

# **Move the Masses**

(Charity number: 1179679)

**Trustees annual report & financial statements**

**for the year ended**

**30th June 2020**

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Charity accounts preparation &  
independent examination service

# **Move the Masses**

(Charity number: 1179679)

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# Trustees' Annual Report

From: 1st July 2019

To: 30th June 2020

Charity's full name Move the Masses

Registered Charity number 1179679

## Objectives and activities

### Summary of the purposes of the charity set out in its governing document

For the public benefit, the promotion of physical and mental health of people throughout England, through the provision of information, signposting, education and opportunities to participate in physical activity.

### Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise. The main schemes which support that mission are:

- a) Move Mates - this project pairs volunteers walking buddies with people who don't have the confidence to get out of their own home. We give people the support that they need to improve their physical health through walking whilst offering the mental health benefits of having regular company. In 2019-2020 we had 45 individuals who were partnered with volunteers and completed 306 walks.
- b) Move Map - we continue to maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment and provide free access to example workouts in these locations via our website.
- c) In our COVID-19 response we continued to support our Move Mates through welfare calls, door step chats and online workouts. We provided a temporary prescription delivery service.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

## Achievements and performance

### Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

- a) Move Mates - in 2019-2020 we had 45 individuals who were partnered compared to 20 in 2018-2019. 35 volunteers were Move Mates, up from 18 in 2018-2019 and 306 walks were completed, up from 112 in 2018-2019. After 3 months of participation within the scheme our participants reported increased life satisfaction, improved physical health and reduction in loneliness. The service was temporarily suspended from the 18th March for three months due to the COVID-19 lockdown.
- b) Move Map - we have continued to expand our online map within 2019-2020 covering more of York. We have run 65 free, outdoor fitness sessions showing people how to use fixed outdoor equipment. Our sessions had 237 attendances.
- c) COVID-19 response - we delivered 49 online workouts and volunteers delivered 3128 prescriptions to people who were shielding or self-isolating. We supported 152 people with one-to-one contact with a volunteer. In total, our volunteers did 40 doorstep chats, wrote 39 letters to those hard of hearing, made 1435 welfare calls.

## Financial review

### Review of the charity's financial position at the end of the period

We have received 59,222 of income in the year . Our expenditure has been £40,211 leaving an end of period balance of £25,122 which is made up of £13,919 of restricted and £11,203 of unrestricted funds.

### Statement explaining the policy for holding reserves stating why they are held

Any unrestricted funds not committed to projects or invested in tangible fixed assets (' the free reserves') held by Move the Masses should be equal to or greater than a minimum of 3 months of fixed costs.

### Amount of reserves held

£11,203 of unrestricted reserve

### Reasons for holding zero reserves

n/a

### Funds materially in deficit

None

### Explanation of any uncertainties about the charity continuing as a going concern

Our main grant funding streams end at the end of March 2021 and we are currently looking for additional funding to support our existing projects.

## Structure, governance and management

### Description of the charity's trusts

Type of governing document                      Foundation Model Constitution

How the charity is constituted                      Charitable Incorporated Constitution

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees                      Appointed by existing trustees

## Reference and administration details

Charity's full name                                      Move the Masses

Other names the charity is known by              n/a

Charity's principal address                              95 Front Street  
Acomb  
York

Postcode YO24 3BU

### Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Nicholas Griffin	Chair		
Tom Elcock	Treasurer		
Barbara Willett	Secretary	From Oct 2020	
Deborah Rack			
Rebecca Horner			
John Bourton			
Philip Tonks		From Sept 2020	

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year
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**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

**Names and addresses of advisers**

Type of adviser	Name	Address
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<b>Independent Examiner</b>	Karen Wood ACMA,CGMA	Outsource Accountancy Services & Independent Examinations Hiscox Building, Peasholme Green YO1 7PR
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**Bankers**

**Name of chief executive or names of senior staff members**

Ellen (Egg) Cameron

**Declaration**

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

**Signature**

**Full Name** Nicholas Griffin

**Position** Chair

**Date**

**Independent examiner's report to the trustees of Move the Masses**

I report on the accounts of: **Move the Masses**  
for the year ended: **30th June 2020** which are set out on pages 5 to 7.

**Responsibilities and basis of report**

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

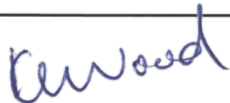
I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**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 the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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.



**Karen Wood (ACMA)**  
Outsource independent examination  
service  
The Hiscox Building  
Peaseholme Green  
York YO1 7PR

