



# Trustees' Annual Report and Financial Statements

Year ended 31 December 2019

**The Movement Centre for Targeted Training**

Registered Company Number (England and Wales): 03713213

Registered Charity Number: 1075549

# **The Movement Centre for Targeted Training Therapy**

## **Report of the Trustees for the Year Ended 31<sup>st</sup> December 2019**

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## The Movement Centre for Targeted Training

### Reference and Administrative Details

<b>Registered Charity Name</b>	The Movement Centre for Targeted Training
<b>Other name(s) charity is known by</b>	The Movement Centre and TMC
<b>Registered Company number</b>	03713213 (England and Wales)
<b>Registered Charity number</b>	1075549
<b>Registered office</b>	The Movement Centre for Targeted Training, Robert Jones and Agnes Hunt Orthopaedic Hospital Oswestry, Shropshire, SY10 7AG
<b>Trustees</b>	David Vicary, Chair of Trustees Stuart Gillies, Treasurer Katrina Graham (appointed 22 February 2019) Julia James (resigned 27 March 2019) Elizabeth Monether (resigned 24 September 2019) Wendy Richardson (appointed 22 February 2019, resigned 10 July 2019) Anita Roberts (appointed 22 February 2019, resigned 11 July 2019) Alison Shields Angela Tomley David Williams
<b>Independent Examiner</b>	WR Partners Chartered Accountants Belmont House Shrewsbury Business Park Shrewsbury SY2 6LG
<b>Company Secretary</b>	Polly Roberts
<b>Key Management Personnel</b>	Victoria Handbury-Madin (CEO)

## **Report of the Trustees for the year ended 31<sup>st</sup> December 2019**

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their Annual Report together with the financial statements of The Movement Centre for Targeted Training (the charitable company) for the period ended 31<sup>st</sup> December 2019. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

### **1 Introduction and Highlights**

The Movement Centre for Targeted Training (which operates under its working name The Movement Centre) is a UK charity and specialist treatment centre for children dedicated to supporting children and their families living with movement disabilities. We provide a specialist therapy called Targeted Training to help children gain movement control. Our vision is that all children who have a disability affecting their movement control are able to reach their full potential. Our mission is to maximise the potential of children's movement control through Targeted Training therapy.

Targeted Training has been developed to help children with movement disabilities gain control of their movement. It helps enable children to gain new skills and independence, which can have a huge impact on their lives. It can also make a big difference to the lives of their family and friends. Through a course of Targeted Training therapy children can gain head control, so they can interact with their family; it can help children develop the skills to sit unaided, so that they can play with their friends. For some children it can enable them to walk, which means they can be far more independent.

We welcome any family to come to The Movement Centre who may benefit. Diagnoses include, but are not limited to: Cerebral palsy, Global Developmental Delay; Genetic Disorders; Down syndrome; an Acquired Brain Injury; Childhood strokes; Undiagnosed; Syndrome without a name (SWAN).

To end 2019 we have provided almost 1000 courses of Targeted Training therapy to help children to gain independence and a better quality of life through increased movement control. As well as a direct benefit to the child, Targeted Training can have a huge impact on family life. We are delighted to report continuing good progress towards our objectives in 2019. We are pleased to report a number of highlights from the year. In 2019 we have:

- **Raised further awareness of our services:** This helped offset the effect of the ending of NHS referrals, resulting in only a slight decline in numbers attending in 2019,
- **Grown our impact:** There have been 67 courses of Targeted Training therapy active during 2019. This is a 10% increase from 2017, but a reduction compared to 2018, caused by the drop in NHS referrals. The emphasis on non-NHS child recruitment that we began in 2019 to compensate has been effective and by end 2019 recruitment was back to historic numbers.
- **Enhanced our services** with specialist sensory equipment used at The Movement Centre to enhance Targeted Training sessions and create a calming environment and by developing therapy folders and activity packs
- **Jack Mantle joined our physiotherapy team** and was trained in the use of Targeted Training Therapy
- **Celebrated achievements** of all of the children who come to The Movement Centre at our annual Awards Party
- **Demonstrated the continued effectiveness of Targeted Training therapy** through our clinical outcomes, with children showing improvements in functional and motor abilities leading to greater independence and a better quality of life.

Further details of some of the highlights above can be found in the report.

## 2 Objectives and Activities

**Our Legal objectives as set out in our governing document are as follows:**

*To promote the relief of persons suffering from difficulties of movement control anywhere in the world and in particular but not so as to limit the generality of the foregoing:*

- *The provision to treat conditions that are of neurological or neuromuscular origin, whether congenital or acquired. Such conditions may include cerebral palsy, cerebral vascular accident, muscular dystrophy, head injury or developmental delay.*

*In order to fulfil our legal objectives we deliver our specialist therapy, Targeted Training therapy, to children who face problems of movement control.*

*In furtherance of the Objects but not otherwise the Centre may exercise the following powers:*

- 1. The provision to develop, promote and rehabilitate human movement in general and (in particular but not exclusively) the management of movement control;*
- 2. The provision to develop methods of assessment, management and treatment of those with movement difficulties;*
- 3. The provision for education and training of all persons involved with movement difficulties in relation to the development promotion, treatment and rehabilitation of human movement including patients their families and other carers;*
- 4. The provision to design and develop equipment to meet the aims expressed in 1 and 2 above and to produce or facilitate the production of such equipment;*
- 5. The provision to promote the dissemination and acquisition of knowledge relating to the development, promotion and rehabilitation of human movement (in particular but not exclusively) with respect to the outcome of research and development detailed in 2 and 4 above*

### **Activities for achieving objectives**

The objective of The Movement Centre is to help resolve the problems and difficulties that are a consequence of poor control of movement due to a disability that impacts on movement. The Movement Centre has worked historically to provide Targeted Training therapy to children and this is the continued focus of our work.

Functional difficulties in these children range from inability to control head posture in those most severely affected to problems with walking in the least affected. The Movement Centre aims to meet its objectives by:

- Providing a clinical service assessing and treating children with movement control difficulties, aiming to improve functional abilities and quality of life
- Raising awareness and teaching of the techniques developed at The Movement Centre ensuring that an ever widening audience is aware of what can be achieved
- Researching and developing methods to enhance movement control, including equipment. This is vital to ensure that children are offered the optimal therapy provision.

Targeted Training therapy, the therapy technique developed at The Movement Centre, has continued to provide the main focus of activity during the last accounting period, in order for the charity to realise its clinical, teaching and research and development objectives and aims.

