiner J A Mc Clements & Co Unit25b Ballymena Business Centre 62 Fenaghy Road Galgorm Ballymena Co Antrim BT42 1FL

FitMoms & Kids
known as FitMoms
Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

Objectives and activities

Objects and aims

Provision of fitness Classes, Gym facilities, recreational activities, children's safe playroom, support groups and other means as considered appropriate to the needs of service users; provision of programmes and activities designed to promote their self-esteem.

The aim of the charity is to promote the physical and emotional wellbeing of women and in particular, but not exclusively , mothers and carers of children of autism or other relayed communication and behavioural disorders and women who feel socially isolated in the Newtownabbey area of Belfast and the surrounding district('the area of benefit') through the provision of fitness classes, gym facilities, recreational activities, children's safe playroom, support groups and by any other means as the Trustees shall consider appropriate;
to promote the physical and emotional healt of children and young people and in particular, but not exclusively , those with autism and other related communication and behavioural disorders or obesity through the provision of programmes and activities designed to promote self-esteem.

Public benefit

The organisation is attempting to bring groups of socially isolated womentogether, reducing/removing social isolation, improving self-esteem and feelings of self worth, reducing incidence of loneliness, improving mental health. it is supporting families with children with special needs such as autism and other comples needs.

Fit moms & Kids has existed since 2014, initially as a voluntary group, becoming a business in 2015; the organisation has grown exponentially since, and has to date helped hundreds of socially disadvantaged women and families; many of these have written testimonials, encouraged others to join in and participate, further increasing the reach of the organisation. The organisation continues to grow, and is now looking for larger premises, developing a management team, instigating new projects and partnerships with third party agencies, as well as increasing membership and volunteer opportunities.

None has been identified; the organisation exists to alliviate risk of harm both physically and mentally.

Any member of the public , who may approach the organisation. Basis of need is assessed by informal personal interview to determine health status, actual need, and that personal issues genuinely exist rather than seeking a cheap gym option.

There is no private benefit to any member , trustee or other individual.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

Nature of governing document

Constitution

FitMoms & Kids

known as FitMoms

Trustees' Report (continued)

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

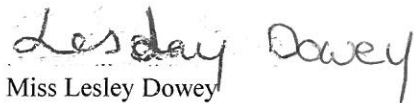
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 14 December 2023 and signed on its behalf by:



Miss Lesley Dowey
Trustee




Miss Leanne Evans
Chairman and trustee

FitMoms & Kids

known as FitMoms

Trustees' Report (continued)



.....
Mrs Zena Reid
Trustee



.....
Miss Julie Preston
Trustee

FitMoms & Kids

known as FitMoms

Independent Examiner's Report to the trustees of FitMoms & Kids

I report to the trustees on my examination of the accounts of FitMoms & Kids for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of FitMoms & Kids you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the FitMoms & Kids's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of FitMoms & Kids as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
J A Mc Clements & Co
Independent Examiner
FCPA

J A Mc Clements & Co
Unit25b Ballymena Business Centre
62 Fenaghy Road Galgorm
Ballymena
Co Antrim
BT42 1FL

14 December 2023

FitMoms & Kids

known as FitMoms

Statement of Financial Activities for the Year Ended 31 March 2023

	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Donations and legacies		34,537	34,537
Other trading activities		<u>10,085</u>	<u>10,085</u>
Total income		<u>44,622</u>	<u>44,622</u>
Expenditure on:			
Raising funds		(51,213)	(51,213)
Charitable activities		<u>(14,571)</u>	<u>(14,571)</u>
Total expenditure		<u>(65,784)</u>	<u>(65,784)</u>
Net expenditure		<u>(21,162)</u>	<u>(21,162)</u>
Net movement in funds		(21,162)	(21,162)
Reconciliation of funds			
Total funds brought forward		<u>42,921</u>	<u>42,921</u>
Total funds carried forward	15	<u>21,759</u>	<u>21,759</u>
		Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Donations and legacies		45,367	45,367
Other trading activities		<u>14,010</u>	<u>14,010</u>
Total income		<u>59,377</u>	<u>59,377</u>
Expenditure on:			
Raising funds		(38,730)	(38,730)
Charitable activities		(1,437)	(1,437)
Other expenditure	6	<u>(200)</u>	<u>(200)</u>
Total expenditure		<u>(40,367)</u>	<u>(40,367)</u>
Net income		<u>19,010</u>	<u>19,010</u>
Net movement in funds		19,010	19,010
Reconciliation of funds			
Total funds brought forward		<u>23,911</u>	<u>23,911</u>
Total funds carried forward	15	<u>42,921</u>	<u>42,921</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 15.

