



MAKE A MOVE

ANNUAL REPORT

FOR THE YEAR ENDED 31 JULY 2021

CHARITY NUMBER 1143982

INDEX

	Page
Trustees' Report	1
Statement of Financial Affairs	5
Balance Sheet	6
Notes to the Accounts	7
Independent Examiner's Report	9

MAKE A MOVE

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 JULY 2021

1. Constitution and objectives

Make a Move is an unincorporated organisation governed by its constitution dated 22 September 2011. It is registered as a charity with the Charity Commission (number 1143982).

The objects of the Charity are to advance education and to promote and protect the good health of people who have special educational needs through sessions in music and movement.

The principal address is 26 Eckweek Road, Peasedown St John, Bath, BA2 8EJ.

2. Trustees

The trustees who were serving at the date of this report are as follows:

Rebecca Taylor	Chair of Trustees
Sara Steele	Treasurer
Rachel Cox	
Jemma Stewart	

As set out in the constitution, the Trustees are appointed by resolution of the Trustees passed by a majority. When considering candidates for a position as a trustee the Board has regard to the expertise of the candidate, any special skills needed and the likely ability of the candidate to discharge the objects of the Charity. We are actively seeking Trustees with expertise in digital and social media channels.

3. Activities

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The charity seeks to transform the lives of children and adults by using music and movement as catalysts for a personal revolution and to improve the mental health of its beneficiaries.

The charity pursues this objective as follows:

1. *Moving for Resilience* works in primary and secondary schools, special schools and specialist units for pupils with challenging behaviours. It provides music and movement sessions which are aimed at improving health whilst raising aspirations and self-esteem.
2. *Engaging Children in the Curriculum* trains pupils to perform at the Dance Umbrella, an annual showcase event which takes place at the Bath Forum and is coordinated with the local School Sport Partnership.
3. *Moving on Up* works with mothers suffering from Post-Natal Depression.

4. *Moving for the Mind* works with the elderly with the aim of prevent the potential progression of agitated episodes associated with the onset of dementia.
5. *Wellbeing in the Workplace* works with businesses in the workplace to help promote mindfulness and help reduce stress, depression, or anxiety.
6. Make a Move also provides CPD session for teachers.
7. Make a Move is a member of the Perinatal Wellbeing Partnership which includes Bluebell Care, Creativity Works and Open Space, in conjunction with HCRG Care Group and the NHS. This means that there is support for families to manage their emotional wellbeing during pregnancy and after birth across BANES.
8. Make a Move became a member of the Association of Mental Health Providers during 2021.

Make a Move works closely with the following:

- Bath & North East Somerset (BANES) School Sport Partnership and Make a Move provides the volunteers for runners, lighting, and stage management each year for Dance Umbrella.
- HCRG Care Group Health Visitors via its work with women who suffer from Post-Natal Depression.
- Dance Notes, a vital resource for teachers who have no experience of teaching dance. Dance Note provides customisable dance lesson plans for schools. Some of the practitioners for Make a Move write the lessons plans for Dance Notes.

Make a Move also works with the following organisations in respect of our beneficiaries and values our ongoing working relationship with them:

- BANES Council Children's Centres
- BANES Early Years Children's Group
- NCT: The UK's largest charity for parents
- Voices (domestic violence charity)
- Twins (for parents with multiple births)
- Swallow (for people with learning disabilities)
- Mind (the mental health charity)

Objectives and Activities

Make a Move exists to improve the quality of life of people with mental health difficulties through group sessions in music and movement.

Our Vision

Movement always leads to change.

Make a Move is a registered charity based in the South West since 2011 that provides support to groups of children and adults with social, emotional, mental health and behavioural difficulties. We enable our beneficiaries to learn how to manage their own needs by giving them a range of tools so they can continue to feel well and manage their mental health effectively once they have completed one of our courses. All courses run for specified lengths of time, apart from our sessions with older people, which run continuously as one of the primary aims of these sessions is to help older people combat loneliness and facilitate friendships and connection.

Main objectives for 2021/22

2020/21 was unprecedented and the COVID-19 pandemic and lockdowns affected Make a Move's work and income much like many charities and businesses. It caused the work we do to stall initially. We responded as quickly as possible, but the lockdowns had an immediate impact on Wellbeing in the Workplace and it ceased completely. During the second financial year of the pandemic, our income dropped by approximately a third as evidenced by the figures in this statement of accounts, and our plans for expansion were impeded. We availed of financial support from the HMRC via its Self-Employment Income Support Scheme and Coronavirus Job Retention Scheme.

When schools were closed, we carried on virtually in some primary schools, but the work was very limited. Our work with mothers continued almost unabated. We moved the sessions online and with much adapting, managed to continue to offer support with mothers with Postnatal Depression. However, referrals from health visitors almost ceased, and most were self-referrals. Our work with older people ceased during the first lockdown, but during the brief respite in 2020, we managed to train our older beneficiaries to use Zoom and enjoyed virtual sessions for the remainder of 2020 and 2021. These sessions have now returned to face-to-face.