### Public Benefit Statement

Our work directly benefits children who face problems with movement control. We deliver Targeted Training therapy, which helps them to maximise their potential by gaining functional skills and greater independence. In delivering our services we further benefit the public, as follows:

- **Families:** Our work with children can have a significant impact on their family life, allowing for greater participation, inclusion and interaction. This can be extremely positive for all members of the family
- **Wider community:** Individuals who gain greater independence through Targeted Training can play a more active role in the community within their life time
- **Healthcare providers:** Targeted Training can reduce the need for medical equipment and care intervention

Due to the kind support of fundraisers and donors, The Movement Centre is able to contribute towards the cost of Targeted Training therapy for many of our families, within the limit of our resources. Voluntary income also allows us to continue our work and develop our services. For children who are resident in the UK, applications can be made to a child's local NHS to cover the cost of their therapy. However, this is rarely supported by the NHS.

Children who do not receive NHS funding and need to raise funds are supported by our fundraising team to enable them to do so. In defining our charitable programme, we have regard for the Charity Commission's general guidance on public benefit.

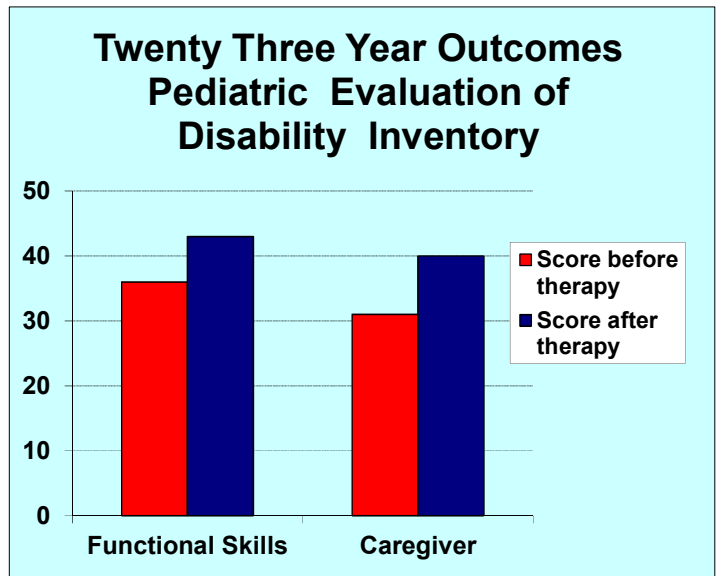
## 3 Achievements and Performance

We are pleased to report our clinical outcomes for the last financial period. During 2019, 67 children came to The Movement Centre for a course of Targeted Training therapy. For each course of Targeted Training therapy a number of outcome measures are used throughout the course of therapy. An outcome measure is the result of a test that is used to determine the baseline function of a patient at the beginning of treatment. Once treatment has commenced, the same instrument can be used to determine progress and treatment efficacy. At The Movement Centre we use a range of outcome measures each chosen to provide valuable information about the individual child. An explanation of these outcome measures is as follows:-

### Pediatric Evaluation of Disability Inventory (PEDI) Questionnaire: Examining the activities of daily living

This is a paediatric measure, which allows us to document functional delay and document changes in functional abilities over time in response to therapeutic intervention. It does so by examining the activities of daily living, such as sitting skills and walking abilities. The higher the score, the greater is the child's ability. The Caregiver section indicates the amount of assistance required from another person, with a higher score indicating greater independence and less reliance on the Caregiver. All scores presented are scaled scores with a range 0 to 100.

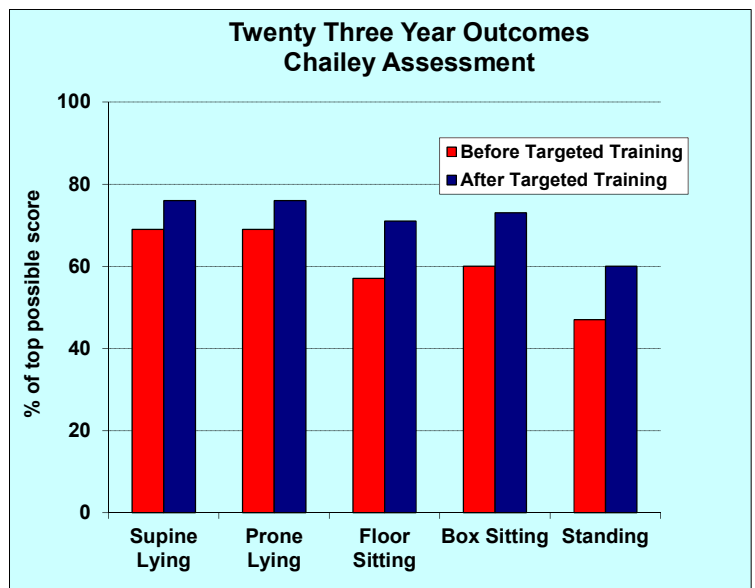
The graph demonstrates the accumulative scores for Targeted Training therapy. We are pleased to report that the graph demonstrates the positive impact of Targeted Training on the child's functional abilities.



### Chailey Levels of Ability - Observational Scale examining posture

The Chailey Levels of Ability is a scale which measures motor ability in *children* and young adults. It is an observational scale that details the child's posture at low levels and can record discrete changes in ability. It examines the five postures of: Lying supine; Lying prone; Sitting on floor; Sitting on bench and Standing.

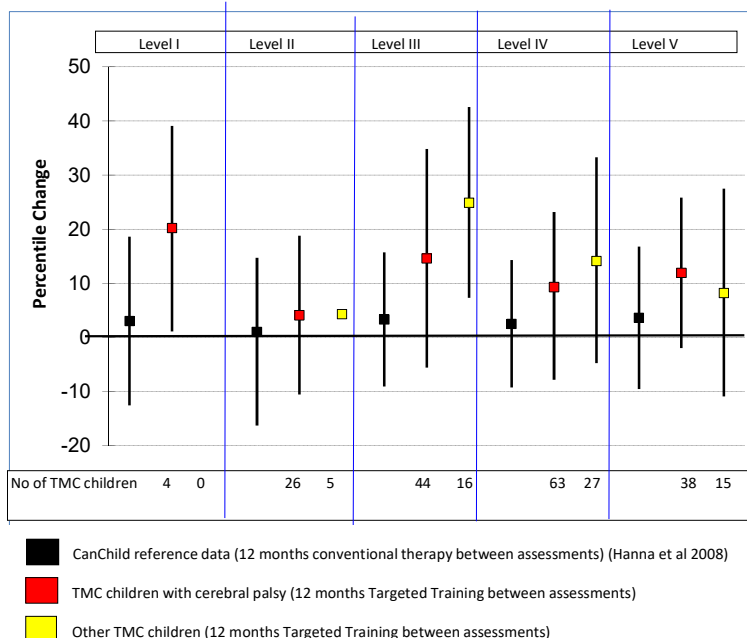
As you will see in the graph, we are pleased to report that the graph demonstrates the positive impact of Targeted Training on the child's motor abilities.