The notes on pages 9 to 18 form an integral part of these financial statements.

FitMoms & Kids


known as FitMoms

(Registration number: 107347)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	21,365	17,255
Current assets			
Debtors	12	-	61
Cash at bank and in hand	13	<u>1,321</u>	<u>26,005</u>
		1,321	26,066
Creditors: Amounts falling due within one year	14	<u>(927)</u>	<u>(400)</u>
Net current assets		<u>394</u>	<u>25,666</u>
Net assets		<u>21,759</u>	<u>42,921</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>21,759</u>	<u>42,921</u>
Total funds	15	<u>21,759</u>	<u>42,921</u>

The financial statements on pages 7 to 18 were approved by the trustees, and authorised for issue on 14 December 2023 and signed on their behalf by:

.....
Miss Lesley Dowey
Trustee


.....
Miss Leanne Evans
Chairman and trustee

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

FitMoms & Kids meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Equipment	20% Straight Line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

FitMoms & Kids

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Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

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

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

FitMoms & Kids
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Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Grants, including capital grants; Grants from companies	34,537	34,537
Total for 2023	34,537	34,537
Total for 2022	45,367	45,367

3 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income; Other events income	1,283	1,283
Membership subscriptions	8,802	8,802
Total for 2023	10,085	10,085
Total for 2022	14,010	14,010

FitMoms & Kids
known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

4 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Costs of goods sold		53	53
Allocated support costs		49,654	49,654
Total for 2023		<u>49,707</u>	<u>49,707</u>
Total for 2022		<u>35,671</u>	<u>35,671</u>

b) Other costs of generating donations and legacies

	Note	Total funds £ Total costs £

5 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total funds £
Grant funding of activities		3,506	3,506
Staff costs		180	180
		10,885	10,885
Total for 2023		<u>14,571</u>	<u>14,571</u>
Total for 2022		<u>1,437</u>	<u>1,437</u>

FitMoms & Kids
known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

		Unrestricted funds General £	Total funds £
6 Other expenditure			Total expenditure £
	Note		
Total for 2023		<u>-</u>	<u>-</u>
Total for 2022		<u>200</u>	<u>200</u>

7 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

**2023
£**

8 Trustees remuneration and expenses

9 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Other staff costs	<u>10,885</u>	<u>2,167</u>

No employee received emoluments of more than £60,000 during the year

FitMoms & Kids
known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2022	21,888	21,888
Additions	<u>10,575</u>	<u>10,575</u>
At 31 March 2023	<u>32,463</u>	<u>32,463</u>
Depreciation		
At 1 April 2022	4,633	4,633
Charge for the year	<u>6,465</u>	<u>6,465</u>
At 31 March 2023	<u>11,098</u>	<u>11,098</u>
Net book value		
At 31 March 2023	<u>21,365</u>	<u>21,365</u>
At 31 March 2022	<u>17,255</u>	<u>17,255</u>

12 Debtors

	2023 £	2022 £
Other debtors	<u>-</u>	<u>61</u>

13 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	<u>1,321</u>	<u>26,005</u>

14 Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	(1)	-
Accruals	<u>928</u>	<u>400</u>
	<u>927</u>	<u>400</u>

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

15 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	42,921	44,622	(65,784)	21,759
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Unrestricted funds				
General	23,911	59,377	(40,367)	42,921
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>