29/01/2021

**Date:**

**Move the Masses**  
(Charity number: 1179679)

<b>Receipts &amp; payments accounts for the year ended:</b>		<b>30th June 2020</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2020 Total funds</b>	<b>2019 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Receipts</b>				
Contracted work	1,860	-	1,860	520
Donations	6,057	-	6,057	1,401
Grants received	6,449	41,757	48,206	20,889
Event sales	2,325	-	2,325	57
Gift aid	774	-	774	-
<b>Total receipts</b>	<b><u>17,465</u></b>	<b><u>41,757</u></b>	<b><u>59,222</u></b>	<b><u>22,867</u></b>
<b>Payments</b>				
Session delivery	180	2,190	2,370	1,155
Project management & consultancy	1,919	16,569	18,488	3,650
Contracted CEO payments	2,110	4,790	6,900	-
Travel & expenses	5	-	5	-
Room hire	-	-	-	45
Office costs	472	1,087	1,559	582
Administration costs	-	4,040	4,040	1,810
Office equipment	229	590	819	-
Insurance	-	-	-	353
Publicity & website	912	2,270	3,182	6,131
Design & branding	-	-	-	1,309
Volunteer costs	633	1,022	1,655	283
Memberships & subscriptions	96	-	96	-
Videography	-	700	700	1,400
Fundraising costs	206	50	256	10
Trustee training	121	-	121	-
Bank charges	-	20	20	-
Other sundry costs	-	-	-	28
<b>Total payments</b>	<b><u>6,883</u></b>	<b><u>33,328</u></b>	<b><u>40,211</u></b>	<b><u>16,756</u></b>
<b>Net of receipts/(payments)</b>	<b>10,582</b>	<b>8,429</b>	<b>19,011</b>	<b>6,111</b>
<b>Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Balance brought forward</b>	<b>621</b>	<b>5,490</b>	<b>6,111</b>	<b>-</b>
<b>Balance carried forward</b>	<b><u>11,203</u></b>	<b><u>13,919</u></b>	<b><u>25,122</u></b>	<b><u>6,111</u></b>

**Move the Masses**  
(Charity number: 1179679)

<b>Statement of assets and liabilities at:</b>		<b>30th June 2020</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2020 Total funds</b>	<b>2019 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Assets</b>				
<b>Cash at bank and in hand</b>				
Current bank account	11,203	13,919	25,122	6,111
	<u>11,203</u>	<u>13,919</u>	<u>25,122</u>	<u>6,111</u>
	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>2020 Total Funds</b>	<b>2019 Total Funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Liabilities</b>				
Independent examination fee	300	-	300	-
	<u>300</u>	<u>-</u>	<u>300</u>	<u>-</u>



**Move the Masses**  
(Charity number: 1179679)

**Notes to the accounts for the year ended:**

**30th June 2020**

**1. Basis of accounts**

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

**2. Restricted income funds**

<b>Fund name</b>	<b>Purpose</b>
Acomb Ward 2018/19	Project to engage local people to use outdoor spaces for exercise, film a series of outdoor sessions and advertise them via website.
Clifton Ward	Project to engage local people to use outdoor spaces for exercise, film a series of outdoor sessions and advertise them via website.
Fishergate Ward	Project to engage local people to use the Millennium Fields outdoor gym equipment for exercise, running sessions, filming workouts and advertising them via website
Huntington Ward Groves Regeneration	Grant towards the Move Mates project in the north of the city. Engagement project, running 24 free sessions for local people to engage in physical activity, promoting the Move Mates project on the groves area.
Tang Hall Big Local	Project to engage local people to use outdoor spaces for exercise, film a series of outdoor sessions and advertise them via website.
Guildhall Ward	Project to run a series of free sessions at the newly installed Navigation Road fitness area. Project includes a filming sessions and promoting videos via website.
Ways to Wellbeing	Grant to purchase an set up an ID card printer for volunteer ID cards.
CYC Adult Commissioning	Grant to run the Move Mates project city wide for one year from 1st October 2019.
CYC Sports Grant	Grant to promote six outdoor gyms in York, running filming sessions at each and promoting sites/video via our website
TCRF Grassroots Endowment	Grant for additional administrative time for Move Mates project (TCRF agreed we could use this for core staff costs during COVID)
Joseph Rowntree Foundation	Tech development project to redevelop Move Mates systems and processes to improve efficiency.
Acomb Ward 2020/21	Acomb Ambles, a walking engagement project setting up group walks and three local walking routes with maps.
Westfield Ward	A grant towards organisation postage costs.

	Balance b/fwd £	Incoming resources £	Resources expended £	Balance c/fwd £
Acomb Ward 2018/19	9	-	9	-
Clifton Ward	775	-	775	-
Fishergate Ward	1,014	-	1,014	-
Huntington Ward	326	-	326	-
Groves Regeneration	1,540	-	1,540	-
Tang Hall Big Local	(314)	364	50	-
Guildhall Ward	2,140	-	600	1,540
Ways to Wellbeing	-	758	758	-
CYC Adult Commissioning	-	25,190	19,476	5,714
CYC Sports Grant	-	4,800	1,500	3,300
TCRF Grassroots Endowment	-	2,730	2,730	-
Joseph Rowntree Foundation	-	4,550	4,550	-
Acomb Ward 2020/21	-	3,265	-	3,265
Westfield Ward	-	100	-	100
	<u>5,490</u>	<u>41,757</u>	<u>33,328</u>	<u>13,919</u>

**Approval of accounts for the year ended:**

**30th June 2020**

The report and accounts were approved at a meeting of the Trustees held on:

11/1/21

Date



Signed for and on behalf of the trustees

27/1/21

Date

NICHOLAS GRIFFIN

Print name

CHAIR.

Position (e.g. Chair etc)