## The Gross Motor Function Measure 66 item set (GMFM-66-IS) - Observational Scale examining functional ability

The GMFM measures children's abilities in lying, sitting, crawling, standing and walking/running. It was first developed in the late 1980's by CanChild for use in both clinical and research settings and has evolved through advanced analytic techniques and in response to requests for more efficient testing. It is most appropriate to review these results in relation to the level of severity of disability of each child and thus a standardised Ability Scale has been used (Gross Motor Function Classification System (GMFCS), as you will see on the graph. This classifies the severity of cerebral palsy into five groups where Level I represents children who walk without restrictions through Level V where self-mobility is severely limited even with the use of assistive technology.

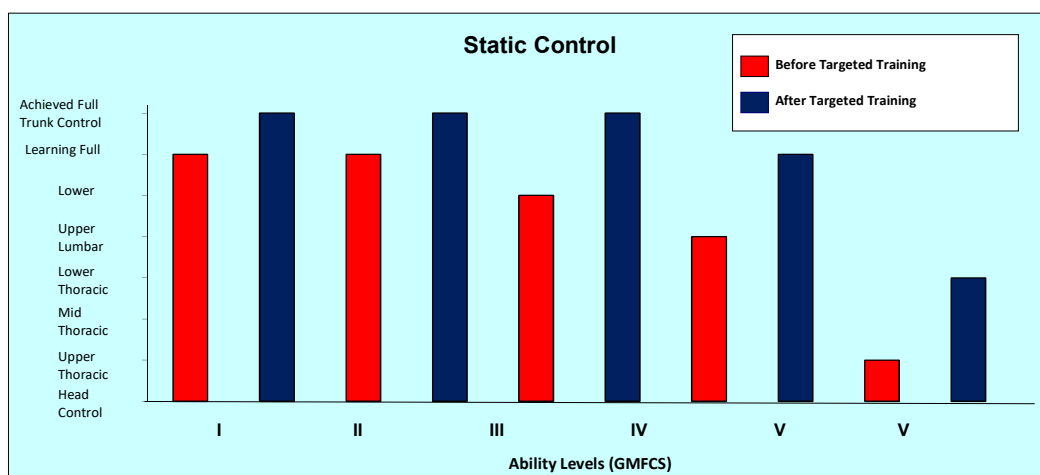


The CanChild reference data is designed for children with Cerebral Palsy. We have, therefore, separated our data into “TMC children with CP” and “Other TMC children.”

As you will see from the graph below children undertaking Targeted Training therapy have scored more highly than the Canchild reference data for children who had conventional therapy.

## The Segmental Assessment of Trunk Control (SATCo) – validated measure examining trunk control

Tools that are central to our assessments is the Segmental Assessment of Trunk Control (SATCo), which were pioneered and developed at The Movement Centre. The SATCo is now an internationally recognised validated measure, which tests the child's trunk control. SATCo is different from other assessment tools as it does not treat the trunk as one unit, but instead provides regional differentiation of trunk control, allowing clinicians greater specificity in assessing trunk control. It provides information on the level of Static, Active and Reactive control which a child demonstrates.



We are very pleased to report that in 2019 we continued to see an improvement in all levels of control (static, active and reactive). The graph above demonstrates the accumulative outcomes for the static level of control. There is an evident improvement for all ability levels, particularly for children who are classified as Level V (5) on the scale, who are the children who are most severely affected.

It is important that we are able to demonstrate our impact through our outcome measure but we are also delighted to be able to highlight the reality of these gains for the children that come to The Movement Centre and what this means for a child's quality of life. This is highlighted in Albie's story below.

### Albie's Story

When Albie first came to The Movement Centre he was just 12 months old. Albie has a diagnosis of Prader-Willi syndrome (PWS). PWS is a genetic disorder due to loss of function of specific genes. In newborns and small children symptoms can include weak muscles, poor feeding and slower development.

Targeted Training promotes gains in muscle activity and function, which can help children with the types of symptoms that are apparent with PWS. It was clear at his first assessment that Albie's movement development had been delayed. He worked really hard showing us his rolling abilities. He was starting to develop the skills to sit with his hands on the floor, to prop himself up.

Albie was supplied with his specialist standing frame, with the top support holding him quite high up. He was given goals to aim for, which all related to his sitting abilities, both on the floor and on a bench. At his first review he achieved 3 of his 4 goals and all of his sitting abilities improved. Albie was given updated goals of 4 point kneeling. He found it challenging to load bear through his arms but he continued to work hard on his Targeted Training practise at home.

This meant that, by his third review, Albie had made great progress. From a little boy who could only roll when we first met him, he had now gained enough strength to crawl. This was yet another of his goals that had been achieved. Albie's updated goals had shown that his trunk and upper limbs were strengthening, so Sarah decided it was time to work on his lower limbs.



Albie continued to achieve the goals he was set. He had started putting weight through his legs and at his fourth review he was able to show us his newfound skill of pulling himself up into standing!

Over the year we watched Albie's journey, but it didn't end there. At his 6 month follow-up review, Albie took his first steps at The Movement Centre.

Targeted Training can make a huge difference to a child's functional abilities. It is, however, the impact that this can have for the child and their family that are most significant. With Albie's greatly improved functional abilities came a greater level of independence with both his mobility and feeding. Albie's communication skills have improved. All of this means he is now much happier doing things independently, interacting with family and playing with friends.

As well as hearing about his achievements it is evident to see the progress Albie had made through the results of the outcome measures taken at the start and end of Albie's course, as can be seen in the table on the right.



Outcome Measure	Start score	Out of	End score	Out of
GMFM	29.31	100	50.32	100
PEDI	4	94	28	100
Chailey	16	34	32	34
SATCo	14	39	36	39

Together with the hard work and determination of Albie and his family, Targeted Training has made a positive impact for Albie that will give him far more independence for the rest of his life.

### Awards Party

Every year we celebrate the achievements of all of the children, just like Albie, who come to The Movement Centre and those who have completed a course of therapy. Our 2019 Awards Party took place on Wednesday 29<sup>th</sup> May. It was wonderful to be able to have fun with so many of the families.

The day was supported by a number of people and organisations including The Venue, who kindly hosted the event. Fun Science Shropshire put on a fabulous science show and Lanyon Bowdler supplied us with their Teddy Hoopla game. At the event we also presented the Lady Trevor Award to one of our fantastic volunteers Kelly Clarke for her contribution to the Movement Centre.