16 Analysis of net assets between funds

	Unrestricted funds		Total funds at 31 March 2023 £
	General £	Other £	£
Tangible fixed assets	10,790	10,575	21,365
Current assets	-	1,321	1,321
Current liabilities	1	(928)	(927)
Total net assets	<u>10,791</u>	<u>10,968</u>	<u>21,759</u>
	<u>£</u>	<u>£</u>	<u>£</u>
	Unrestricted funds		Total funds at 31 March 2022 £
	General £	Other £	£
Tangible fixed assets	10,587	6,668	17,255
Current assets	74	25,992	26,066
Current liabilities	-	(400)	(400)
Total net assets	<u>10,661</u>	<u>32,260</u>	<u>42,921</u>
	<u>£</u>	<u>£</u>	<u>£</u>

17 Analysis of net funds

	At 1 April 2022 £	Financing cash flows £	At 31 March 2023 £
Cash at bank and in hand	26,005	(24,684)	1,321
Net debt	<u>26,005</u>	<u>(24,684)</u>	<u>1,321</u>
	<u>£</u>	<u>£</u>	<u>£</u>

FitMoms & Kids

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Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

	At 1 April 2021 £	Financing cash flows £	At 31 March 2022 £
Cash at bank and in hand	<u>9,756</u>	<u>16,249</u>	<u>26,005</u>
Net debt	<u>9,756</u>	<u>16,249</u>	<u>26,005</u>

18 Related party transactions

FitMoms & Kids
known as FitMoms

Statement of Financial Activities by fund for the Year Ended 31 March 2023

	Total Unrestricted Funds 2023 £	Total Unrestricted Funds 2022 £
Income and Endowments from:		
Donations and legacies	34,537	45,367
Other trading activities	10,085	14,010
Total income	<u>44,622</u>	<u>59,377</u>
Expenditure on:		
Raising funds	(51,213)	(38,730)
Charitable activities	(14,571)	(1,437)
Other expenditure	-	(200)
Total expenditure	<u>(65,784)</u>	<u>(40,367)</u>
Net (expenditure)/income	<u>(21,162)</u>	<u>19,010</u>
Net movement in funds	(21,162)	19,010
Reconciliation of funds		
Total funds brought forward	<u>42,921</u>	<u>23,911</u>
Total funds carried forward	<u><u>21,759</u></u>	<u><u>42,921</u></u>

FitMoms & Kids
known as FitMoms

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Donations and legacies (analysed below)	34,537	45,367
Other trading activities (analysed below)	10,085	14,010
Total income	<u>44,622</u>	<u>59,377</u>
Expenditure on:		
Raising funds (analysed below)	(51,213)	(38,730)
Charitable activities (analysed below)	(14,571)	(1,437)
Other expenditure (analysed below)	-	(200)
Total expenditure	<u>(65,784)</u>	<u>(40,367)</u>
Net (expenditure)/income	<u>(21,162)</u>	<u>19,010</u>
Net movement in funds	(21,162)	19,010
Reconciliation of funds		
Total funds brought forward	<u>42,921</u>	<u>23,911</u>
Total funds carried forward	<u><u>21,759</u></u>	<u><u>42,921</u></u>

FitMoms & Kids

known as FitMoms

Detailed Statement of Financial Activities for the Year Ended 31 March 2023 (continued)

	Total 2023 £	Total 2022 £
<i>Donations and legacies</i>		
Antrim & Newtownabbey BC	5,200	12,462
Community Grants	29,337	24,937
Grant -PSNI	-	7,968
	<u>34,537</u>	<u>45,367</u>
<i>Other trading activities</i>		
Appeals and donations	1,283	582
Memberships and Fees	8,802	13,425
Iron Ladies	-	3
	<u>10,085</u>	<u>14,010</u>
<i>Raising funds</i>		
Workshop Expenses	-	(11,163)
Arts & Crafts	(53)	(189)
Uniforms T-Shirts & Customes	-	(725)
Wages and salaries	(22,625)	(6,436)
Travelling	(492)	-
Gift to Staff	-	(85)
Rent	(8,468)	(7,009)
Light, heat and power	(6,163)	(948)
Insurance	(671)	(929)
Repairs and renewals	(780)	(184)
Telephone and fax	(480)	(255)
Computer software and maintenance costs	(314)	(683)
Printing, postage and stationery	(220)	(16)
Trade subscriptions	-	(104)
Sundry expenses	-	(103)
Cleaning	-	(43)
Petty Cash Expenses	(1,506)	(1,464)
Promotional expenses	(100)	(471)
Dance Classes	-	(785)
Accountancy fees	(528)	(58)
Consulting	(2,160)	(2,457)
Bank charges	(188)	(174)
Credit card charges	-	(82)
Depreciation of office equipment	(6,465)	(4,367)
	<u>(51,213)</u>	<u>(38,730)</u>

This page does not form part of the statutory financial statements.

