

# **Move the Masses**

(Charity number: 1179679)

## **Trustees annual report & financial statements for the year ended**

**30th June 2021**

# **outsourc**e

Charity accounts preparation &  
independent examination service

# **Move the Masses**

(Charity number: 1179679)

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# Trustees' Annual Report

**From:** 1st July 2020

**To:** 30th June 2021

**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. This service operates in York, however we are looking to expand into the Durham area in 2021-2022.
- 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. We launched a brand new and improved Move Map in April, showing outdoor gyms, trim trails, workout challenge and walking routes.

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 2020-2021 we have 189 individuals who are partnered (45 2019-2020), 109 active volunteers (35 2019-20) and have completed 1824 walks (306 2019-20). The average time that beneficiaries have walked for has increased to 52 minutes (30 minutes 2019-2020). Our beneficiaries survey has identified that 66% of peoples physical health has improved or stayed the same and 72% of people life satisfaction has improved or stayed the same. We have positive verbatium feedback around our impact in increasing confidence, improving physical health and preventing loneliness.

b) Move Map - we have continued to expand our move map within 2020-2021 covering more of York and the surrounding area. Website users can submit sites and 38 individual users have submitted sites to the map so far. We have 98 outdoor gyms, 16 Trim Trails and 320 walks and 3 workout challenges up on the map.

## Financial review

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

We have received £97,963 of income in the year (£83,296 Grants, donations £10,697 and miscellaneous £3970). Our expenditure has been £90,599 leaving an end of period balance of £32,486 which is made up of £9,488 of restricted and £22,998 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

£22,998 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 2022 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                                      First Floor Rougier House  
5 Rougier Street  
York  
**Postcode** YO1 6HZ

### 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		
Jack Strickland	Treasurer	From May 21	
Barbara Willett	Secretary		
Deborah Rack			
John Bourton			

**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**

<b>Signature</b>	
<b>Full Name</b>	Jack Strickland
<b>Position</b>	Treasurer & Trustee
<b>Date</b>	19/11/2021

**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 2021** which are set out on pages 5 to 8.

**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

20/11/2021

**Date:**

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

<b>Receipts &amp; payments accounts for the year ended:</b>		<b>30th June 2021</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2021 Total funds</b>	<b>2020 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Receipts</b>				
Contracted work	1,500	-	1,500	1,860
Donations	10,697	-	10,697	6,057
Grants received	1,000	82,296	83,296	48,206
Trading sales	480	-	480	2,325
Gift aid	1,990	-	1,990	774
<b>Total receipts</b>	<b><u>15,667</u></b>	<b><u>82,296</u></b>	<b><u>97,963</u></b>	<b><u>59,222</u></b>
<b>Payments</b>				
Staff salaries	259	43,762	44,021	-
Recruitment	-	2,700	2,700	-
Session delivery	-	-	-	2,370
Project management & consultancy	324	1,575	1,899	18,488
Contracted CEO payments	-	13,800	13,800	6,900
Office & administration costs	-	3,134	3,134	5,599
Independent examination	300	-	300	-
Payroll fees	17	260	277	-
Office equipment	107	1,688	1,795	819
Insurance	348	-	348	-
Publicity & website	-	10,049	10,049	3,182
Design & branding	184	5,250	5,434	-
Volunteer costs & coordination	1,236	3,083	4,319	1,655
Memberships & subscriptions	96	-	96	96
Videography	1,000	1,400	2,400	700
Fundraising costs	-	-	-	256
Trustee training	-	-	-	121
Bank charges	-	26	26	20
Other sundry costs	1	-	1	5
<b>Total payments</b>	<b><u>3,872</u></b>	<b><u>86,727</u></b>	<b><u>90,599</u></b>	<b><u>40,211</u></b>
<b>Net of receipts/(payments)</b>	<b>11,795</b>	<b>( 4,431)</b>	<b>7,364</b>	<b>19,011</b>
<b>Transfers between funds</b>	-	-	-	-
<b>Balance brought forward</b>	<b>11,203</b>	<b>13,919</b>	<b>25,122</b>	<b>6,111</b>
<b>Balance carried forward</b>	<b><u>22,998</u></b>	<b><u>9,488</u></b>	<b><u>32,486</u></b>	<b><u>25,122</u></b>

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

<b>Statement of assets and liabilities at:</b>		<b>30th June 2021</b>			
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2021 Total funds</b>	<b>2020 Total funds</b>	
	£	£	£	£	
<b>Assets</b>					
<b>Cash at bank and in hand</b>					
Current bank account	22,998	9,488	32,486	25,122	
	<u><b>22,998</b></u>	<u><b>9,488</b></u>	<u><b>32,486</b></u>	<u><b>25,122</b></u>	
	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>2021 Total Funds</b>	<b>2020 Total Funds</b>	
	£	£	£	£	
<b>Liabilities</b>					
Independent examination fee	300	-	300	300	
	<u><b>300</b></u>	<u><b>-</b></u>	<u><b>300</b></u>	<u><b>300</b></u>	

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

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

**30th June 2021**

**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>
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.
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
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.
Two Ridings Community Foundation - Step Change	Funding to support the organisation's ongoing Covid-19 response for the period July 2020 to October 2020, specifically, staff costs and setting up payroll.
The National Lottery - Coronavirus Community Support Fund	Funding to restart the Move Mates project post-lockdown with increased capacity.
The National Lottery - Awards for All	Funding towards the running of Move Mates
Better Care Fund	Funding towards the running of Move Mates
City of York Ward Funding - Fishergate	Funding towards the running of Move Mates
TCRF - Coronavirus Community Fund	Improving the organisation's communications and marketing by recruiting a Communications Officer to review and update all digital content and working with a consultant to overhaul the 'Move Map' to improve website SEO.

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

	Balance b/fwd £	Incoming resources £	Resources expended £	Balance c/fwd £
Guildhall Ward	1,540	-	1,540	-
CYC Adult Commissioning	5,714	-	5,714	-
CYC Sports Grant	3,300	-	3,300	-
Acomb Ward 2020/21	3,265	-	3,265	-
Westfield Ward	100	-	100	-
Two Ridings Community Foundation - Step Change	-	10,000	10,000	-
The National Lottery - Coronavirus Community Support Fund	-	34,443	34,443	-
The National Lottery - Awards for All Better Care Fund	-	10,000	8,071	1,929
City of York Ward Funding - Fishergate	-	10,000	2,441	7,559
TCRF - Coronavirus Community Fund	-	2,928	2,928	-
	-	14,925	14,925	-
	<u>13,919</u>	<u>82,296</u>	<u>86,727</u>	<u>9,488</u>

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

**30th June 2021**

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

21/10/2021

**Date**



**Signed for and on behalf of the trustees**

19/11/2021

**Date**

Jack Strickland

**Print name**

Treasurer

**Position (e.g. Chair etc)**