## Research and Development

The Movement Centre for Targeted Training has a commitment to research and development that supports our work.

## Teaching and Raising Awareness

The Movement Centre engages with external audiences to raise awareness of our work. This year we have had a detailed programme of teaching and raising awareness. Some highlights include:

- The Movement Centre provided clinical supervision for two physiotherapy students during the year from Keele University, along with 6 work experience students from The Marches School (5) and Stafford College (1).
- Our team attended three Kidz to Adultz exhibitions in Bristol and Manchester to raise awareness of Targeted Training therapy to families and clinicians
- Toward the end of year, Physiotherapists, Jack Mantle and Sarah Bew, provided in-service training sessions at Birmingham Children's Hospital, Alder Hey, Leeds General Infirmary, the Coventry and Warwickshire Partnership trust, and taught on Keele University's post-graduate module Assistive Technology in Neurological Rehabilitation.

## Communications

One of our continued main objectives is to increase our impact. One of the ways in which we aim to achieve this is by providing Targeted Training therapy at The Movement Centre to a greater number of children. In order to meet this objective we are developing our communications. As well as delivering our key messages to clinical audiences we are aware that we need to ensure that this information is shared more widely. In 2019 we can report the following highlights:

- We produced our 2018 Impact Review. This was produced as an online microsite with an accompanying leaflet. The new format has been well received and was sponsored by two of our corporate supporters, Beaumont Financial Planning and Lanyon Bowdler Solicitors
- We further developed our website design and content to make the site more user-friendly and accessible.

## Enhancing our services

In line with our aims and objectives we continually work towards further developing and enhancing our services.

Our **Annual Patient Survey** enables us to gain feedback. We are pleased to report that 85% of those who completed the survey said their experience at The Movement Centre had been excellent and 100% said that they would recommend The Movement Centre. On the survey we invited families to describe their experience at The Movement Centre. Here are just a few of the comments from our families:

*"Amazing & practically life-changing."*

*"A very personal, supportive and informative experience for Ruby and all her family."*

*"Fantastic professionals with our daughter's best interests at heart."*

*"The Movement Centre is very child-centred & caring and we have had a very positive experience."*

*"We feel more confident that Eddie is ready for each new step!"*

*"TMC & staff have given Henry the confidence & strength that he needs on his road to independence, we can't thank you enough!"*

*"Professional, non-judgmental, friendly team that helps children reach their potential supporting their family."*

*"Absolutely amazing team working wonders with our son Harry."*

*"It's been one of the best things we could have done for Rosa. Her life has changed for the better because of the treatment from TMC."*

*Everyone/all the family has benefitted greatly from Targeted Training therapy & the help and the support we've received from TMC."*



The survey also provided us with valuable information on how our services could be further improved. We have made improvements in response to the feedback. In 2019 we have:

### Integrated sensory items into our assessments at The Movement Centre

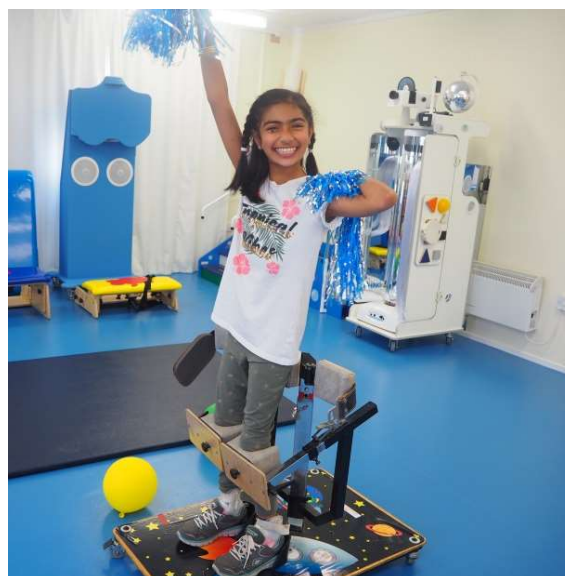
When a child has a brain injury they are unable to perceive the world as others do. Sensory integration helps build a framework to enable children to properly perceive sensory input, including movement. In 2019 sensory equipment has become fully a part of our assessments at The Movement Centre. Sensory items create a calming environment for our children as well as playing a part in Targeted Training practise at assessments.



## Use of activity packs

Our activity packs are for children who are receiving Targeted Training therapy at The Movement Centre. They include activity sheets for children, tailored for their level of ability.

Targeted Training therapy involves the children being supported by a standing frame, allowing them to reach in all directions, whilst having an upright posture. Having more interactive and engaging equipment makes the therapy even more enjoyable for the children and, by keeping them active, increases the potential for each child to make progress. As Targeted Training therapy also takes place daily in the home, it is important that we are able to support families and help them to engage the child in the activity. Daily practise is essential and getting the child engaged and encouraging them to reach during the each their sessions and appointments is an extremely important part of the therapy. Children respond best if they are interested in something, so we can use their interests as a basis for their Targeted Training therapy activity packs. We believe that by enhancing the therapy sessions children will have an even better chance of reaching their full potential.



## Developing our Database

In 2019 we carried out further work on the development of our database, Salesforce, with software development company Impact Box. The Movement Centre previously had a number of different databases and storage systems for data. Salesforce which is now widely used in the charity sector; It is tailored to our needs and, therefore, allows us to store all of the data we need. As it is fully integrated it will also allow us to report more successfully in the future, not only on clinical outputs but on all aspects of our work. We aim to carry out further work on the system where we would link Salesforce directly with our accounting software, Xero. By developing and using one Customer Relationship Management System we will be able to:

- Better comply with GDPR legislation
- More successfully measure our impact
- Produce more robust reports on our clinical outcomes
- Directly relate finance to our service delivery

## NHS support

Historically, The Movement Centre has treated patients referred by the NHS, and in some cases funded by the NHS. Unfortunately, this practice ceased in 2019. The primary consequence of this was a reduction in patient referrals, with an impact on income and thus financial reserves. The team responded by increasing our own publicity efforts and our family fund-raising capability. The result by year end was a recovery on recruitment numbers, though this is naturally a slow process and we did not anticipate being back to 'normal' before the New Year.

## **Raising Funds**

The team at The Movement Centre has worked hard to raise funds over the last year. We would like to thank all of our individual supporters, corporate supporters and more than 30 different charitable trusts and foundations who have supported our work. We would not be able to continue without them.