FitMoms & Kids

known as FitMoms

**Detailed Statement of Financial Activities for the Year Ended 31 March 2023
(continued)**

	Total 2023 £	Total 2022 £
<i>Charitable activities</i>		
Payment to Facilitors	(10,475)	(408)
Courses	(175)	-
Schemes inc summer Schemes	(60)	(255)
Food for Summer Schemes	(135)	-
Projects	(3,506)	-
Staff training	(40)	(694)
Charitable donations	(180)	(80)
	<u>(14,571)</u>	<u>(1,437)</u>
<i>Other expenditure</i>		
Awards Dinner Costs	-	(200)
	<u>-</u>	<u>(200)</u>

FitMoms & Kids

Northern Ireland - Charity number 107347

Annual report

FitMoms & Kids

known as FitMoms

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

Objectives and activities

Objects and aims

Provision of fitness Classes, Gym facilities, recreational activities, children's safe playroom, support groups and other means as considered appropriate to the needs of service users; provision of programmes and activities designed to promote their self-esteem.

The aim of the charity is to promote the physical and emotional wellbeing of women and in particular, but not exclusively, mothers and carers of children of autism or other related communication and behavioural disorders and women who feel socially isolated in the Newtownabbey area of Belfast and the surrounding district ('the area of benefit') through the provision of fitness classes, gym facilities, recreational activities, children's safe playroom, support groups and by any other means as the Trustees shall consider appropriate; to promote the physical and emotional health of children and young people and in particular, but not exclusively, those with autism and other related communication and behavioural disorders or obesity through the provision of programmes and activities designed to promote self-esteem.

Public benefit

The organisation is attempting to bring groups of socially isolated women together, reducing/removing social isolation, improving self-esteem and feelings of self worth, reducing incidence of loneliness, improving mental health. It is supporting families with children with special needs such as autism and other complex needs.

Fit moms & Kids has existed since 2014, initially as a voluntary group, becoming a business in 2015; the organisation has grown exponentially since, and has to date helped hundreds of socially disadvantaged women and families; many of these have written testimonials, encouraged others to join in and participate, further increasing the reach of the organisation. The organisation continues to grow, and is now looking for larger premises, developing a management team, instigating new projects and partnerships with third party agencies, as well as increasing membership and volunteer opportunities.

None has been identified; the organisation exists to alleviate risk of harm both physically and mentally.

Any member of the public, who may approach the organisation. Basis of need is assessed by informal personal interview to determine health status, actual need, and that personal issues genuinely exist rather than seeking a cheap gym option.

There is no private benefit to any member, trustee or other individual.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

Nature of governing document

Constitution

FitMoms & Kids

known as FitMoms

Trustees' Report (continued)

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

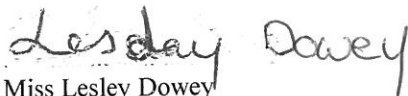
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance. Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 14 December 2023 and signed on its behalf by:



Miss Lesley Dowey
Trustee

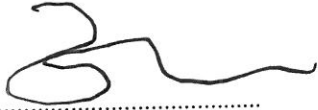


Miss Leanne Evans
Chairman and trustee

FitMoms & Kids

known as FitMoms

Trustees' Report (continued)



.....
Mrs Zena Reid
Trustee



.....
Miss Julie Preston
Trustee

FitMoms & Kids

known as FitMoms

Statement of Trustees' Responsibilities

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

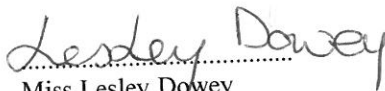
The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:


- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 and other irregularities.