Therefore, some of our aims for 2020/21 have remained as our aims for 2021/22:

- To expand the Moving on Up project to work with women with postnatal depression in neighbouring counties.
- To continue to develop and expand the Wellbeing in the Workplace project to maximise the charity's income which can then be used to fund its charitable projects.
- To work with new local partners as we expand our delivery areas.

Following receipt of a grant via the Association of Mental Health Providers, we drew up a business plan with help from Red Ochre's Uday Thakkar, a Chartered Accountant, and a serial entrepreneur. He has started and grown several businesses and a charity. He launched Red Ochre a social economy consultancy and training organisation. This social enterprise has successfully supported hundreds of organisations and ethical businesses across 26 countries. Uday is an expert in strategy, enterprise, leadership, organisational change, governance, and finance.

Our relationship with Uday continues and we are very grateful to have developed such a partnership.

4. Reserves

The charity holds reserves to ensure it is well placed to meet challenges that may arise in the future. The trustees consider reserves to be adequate.

4. Trustees' responsibilities in relation to the annual report

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Law applicable to charitable companies in England and Wales requires the Trustees to prepare a Trustees' Report, and financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the Trustees should follow best practice and;

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP;

- make judgements and estimates which are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy, the financial position of the charity and which enables it to ensure that the financial statements comply with the applicable law in England and Wales. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In determining how amounts are presented within the statement of financial activities and balance sheet, the Trustees have had regard to the substance of the reported transaction or arrangement, in accordance with generally accepted accounting principles or practice.

For and on behalf of the trustees



Rebecca Taylor
Chair of Trustees

30/04/2022

MAKE A MOVE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JULY 2021

		2021		2020
	Note	General Funds £	Restricted Funds £	Total £
Incoming resources				
Incoming resources from generated funds:				
Voluntary income		5,475	25,595	31,070
Investment income		-	-	-
Incoming resources from charitable activities:				
	2	17,667	-	17,667
Other incoming resources		50,938	-	50,938
Total incoming resources		74,080	25,595	99,675
Resources expended				
Charitable activities				
		62,864	39,001	101,865
Governance costs		1,610	-	1,610
Total resources expended	3	64,474	39,001	103,476
Net income for the year		9,606	(13,406)	(3,801)
Funds brought forward		8,656	19,611	28,267
Funds carried forward		18,262	6,205	24,466

MAKE A MOVE

BALANCE SHEET AS AT 31 JULY 2021

	Note	£ 2021	£ 2020
NET ASSETS			
Current assets			
Cash at bank		21,142	28,954
Trade debtors		4,642	2,447
Sundry debtors		151	151
Creditors: amounts falling due within one year			
- Other taxes		(238)	(237)
- accruals		(1,230)	(1,230)
- sundry creditors		-	(1,818)
Total assets less current liabilities	4	<u>24,467</u>	<u>28,267</u>
REPRESENTED BY			
General fund	5	6,205	19,611
Restricted fund		18,262	8,656
		<u>24,467</u>	<u>28,267</u>

These accounts were approved by the trustees on 30/04/2022 and are signed on their behalf by:



Rebecca Taylor
Chair of Trustees

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, in accordance with applicable Accounting Standards and comply with the Statement of Recommended Practice Accounting and Reporting by Charities. The policies adopted for items which are judged material to the financial statements are as follows:

Incoming resources

Donations and gifts are recognised as income when received.

Resources expended

Resources expended are recognised on an accruals basis. They are allocated to activities based on actual usage and time spent.

Governance costs comprise those costs incurred by the charity in meeting its constitutional and statutory requirements.

Funds

Restricted funds represent the funds specifically earmarked for the charity's property and other projects, specified by the donor. Unrestricted funds are funds which can be utilised at the discretion of the trustees.

2 Voluntary income

	£ 2021	£ 2020
St John's Hospital	25,000	30,000
Quartet Community Foundation (restricted)	0.00	3,000
Schools	595	1,404
Other	5,475	4,075
	<u>31,070</u>	<u>38,479</u>

3 Resources expended

No remuneration was paid to the trustees during the year and nor were there were any expenses reimbursed to trustees.

The Independent Examiner's fee amounted to £600 (2020: £600)

MAKE A MOVE

NOTES TO THE FINANCIAL STATEMENTS YEAR ENDED 31 JULY 2021 (continued)

4. Analysis of net assets between funds

	General Fund £	Restricted Fund £	Total £
Current assets	19,730	6,205	25,935
Current liabilities	(1,468)	-	(1,468)
As at 31 July 2021	<u>18,262</u>	<u>6,205</u>	<u>24,467</u>

5. Movement in funds

	Opening balance £	Incoming resources £	Outgoing resources £	Closing balance £
Restricted fund	19,611	25,000	(39,001)	6,205
General Fund	8,656	74,675	(64,474)	18,262
Total funds	<u>28,267</u>	<u>99,675</u>	<u>(103,475)</u>	<u>24,467</u>

The restricted fund is to assist with the Dementia programme.