We have put further resources into publicity, including on social media (to replace the referral aspect of the NHS) and in working proactively with families to help them raise the funds they need to attend The Movement Centre. We also offer financial support to families towards the cost of a course of therapy, through our fundraising, which we hope will enable more children to be able to receive Targeted Training therapy. In order to do this we rely on the kind support of fundraisers and donors. This necessarily caused a dip in our financial reserves and was reflected in a reduction in our throughput of children, now recovering back to sustainable levels.

All of our fundraising is undertaken with consideration for our donors, we never pass on information to third parties. We actively monitor fundraising activities undertaken on our behalf as far as resources allow, and do not use those practices considered unacceptable by society. We have received no complaints in the last financial period. The Movement Centre is registered with the Fundraising Regulator. We adhere to the Fundraising Code of Practice and Fundraising Promise and agree to ensure that all of our fundraising is legal, open, honest and respectful.

Further information on our fundraising and those who have supported us in 2019 can be found in our latest Impact Review and on our website.

## **Future Developments**

In 2019 we carried out considerable work on our strategic development. Alongside our day to day operations we are aiming to:

- Increase our impact by providing Targeted Training therapy to a greater number of children at The Movement Centre
  - Develop our marketing to create further awareness of Targeted Training therapy
  - Create future partnerships and links with other organisations to create further awareness of our work
- Reduce our risks
  - Grow our fundraising and aim to minimise risks through creating a more robust and sustainable funding model
  - Develop the team structure at The Movement Centre
- Continue to enhance our services so that families receive the best possible experience
  - Develop our activity packs with a greater range of sensory items and equipment
  - Investigate the possibility for an app to help support our families through their Targeted Training journey
  - Continue evaluation and possible adoption of a new standing frame that can be used in Targeted Training therapy

## 4 Structure, Governance and Management

The Movement Centre for Targeted Training is a charitable company limited by guarantee, incorporated on 12<sup>th</sup> December 1999 and registered as a charity at the same date. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The Movement Centre is the working name of the charity.

### Trustees

The Trustees' skill set represents healthcare, physiotherapy, disability, marketing, finance and accounting, management, governance and data protection. An annual skills analysis ensures the Trustees offer a suitable range of knowledge and skills to support the charity. Where a skills gap is identified we seek Trustees to bridge this gap.

The Movement Centre has a policy for trustee recruitment and induction and keeps a Register of Interest, which is available on request. Each year at the Annual General Meeting one third of the Trustees are required to retire by rotation. All Trustees are notified prior to the Annual General Meeting advising them of the retiring Trustees and requesting nominations. The Trustees may appoint a person who is willing to act to be a Trustee, either to fill a vacancy or as an additional Trustee.

The Movement Centre recognises that an effective Board of Trustees is essential if the charity is to achieve its objectives. The Board must seek to be diverse and have representatives who reflect the people with whom the charity works. The Board must have available to it all of the knowledge and skills required to run the charity. Individual Trustees must have sufficient knowledge, both of Trusteeship in general and of The Movement Centre's activities, to enable them to carry out their role and to represent The Movement Centre at meetings and other events. The Trustees must ensure that they retain overall responsibility and control of the Trustee recruitment, selection and induction process. The skills of the Trustees must be matched to those required to maximise the effectiveness of The Movement Centre. All Trustee positions are voluntary and unpaid. Although reasonable out of pocket expenses can be covered, it is usual practice for TMC trustees not to claim expenses unless exceptional.

As part of their induction, newly appointed Trustees are invited to attend clinical sessions at The Movement Centre so that they can familiarise themselves with the work of the organisation. New Trustees are provided with all the information required to familiarise themselves with their legal responsibilities and if felt necessary, will receive external training to fully understand. They are given an overview of the annual report and accounts and flow of operations from the CEO. They will also meet with all staff and are given a specific overview on fundraising.

The Board of Trustees is responsible for the overall direction of the charity, policies and legal compliance and they support the operational team. Trustee indemnity insurance is included in our insurance policy.

Two long-serving trustees (Julia James and Liz Monether) resigned in 2019 in view of their long service, three new trustees (Alison Shields, David Vicary and Dave Williams) having joined in 2018. Angela Tomley and Stuart Gillies are long-service trustees, remaining at the request of the board. Stuart Gillies was appointed Treasurer in June 2019 when it was felt that a closer focus on finances was in order.



The Movement Centre adheres to all of the recommendations in the new Charity Governance Code, which was published in July 2017.

## **5 Financial Review**

2019 was a poor year financially. The cessation of NHS referrals and associated funding (due to NHS budget issues, not lack of TMC performance) reduced the number of patients attending. A campaign to increase recruitment was instituted and was effective by year end, but the lead time to identify interested families, assist in their own fund-raising, carry out an assessment of the patient and only then start chargeable treatment meant that we were forced to fund some treatment from reserves. Our forecasts showed that recovery was possible, indeed likely, with the increased emphasis on recruitment and family support. By year-end it was clear that our finances would be sustainable again by March 2020 if enrolment continued as expected. At the time of writing (December 2020) we can confirm that we reached sustainability in March 2020. See an additional note below regarding the impact of Covid-19 in 2020.

### **Income**

The total income from 1<sup>st</sup> January 2018 to 31<sup>st</sup> December 2019 was £209,082. Our key activities consisted of:

- Charitable activities                      £60,945
- Voluntary income                        £106,103
- Other trading activities                £42,034
- Unrestricted income made up 40% of the total (earned income and voluntary income)
- 62% of all voluntary income (fundraising and donations) was unrestricted

### **Expenditure**

The total expenditure for the period was £293,132. This consisted of:

- Raising voluntary funds                £5,200
- Charitable activities                      £287,932

### **Reserves**

At the period end total funds stood at £46,350. This is lower than the limit set by the trustees as stated in our reserves policy. Tangible fixed assets stood at £25,619 at the end of the financial period.

Free reserves were £20,731 at the end of the period, which is also lower than the trustee-set limit.

### **Going Concern statement**

After formally reviewing financial forecasting at The Movement Centre's Annual General Meeting, the Trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the 12 next months and the foreseeable future. This is recorded in the minutes of the meeting. For this reason they continue to adopt the going concern basis in preparing the financial statements.

### **Policies**

A schedule of policies is maintained with policies reviewed on a rolling basis and approved by the relevant Trustees.

## **Risk Management**

In accordance with our Risk Management Policy, the Trustees have considered the major risks to which the charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

The Movement Centre employs the widely used method of maintaining a risk register which is reviewed monthly by staff and quarterly by Trustees. The register monitors strategic and management, financial, and operational risks and enables a sophisticated approach to prioritising areas for remedial action and strengthens The Movement Centre's attempts to deal with problems before they arise.