The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 14 December 2023 and signed on its behalf by:


Miss Lesley Dowey
Trustee


Miss Leanne Evans
Chairman and trustee


Mrs Zena Reid
Trustee


Miss Julie Preston
Trustee

FitMoms & Kids

Northern Ireland - Charity number 107347

Annual return

FitMoms & Kids

known as FitMoms

Independent Examiner's Report to the trustees of FitMoms & Kids

I report to the trustees on my examination of the accounts of FitMoms & Kids for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of FitMoms & Kids you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the FitMoms & Kids's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of FitMoms & Kids as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
J A Mc Clements & Co
Independent Examiner
FCPA

J A Mc Clements & Co
Unit25b Ballymena Business Centre
62 Fenaghy Road Galgorm
Ballymena
Co Antrim
BT42 1FL

14 December 2023

FitMoms & Kids

Northern Ireland - Charity number 107347

Accounts

Charity registration number: 107347

FitMoms & Kids

known as

FitMoms

Annual Report and Financial Statements

for the Year Ended 31 March 2022

FitMoms & Kids
known as FitMoms
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Reference and Administrative Details	1
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Statement of Trustees' Responsibilities	4
Independent Examiner's Report	5
Statement of Financial Activities	6 to 7
Balance Sheet	8
Notes to the Financial Statements	9 to 19

FitMoms & Kids

known as FitMoms

Reference and Administrative Details

Chairman	Miss Leanne Evans
Trustees	Miss Lesley Dowey Miss Leanne Evans Mrs Zena Reid Miss Julie Preston
Charity Registration Number	107347
Principal Office	3 Portland Avenue Glengormley Newtownabbey Co Antrim BT36 5EY
Independent Examiner	Tony Mc Clements Independent Examiner J A Mc Clements & Co Unit25b Ballymena Business Centre 62 Fenaghy Road Galgorm Ballymena Co Antrim BT42 1FL

FitMoms & Kids

known as FitMoms

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2022.

Objectives and activities

Objects and aims

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None has been identified; the organisation exists to allviate risk of harm both physically and mentally.

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There is no private benefit to any member , trustee or other individual.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

Nature of governing document

Constitution

FitMoms & Kids

known as FitMoms

Trustees' Report (continued)

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

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The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 7 June 2023 and signed on its behalf by:

FitMoms & Kids

known as FitMoms

Statement of Trustees' Responsibilities

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity 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 in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 7 June 2023 and signed on its behalf by:

.....
Miss Lesley Dowey
Trustee

.....
Miss Leanne Evans
Chairman and Trustee

.....
Mrs Zena Reid
Trustee

.....
Miss Julie Preston
Trustee

FitMoms & Kids

known as FitMoms

Independent Examiner's Report to the trustees of FitMoms & Kids

I report to the trustees on my examination of the accounts of FitMoms & Kids for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of FitMoms & Kids you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the FitMoms & Kids's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of FitMoms & Kids as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
J A Mc Clements & Co
Independent Examiner
FCPA

J A Mc Clements & Co
Unit25b Ballymena Business Centre
62 Fenaghy Road Galgorm
Ballymena
Co Antrim
BT42 1FL

7 June 2023

FitMoms & Kids

known as FitMoms

Statement of Financial Activities for the Year Ended 31 March 2022

	Note	Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Donations and legacies		45,367	45,367
Other trading activities		14,010	14,010
Total income		59,377	59,377
Expenditure on:			
Raising funds		(38,730)	(38,730)
Charitable activities		(1,437)	(1,437)
Other expenditure	7	(200)	(200)
Total expenditure		(40,367)	(40,367)
Net income		19,010	19,010
Net movement in funds		19,010	19,010
Reconciliation of funds			
Total funds brought forward		23,911	23,911
Total funds carried forward	17	42,921	42,921
		Unrestricted funds £	Total 2021 £
Income and Endowments from:			
Donations and legacies		46,961	46,961
Other trading activities		2,431	2,431
Other income		3,300	3,300
Total income		52,692	52,692
Expenditure on:			
Raising funds		(22,660)	(22,660)
Charitable activities		(10,125)	(10,125)
Total expenditure		(32,785)	(32,785)
Net income		19,907	19,907
Net movement in funds		19,907	19,907
Reconciliation of funds			
Total funds brought forward		4,004	4,004
Total funds carried forward	17	23,911	23,911

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 9 to 19 form an integral part of these financial statements.