## **Reserves Policy**

The Movement Centre has reviewed the need to hold reserves, having taken account of the guidance issued by the Charity Commission. Reserves must be unrestricted funds, which are available to spend on the charity's purposes. Endowed and restricted funds, fixed assets and designated reserves cannot be considered as part of the Reserves Policy.

The Movement Centre provides Targeted Training therapy to children with a disability that affects their movement control. Each course can be of up to twelve months duration. We rely on voluntary income to be able to deliver our services and we believe that it is vital that continuity of service delivery should be maintained to all those enrolled for treatment.

In order to make a judgment on the amount of reserve the Trustees have considered:

- The risks in respect of expenditure and unrestricted and restricted income
- The impact of any long term absence of a key member of staff
- Any external identified potential major risks to income and expenditure during the year

The Trustees consider that appropriate levels of free reserves are £70,000 - £90,000 based on the current risks of The Movement Centre.

As a proportion of The Movement Centre's income is restricted we would aim to have funds in the bank of between £90,000 and £110,000 at any one time.

However, the cessation of NHS referrals and funding led to a drain on reserves whilst the strengthened approach to recruitment and fund-raising is taking time to become effective.

Much of our income is 'restricted' but most of this is restricted to the treatment of children, which is our core activity.

At the period end total balances stood at £46,350. This is considered to be too low and will begin to be restored once the recruitment 'pipeline' development is complete, early in 2020.

The Board was kept fully briefed by the Treasurer during the recovery period.

### **Additional note at the time of writing this report (December 2020)**

The impact of Covid-19 hit TMC hard in March 2020, and this will be covered in the 2020 Report. However, some comment is appropriate regarding the future. 2020 started well, with the recruitment campaign for new patients bearing fruit so that by March we were on a sustainable track with a healthy forecast 'patient pipeline' and the beginning of a recovery of reserves. In March, however, Covid-19 struck, which had a huge effect on TMC as on everyone.

The effect was felt in two ways. Clinically, the effect was to reduce very severely our ability to treat patients, and thus to receive income from patients. Parents were reluctant to bring patients to be treated, staff had little work, and when the scheme was announced, all staff were furloughed, and business stopped. As staff were unable to work (under the terms of the scheme), all activity became the responsibility of the unpaid trustees.

Financially, the effect was mixed. Our normal sources of funds were substantially reduced, not just from patients, but also from grants and events income, in part because furloughed staff were unable to apply for funds or organise events. However, the government furlough scheme covered much of the staff cost and protected our finances. After some months, various charitable funding sources became available, and trustees applied for this funding as best they could.

As a result, income was received from sources including the Charities Aid Foundation, and from the government via Shrewsbury Council. This helped sustain our finances. In August, trustees applied to the National Lottery Community Fund for support, with the objective of financing the restarting of operations and investing in the growth of TMC throughput to the maximum our facilities could handle. This would help TMC to reduce its charge to patients and would assist in dealing with the Coronavirus backlog of untreated children. We are pleased to say that our application was granted and we received £55,000 in November 2020. In the autumn, staff had begun to work part time to recommence treatment of current patients and to begin the recruitment of new patients. We have also received significant sums from other sources in late 2020 such that we will commence 2021 with healthy funds and the beginnings of the new 'patient pipeline'.

### **Investment Policy**

The Trustees retain the power to decide our investment strategy, and any investments would remain in line with the Charity Commission guidance. The Movement Centre does not currently have any available funds to invest, however if the situation were to change, the Trustees would refer to the current investment policy which is reviewed annually.

## Trustees' Responsibilities Statement

The Trustees (who are also directors of The Movement Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on....18th December 2020..... and signed on their behalf by



.....  
**David Vicary**  
Chair of Trustees

***Independent Examiner's Report***  
***For the year ended 31 December 2019***

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**Independent Examiner's Report to the Trustees of The Movement Centre for Targeted Training ('the Company')**

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 December 2019.

**Responsibilities and Basis of Report**

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent Examiner's Statement**

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].


*Independent Examiner's Report (continued)*  
*For the year ended 31 December 2019*

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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.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated: 21 December 2020

S J Tweedie

BSc FCA DChA

WR Partners  
Chartered Accountants  
Belmont House  
Shrewsbury Business Park  
Shrewsbury  
Shropshire  
SY2 6LG

**Statement of financial activities incorporating income and expenditure account**  
**For the year ended 31 December 2019**

	Note	Restricted funds 2019 £	Unrestricted funds 2019 £	Total funds 2019 £	Total funds 2018 £
<b>Income from:</b>					
Donations and legacies	3	40,046	66,057	106,103	91,847
Charitable activities	4	59,900	1,045	60,945	173,814
Other trading activities	5	-	41,932	41,932	35,608
Investments	6	-	102	102	418
<b>Total income</b>		<b>99,946</b>	<b>109,136</b>	<b>209,082</b>	<b>301,687</b>
<b>Expenditure on:</b>					
Raising funds	7	-	5,200	5,200	7,299
Charitable activities	8	216,372	71,560	287,932	324,758
<b>Total expenditure</b>		<b>216,372</b>	<b>76,760</b>	<b>293,132</b>	<b>332,057</b>
<b>Net (expenditure)/income</b>		<b>(116,426)</b>	<b>32,376</b>	<b>(84,050)</b>	<b>(30,370)</b>
Transfers between funds	16	101,426	(101,426)	-	-
<b>Net movement in funds</b>		<b>(15,000)</b>	<b>(69,050)</b>	<b>(84,050)</b>	<b>(30,370)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		15,000	115,400	130,400	160,770
Net movement in funds		(15,000)	(69,050)	(84,050)	(30,370)
<b>Total funds carried forward</b>		<b>-</b>	<b>46,350</b>	<b>46,350</b>	<b>130,400</b>

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

The notes on pages 24 to 39 form part of these financial statements.

**Balance Sheet**  
**For the year ended 31 December 2019**

		2019	2018
	Note	£	£
<b>Fixed assets</b>			
Tangible assets	13	25,619	34,233
		<u>25,619</u>	<u>34,233</u>
<b>Current assets</b>			
Debtors	14	-	7,127
Cash at bank and in hand		30,011	105,131
		<u>30,011</u>	<u>112,258</u>
Creditors: amounts falling due within one year	15	(9,280)	(16,091)
		<u>20,731</u>	<u>96,167</u>
<b>Net current assets</b>		<u>20,731</u>	<u>96,167</u>
<b>Total assets less current liabilities</b>		<u>46,350</u>	<u>130,400</u>
<b>Net assets excluding pension asset</b>		<u>46,350</u>	<u>130,400</u>
<b>Total net assets</b>		<u><u>46,350</u></u>	<u><u>130,400</u></u>



**Balance Sheet (continued)**  
**For the year ended 31 December 2019**

		<b>2019</b>	<b>2018</b>
	<b>Note</b>	<b>£</b>	<b>£</b>
<b>Charity funds</b>			
Restricted funds	16	-	15,000
Unrestricted funds	16	<b>46,350</b>	115,400
<b>Total funds</b>		<b><u>46,350</u></b>	<b><u>130,400</u></b>

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

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



**David Vicary**  
Chair of Trustees

Date: 18th December 2020

The notes on pages 9 to 21 form part of these financial statements.

**Notes to the financial statements**  
**For the year ended 31 December 2019**

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**1. General information**

The Movement Centre for Targeted Training is a private limited company by guarantee, incorporated in England and Wales, with its registered office and principal place of business at The Movement Centre, Robert Jones & Agnes Hunt Hospital, Oswestry, Shropshire, SY10 7AG.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Movement Centre for Targeted Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

**2.2 Company status**

The Charitable Company is limited by guarantee. The members of the Charitable Company are the Trustees named on page 1. In the event of the Charitable Company being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

**2.3 Going concern**

The Directors have considered the going concern basis of the financial statements preparation which includes consideration of the impact of the ongoing Coronavirus (COVID 19) global pandemic, and are satisfied that the Charitable Company is well placed to manage the financial impacts of the pandemic.

**Notes to the financial statements**  
**For the year ended 31 December 2019**

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**2. Accounting policies (continued)**

**2.4 Income**

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

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

**2.5 Expenditure**

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

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non charitable trading.

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

All expenditure is inclusive of irrecoverable VAT.

**2.6 Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

Notes to the financial statements  
For the year ended 31 December 2019

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2. Accounting policies (continued)

2.7 Taxation

The Company 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 Company 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.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on the following bases:.

Depreciation is provided on the following basis:

Short term leasehold property	10%	on cost
Treatment equipment	25%	reducing balance
Office equipment	25%	reducing balance

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

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

**Notes to the financial statements**  
**For the year ended 31 December 2019**

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**2. Accounting policies (continued)**

**2.11 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

**2.12 Financial instruments**

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

**2.13 Pensions**

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

**2.14 Fund accounting**

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

Notes to the financial statements  
For the year ended 31 December 2019

3. Income from donations and legacies

	Restricted funds 2019	Unrestricted funds 2019	Total funds 2019	Total funds 2018
	£	£	£	£
Donations	<u>40,046</u>	<u>66,057</u>	<u>106,103</u>	<u>91,847</u>
Total 2018	<u>37,806</u>	<u>54,041</u>	<u>91,847</u>	

4. Income from charitable activities

	Restricted funds 2019	Unrestricted funds 2019	Total funds 2019	Total funds 2018
	£	£	£	£
Provision of therapy	59,900	988	60,888	173,764
Other income	-	57	57	50
	<u>59,900</u>	<u>1,045</u>	<u>60,945</u>	<u>173,814</u>
Total 2018	<u>173,814</u>	<u>-</u>	<u>173,814</u>	

Notes to the financial statements  
For the year ended 31 December 2019

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2019	Total funds 2019	Total funds 2018
	£	£	£
Community fundraising	13,388	<b>13,388</b>	5,872
Challenge events	10,341	<b>10,341</b>	10,125
Lottery and raffle income	1,464	<b>1,464</b>	1,255
Events	5,033	<b>5,033</b>	4,817
Individual fundraising	5,385	<b>5,385</b>	583
Corporate fundraising	6,321	<b>6,321</b>	12,956
	<u>41,932</u>	<u><b>41,932</b></u>	<u>35,608</u>
<i>Total 2018</i>	<u>35,608</u>	<u>35,608</u>	

6. Investment income

	Unrestricted funds 2019	Total funds 2019	Total funds 2018
	£	£	£
Interest receivable	<u>102</u>	<u><b>102</b></u>	<u>418</u>
<i>Total 2018</i>	<u>418</u>	<u>418</u>	

Notes to the financial statements  
For the year ended 31 December 2019

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2019	Total funds 2019	Total funds 2018
	£	£	£
Expenditure on raising voluntary income	5,200	<b>5,200</b>	7,299
<i>Total 2018</i>			
	<u>7,299</u>	<u>7,299</u>	

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2019	Unrestricted funds 2019	Total funds 2019	Total funds 2018
	£	£	£	£
Direct costs	<u>216,372</u>	<u>71,560</u>	<u><b>287,932</b></u>	<u>324,758</u>
<i>Total 2018</i>	<u>230,959</u>	<u>93,799</u>	<u>324,758</u>	



Notes to the financial statements  
For the year ended 31 December 2019

9. Analysis of expenditure by activities

	Activities undertaken directly 2019	Support costs 2019	Total funds 2019	Total funds 2018
	£	£	£	£
Direct costs	<u>227,186</u>	<u>60,746</u>	<u>287,932</u>	<u>324,758</u>
<i>Total 2018</i>	<u>254,457</u>	<u>70,301</u>	<u>324,758</u>	

Analysis of direct costs

	Direct costs 2019	Total funds 2019	Total funds 2018
	£	£	£
Staff costs	204,640	<b>204,640</b>	203,829
Rent and services	10,920	<b>10,920</b>	9,963
Insurance	1,505	<b>1,505</b>	1,133
Telephone and internet	-	-	664
Equipment refurbishment	5,718	<b>5,718</b>	12,246
Equipment hire	1,317	<b>1,317</b>	22,593
Equipment	128	<b>128</b>	15
Events and awards for children	24	<b>24</b>	950
Utilities	2,934	<b>2,934</b>	3,064
<i>Total 2018</i>	<u>227,186</u>	<u><b>227,186</b></u>	<u>254,457</u>
	<u>254,457</u>	<u>254,457</u>	

**Notes to the financial statements**  
**For the year ended 31 December 2019**

**9. Analysis of expenditure by activities (continued)**

**Analysis of support costs**

	<b>Direct costs 2019</b>	<b>Total funds 2019</b>	<i>Total funds 2018</i>
	£	£	£
Staff costs	38,726	<b>38,726</b>	41,891
Depreciation	8,614	<b>8,614</b>	9,681
Telephone and internet	-	-	166
Postage and stationery	1,162	<b>1,162</b>	841
Staff training	343	<b>343</b>	935
Subscriptions	26	<b>26</b>	-
Travel	1,249	<b>1,249</b>	1,078
Publication and promotion	4,193	<b>4,193</b>	7,290
Bank charges	561	<b>561</b>	401
(Profit)/loss on disposal of fixed assets	-	-	749
Consumables	761	<b>761</b>	109
IT costs	1,001	<b>1,001</b>	2,292
Seminar costs	-	-	30
Governance costs	4,110	<b>4,110</b>	4,838
	<u>60,746</u>	<u><b>60,746</b></u>	<u>70,301</u>
<i>Total 2018</i>			
	<u>70,301</u>	<u>70,301</u>	