FitMoms & Kids

known as FitMoms

Statement of Financial Activities for the Year Ended 31 March 2022 (continued)

The funds breakdown for 2021 is shown in note 17.

FitMoms & Kids

known as FitMoms

(Registration number: 107347)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	13	17,255	14,955
Current assets			
Debtors	14	61	-
Cash at bank and in hand	15	<u>26,005</u>	<u>9,756</u>
		26,066	9,756
Creditors: Amounts falling due within one year	16	<u>(400)</u>	<u>(800)</u>
Net current assets		<u>25,666</u>	<u>8,956</u>
Net assets		<u>42,921</u>	<u>23,911</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>42,921</u>	<u>23,911</u>
Total funds	17	<u>42,921</u>	<u>23,911</u>

The financial statements on pages 6 to 19 were approved by the trustees, and authorised for issue on 7 June 2023 and signed on their behalf by:

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

FitMoms & Kids meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Equipment	20% Straight Line

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

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

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

FitMoms & Kids

known as FitMoms

Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Grants, including capital grants;		
Grants from companies	37,399	37,399
Donations from community groups	7,968	7,968
Total for 2022	<u>45,367</u>	<u>45,367</u>
Total for 2021	<u>46,961</u>	<u>46,961</u>

3 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	585	585
Membership subscriptions	13,425	13,425
Total for 2022	<u>14,010</u>	<u>14,010</u>
Total for 2021	<u>2,431</u>	<u>2,431</u>

FitMoms & Kids
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Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

4 Other income

	Unrestricted funds General £	Total funds £
Total for 2021	3,300	3,300

5 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Costs of goods sold		11,352	11,352
Allocated support costs		24,319	24,319
Total for 2022		35,671	35,671
Total for 2021		22,660	22,660

b) Other costs of generating donations and legacies

	Note	Total funds £ Total costs £

6 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total funds £
Grant funding of activities		80	80
Staff costs		1,357	1,357
Total for 2022		1,437	1,437
Total for 2021		10,125	10,125

FitMoms & Kids
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Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

		Unrestricted funds General £	Total expenditure £
7 Other expenditure			
	Note		Total funds £
Marketing and publicity		200	200
Total for 2022		<u>200</u>	<u>200</u>

8 Analysis of governance and support costs

Governance costs

		Unrestricted funds General £	Total funds £
Total for 2022		<u>-</u>	<u>-</u>
Total for 2021		<u>5,430</u>	<u>5,430</u>

9 Net incoming/outgoing resources

Net incoming resources for the year include:

**2022
£**

10 Trustees remuneration and expenses

11 Staff costs

The aggregate payroll costs were as follows:

		2022 £	2021 £
Staff costs during the year were:			
Other staff costs		<u>2,167</u>	<u>4,695</u>

FitMoms & Kids

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Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

No employee received emoluments of more than £60,000 during the year

FitMoms & Kids

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Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

12 Taxation

The charity is a registered charity and is therefore exempt from taxation.

13 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2021	15,220	15,220
Additions	<u>6,668</u>	<u>6,668</u>
At 31 March 2022	<u>21,888</u>	<u>21,888</u>
Depreciation		
Charge for the year	<u>4,633</u>	<u>4,633</u>
At 31 March 2022	<u>4,633</u>	<u>4,633</u>
Net book value		
At 31 March 2022	<u>17,255</u>	<u>17,255</u>
At 31 March 2021	<u>15,220</u>	<u>15,220</u>

14 Debtors

	2022 £
Other debtors	<u>61</u>

15 Cash and cash equivalents

	2022 £	2021 £
Cash at bank	<u>26,005</u>	<u>9,756</u>

16 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals	<u>400</u>	<u>800</u>

FitMoms & Kids

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Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

17 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds				
General	<u>23,911</u>	<u>59,377</u>	<u>(40,367)</u>	<u>42,921</u>
	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General	<u>4,004</u>	<u>52,692</u>	<u>(32,785)</u>	<u>23,911</u>