**10. Independent examiner's remuneration**

	<b>2019</b>	<i>2018</i>
	£	£
Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts	<u><b>1,950</b></u>	<u>1,872</u>

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**Notes to the financial statements**  
**For the year ended 31 December 2019**

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**11. Staff costs**

	<b>2019</b>	<i>2018</i>
	<b>£</b>	<i>£</i>
Wages and salaries	<b>205,776</b>	<i>209,465</i>
Social security costs	<b>17,012</b>	<i>15,308</i>
Contribution to defined contribution pension schemes	<b>20,578</b>	<i>20,947</i>
	<u><b>243,366</b></u>	<u><i>245,720</i></u>

The average number of persons employed by the Company during the year was as follows:

	<b>2019</b>	<i>2018</i>
	<b>No.</b>	<i>No.</i>
Employees	<u><b>8</b></u>	<u><i>7</i></u>

No employee received remuneration amounting to more than £60,000 in either year.

During the period key management personnel received remuneration totalling £47,732 (2019: £48,319). No benefits were received.

**12. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (2018 - £NIL-).

During the year ended 31 December 2019, no Trustee expenses have been incurred (2018 - £NIL).

**Notes to the financial statements**  
**For the year ended 31 December 2019**

**13. Tangible fixed assets**

	Short-term leasehold property £	Plant and machinery £	Office equipment £	Total £
<b>Cost or valuation</b>				
At 1 January 2019	16,501	130,013	30,733	177,247
At 31 December 2019	16,501	130,013	30,733	177,247
<b>Depreciation</b>				
At 1 January 2019	10,625	111,025	21,364	143,014
Charge for the year	1,650	4,979	1,985	8,614
At 31 December 2019	12,275	116,004	23,349	151,628
<b>Net book value</b>				
At 31 December 2019	<u>4,226</u>	<u>14,009</u>	<u>7,384</u>	<u>25,619</u>
At 31 December 2018	<u>5,876</u>	<u>18,988</u>	<u>9,369</u>	<u>34,233</u>

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**Notes to the financial statements**  
**For the year ended 31 December 2019**

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**14. Debtors**

	<b>2019</b>	<i>2018</i>
	<b>£</b>	<i>£</i>
<b>Due within one year</b>		
Other debtors	-	6,250
Prepayments and accrued income	-	877
	<hr/>	<hr/>
	<u>-</u>	<u>7,127</u>

**15. Creditors: Amounts falling due within one year**

	<b>2019</b>	<i>2018</i>
	<b>£</b>	<i>£</i>
Trade creditors	<b>588</b>	1,599
Other taxation and social security	<b>4,185</b>	5,948
Pension creditor	<b>2,080</b>	-
Other creditors	<b>62</b>	8
Accruals and deferred income	<b>2,365</b>	8,536
	<hr/>	<hr/>
	<u><b>9,280</b></u>	<u>16,091</u>

Notes to the financial statements  
For the year ended 31 December 2019

16. Statement of funds

Statement of funds - current year

	Balance at 1 January 2019 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2019 £
<b>Unrestricted funds</b>					
General Funds - all funds	<u>115,400</u>	<u>109,136</u>	<u>(76,760)</u>	<u>(101,426)</u>	<u>46,350</u>
<b>Restricted funds</b>					
Targeted Training Therapy	15,000	90,663	(207,089)	101,426	-
Clinical Equipment	-	5,846	(5,846)	-	-
Support Equipment	-	3,437	(3,437)	-	-
	<u>15,000</u>	<u>99,946</u>	<u>(216,372)</u>	<u>101,426</u>	<u>-</u>
	<u>130,400</u>	<u>209,082</u>	<u>(293,132)</u>	<u>-</u>	<u>46,350</u>

**Notes to the financial statements**  
**For the year ended 31 December 2019**

**16. Statement of funds**

**Statement of funds - prior year**

	<i>Balance at 1 January 2018 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 December 2018 £</i>
<b>Unrestricted funds</b>				
General Funds - all funds	<u>126,431</u>	<u>90,067</u>	<u>(101,098)</u>	<u>115,400</u>
<b>Restricted funds</b>				
Targeted Training Therapy	15,493	201,936	(202,429)	15,000
Clinical Equipment	18,356	7,184	(25,540)	-
Support Equipment	490	-	(490)	-
Fundraising and marketing	-	2,500	(2,500)	-
	<u>34,339</u>	<u>211,620</u>	<u>(230,959)</u>	<u>15,000</u>
	<u>160,770</u>	<u>301,687</u>	<u>(332,057)</u>	<u>130,400</u>

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Notes to the financial statements  
For the year ended 31 December 2019

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**17. Restricted Funds**

**Targeted Training Therapy**

The Targeted Training Therapy fund is held to support children receiving Targeted Training.

**Clinical Equipment**

The Clinical Equipment fund represents funds received for clinical equipment used to enhance Targeted Training Therapy and was fully spent in the year.

**Support Equipment**

The Support Equipment fund represents funds received for general equipment used at The Movement Centre and was fully spent in the year

**Transfer between funds**

A transfer from unrestricted funds to restricted funds has been made to reflect the expenditure on restricted projects met from unrestricted funds.

**18. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

	Unrestricted funds 2019  £	Total funds 2019  £
Tangible fixed assets	25,619	<b>25,619</b>
Current assets	30,011	<b>30,011</b>
Creditors due within one year	(9,280)	<b>(9,280)</b>
	<hr/> 46,350	<hr/> <b>46,350</b>



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**Notes to the financial statements**  
**For the year ended 31 December 2019**

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**18. Analysis of net assets between funds (continued)**

**Analysis of net assets between funds - prior year**

	<i>Restricted funds 2018</i>	<i>Unrestricted funds 2018</i>	<i>Total funds 2018</i>
	<i>£</i>	<i>£</i>	<i>£</i>
Tangible fixed assets	-	34,233	34,233
Current assets	15,000	97,258	112,258
Creditors due within one year	-	(16,091)	(16,091)
	<u>15,000</u>	<u>115,400</u>	<u>130,400</u>

**19. Pension commitments**

The group operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the group in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £20,578 (2018 - £20,947). £2,080 (2018: £nil) was payable to the fund at the balance sheet date and included within creditors.

**20. Related party transactions**

The Company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Company at 31 December 2019.