18 Analysis of net assets between funds

	Unrestricted funds		Total funds at 31 March 2022
	General £	Other £	£
Tangible fixed assets	10,587	6,668	17,255
Current assets	74	25,992	26,066
Current liabilities	-	(400)	(400)
Total net assets	<u>10,661</u>	<u>32,260</u>	<u>42,921</u>
	Unrestricted funds		Total funds at 31 March 2021
	General £	Other £	£
Tangible fixed assets	1,000	13,955	14,955
Current assets	5	9,751	9,756
Current liabilities	-	(800)	(800)
Total net assets	<u>1,005</u>	<u>22,906</u>	<u>23,911</u>

19 Analysis of net funds

	At 1 April 2021 £	At 31 March 2022 £
Cash at bank and in hand	<u>9,756</u>	<u>9,756</u>
Net debt	<u>9,756</u>	<u>9,756</u>

FitMoms & Kids

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Notes to the Financial Statements for the Year Ended 31 March 2022 (continued)

	At 1 April 2020 £	At 31 March 2021 £
Cash at bank and in hand	<u>3,449</u>	<u>3,449</u>
Net debt	<u>3,449</u>	<u>3,449</u>

FitMoms & Kids

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Statement of Financial Activities by fund for the Year Ended 31 March 2022

	Total Unrestricted Funds 2022 £	Total Unrestricted Funds 2021 £
Income and Endowments from:		
Donations and legacies	45,367	46,961
Other trading activities	14,010	2,431
Other income	-	3,300
Total income	<u>59,377</u>	<u>52,692</u>
Expenditure on:		
Raising funds	(38,730)	(22,660)
Charitable activities	(1,437)	(10,125)
Other expenditure	(200)	-
Total expenditure	<u>(40,367)</u>	<u>(32,785)</u>
Net income	<u>19,010</u>	<u>19,907</u>
Net movement in funds	19,010	19,907
Reconciliation of funds		
Total funds brought forward	<u>23,911</u>	<u>4,004</u>
Total funds carried forward	<u><u>42,921</u></u>	<u><u>23,911</u></u>

FitMoms & Kids
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Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Income and Endowments from:		
Donations and legacies (analysed below)	45,367	46,961
Other trading activities (analysed below)	14,010	2,431
Other income (analysed below)	-	3,300
	<u>59,377</u>	<u>52,692</u>
Expenditure on:		
Raising funds (analysed below)	(38,730)	(22,660)
Charitable activities (analysed below)	(1,437)	(10,125)
Other expenditure (analysed below)	(200)	-
	<u>(40,367)</u>	<u>(32,785)</u>
Total expenditure	<u>(40,367)</u>	<u>(32,785)</u>
Net income	<u>19,010</u>	<u>19,907</u>
Net movement in funds	19,010	19,907
Reconciliation of funds		
Total funds brought forward	<u>23,911</u>	<u>4,004</u>
Total funds carried forward	<u><u>42,921</u></u>	<u><u>23,911</u></u>

FitMoms & Kids

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Detailed Statement of Financial Activities for the Year Ended 31 March 2022 (continued)

	Total 2022 £	Total 2021 £
<i>Donations and legacies</i>		
Antrim & Newtownabbey BC	12,462	6,500
Community Grants	24,937	40,461
Grant -PSNI	7,968	-
	45,367	46,961
<i>Other trading activities</i>		
Appeals and donations	582	190
Memberships and Fees	13,425	2,103
Iron Ladies	3	138
	14,010	2,431
<i>Other income</i>		
Rental income	-	3,300
	-	3,300
<i>Raising funds</i>		
Workshop Expenses	(11,163)	-
Arts & Crafts	(189)	-
Uniforms T-Shirts & Costumes	(725)	-
Wages and salaries	(6,436)	-
Gift to Staff	(85)	-
Rent	(7,009)	(14,000)
Light, heat and power	(948)	(330)
Insurance	(929)	(304)
Repairs and renewals	(184)	95
Telephone and fax	(255)	-
Computer software and maintenance costs	(683)	(292)
Printing, postage and stationery	(16)	(236)
Trade subscriptions	(104)	-
Sundry expenses	(103)	(2,884)
Cleaning	(43)	-
Petty Cash Expenses	(1,464)	-
Promotional expenses	(471)	-
Dance Classes	(785)	-
Accountancy fees	(58)	(450)
Consulting	(2,457)	(4,137)
Bank charges	(174)	(122)

This page does not form part of the statutory financial statements.

FitMoms & Kids

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Detailed Statement of Financial Activities for the Year Ended 31 March 2022 (continued)

	Total 2022 £	Total 2021 £
Credit card charges	(82)	-
Depreciation of office equipment	(4,367)	-
	<u>(38,730)</u>	<u>(22,660)</u>
<i>Charitable activities</i>		
Payment to Facilitors	(408)	(2,790)
Courses	-	(1,045)
Schemes inc summer Schemes	(255)	(180)
Food for Summer Schemes	-	(314)
Staff training	(694)	(366)
Charitable donations	(80)	-
Rent of Storage Facility	-	(135)
Rent of Learning Space	-	(5,295)
	<u>(1,437)</u>	<u>(10,125)</u>
<i>Other expenditure</i>		
Awards Dinner Costs	(200)	-
	<u>(200)</u>	<u>-</u>

FitMoms & Kids

Northern Ireland - Charity number 107347

Annual report

FitMoms & Kids
known as FitMoms
Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2022.

Objectives and activities

Objects and aims

Provision of fitness Classes, Gym facilities, recreational activities, children's safe playroom, support groups and other means as considered appropriate to the needs of service users; provision of programmes and activities designed to promote their self-esteem.

The aim of the charity is to promote the physical and emotional wellbeing of women and in particular, but not exclusively , mothers and carers of children of autism or other relayed communication and behavioural disorders and women who feel socially isolated in the Newtownabbey area of Belfast and the surrounding district('the area of benefit') through the provision of fitness classes, gym facilities, recreational activities, children's safe playroom, support groups and by any other means as the Trustees shall consider appropriate;
to promote the physical and emotional healt of children and young people and in particular, but not exclusively , those with autism and other related communication and behavioural disorders or obesity through the provision of programmes and activities designed to promote self-esteem.

Public benefit

The organisation is attempting to bring groups of socially isolated womentogether, reducing/removing social isolation, improving self-esteem and feelings of self worth, reducing incidence of loneliness, improving mental health. it is supporting families with children with special needs such as autism and other comples needs.

Fit moms & Kids has existed since 2014, initially as a voluntary group, becoming a business in 2015; the organisation has grown exponentially since, and has to date helped hundreds of socially disadvantaged women and families; many of these have written testimonials, encouraged others to join in and participate, further increasing the reach of the organisation. The organisation continues to grow, and is now looking for larger premises, developing a management team, instigating new projects and partnerships with third party agencies, as well as increasing membership and volunteer opportunities.

None has been identified; the organisation exists to alliviate risk of harm both physically and mentally.

Any member of the public , who may approach the organisation. Basis of need is assessed by informal personal interview to determine health status, actual need, and that personal issues genuinely exist rather than seeking a cheap gym option.

There is no private benefit to any member , trustee or other individual.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

Nature of governing document

Constitution

FitMoms & Kids

known as FitMoms

Trustees' Report (continued)

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 7 June 2023 and signed on its behalf by:

FitMoms & Kids

known as FitMoms

Statement of Trustees' Responsibilities

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

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity 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 in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 proper accounting records that 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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. 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 and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 7 June 2023 and signed on its behalf by:

.....
Miss Lesley Dowey
Trustee

.....
Miss Leanne Evans
Chairman and Trustee

.....
Mrs Zena Reid
Trustee

.....
Miss Julie Preston
Trustee

FitMoms & Kids

Northern Ireland - Charity number 107347

Annual return

FitMoms & Kids

known as FitMoms

Independent Examiner's Report to the trustees of FitMoms & Kids

I report to the trustees on my examination of the accounts of FitMoms & Kids for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of FitMoms & Kids you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the FitMoms & Kids's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of FitMoms & Kids as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
J A Mc Clements & Co
Independent Examiner
FCPA

J A Mc Clements & Co
Unit25b Ballymena Business Centre
62 Fenaghy Road Galgorm
Ballymena
Co Antrim
BT42 1FL

7 June 2023