

REGISTERED CHARITY NUMBER: 1137754

**TRUSTEES REPORT AND RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 28 FEBRUARY 2023 FOR
YOGAMOBILITY
(CHARITABLE INCORPORATED ORGANISATION)**

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

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YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 28 FEBRUARY 2023**

TRUSTEES

T Watkins	(Chair)
J Bryant-Plenty	
E F R Edwards	(not re-elected 10 August 2022)
E Grimshaw	
J Hill	
R N Howitt	
J E Leigh	(resigned 10 August 2022)
P Marshall	
Oliver Townsend	(resigned 10 August 2022)
F Young	(Treasurer)

REGISTERED OFFICE

18 Fairfield Close
Cardiff
CF5 1AD

REGISTERED CHARITY NUMBER

1137754

BANKERS

HSBC

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

INDEPENDENT EXAMINERS REPORT

**REPORT TO THE TRUSTEES OF YOGAMOBILITY
ON THE ACCOUNTS FOR THE YEAR ENDED 28 FEBRUARY 2023
CHARITY NUMBER: 1137754
SET OUT ON PAGES 4-12**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 28 February 2023

Responsibilities and basis of the report

As the charity trustees of the company 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

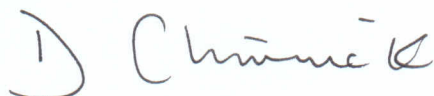
Independent examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

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

Signed



Name

DAVID CHINNICK

Date

20th December 2023

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

The trustees present their report and the receipts and payments account for the year ended 28 February 2023.

The trustees, who served during the year and up to the date of this report are set out on page 2.

Structure, governance and management

Governing document and charity constitution

The organisation was a registered charity and company limited by guarantee, incorporated on 23 February 2010.

YogaMobility converted to a charitable incorporated organisation on 29 July 2022 and is governed by its constitution. In the event of the charity being wound up the trustees are each required to contribute an amount not exceeding £10.

Methods policies and procedures for recruitment, appointment, induction and training of new trustees

Recruitment and appointment of potential trustees is carried out by existing trustees. Consideration is given to experience, knowledge and skills required and on completion of a satisfactory vetting outcome, the trustees will vote to confirm the appointment and the new trustee will be formally invited to join the board. There is no maximum number of trustees set out in the constitution but there should be a minimum of 3 trustees which represent the quorum.

Objectives and activities

Charitable objects

YogaMobility's objects are specifically restricted to the following:

- To promote, improve and protect good health and well-being through the practice of yoga.
- To assist in the treatment of adults suffering from physical or mental disabilities by providing yoga to those persons and their carers and families.
- To advance the education of the public in yoga.

Charitable activities and achievements

YogaMobility was operating four classes per week until classes were suspended in March 2020.

The majority of participants had mobility problems and some were in wheelchairs, all needed additional support to participate in a yoga class.

Many participants find classes so helpful that they have attended regularly for many years.

Our tutors provided 2 online classes a week on Zoom during lockdown. The Zoom sessions were popular as they enabled participants, many of whom were shielding and isolated, to exercise and to connect with other people in a similar position. Class fees were not charged but people attending were asked to make donations if they wished to do so.

Monday and Thursday morning classes held at Sbectrwm Community Centre in Fairwater, Cardiff, which are long established and popular, resumed in June 2021. These classes have continued to be available on Zoom.

During the year the number of people attending classes in person gradually increased, whilst the number attending online correspondingly decreased. We have also welcomed new participants. Nearly 60 different people attended at least one of our classes in person or online.

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

Charitable activities and achievements continued

YogaMobility received grant funding to run a class specifically catering for adults with learning disabilities. Classes were run between May and September 2022 but ceased because attendance numbers were too small to justify the ongoing running costs. A small number of people transferred to one of the other classes.

Each YogaMobility class is run by at least one of our 2 professional tutors, both of whom are specialists in working with disabled people. This expertise is essential for providing safe classes. They are supported by volunteers who assist students throughout the class. YogaMobility has 4 volunteers who help in this way.

Public benefit

YogaMobility's activities are for public benefit because we provide specialist yoga classes to adults with a range of disabilities. Some participants have neurological conditions which have included multiple sclerosis, motor neurone disease, muscular dystrophy and Parkinson's disease. Others have medical conditions which have included heart conditions, cancer, COPD, diabetes, chronic pain, arthritis and amputation.

YogaMobility's beneficiaries range from those with moderately severe health conditions through to those who are wheelchair-bound. YogaMobility provides beneficiaries with specialised and personalised movement plans (adapted from classical yoga) based on their physical abilities.

Beneficiaries are encouraged to optimise (within safe limits) their physical strength, mobility, balance, confidence and communication skills. Participants are also taught mindfulness-based self-help practices in relation to: diet, thoughts and beliefs (particularly overcoming negative attitudes to disability), stress and relaxation, and pain management.

Support from volunteers and donors

YogaMobility received support from 5 main groups:

1. YogaMobility is grateful to organisations which provided grants.
2. Volunteer class assistants support our yoga tutors at the Sbectrwm classes.
3. A larger group of volunteers help YogaMobility by managing and arranging our fundraising activities. YogaMobility
4. YogaMobility is grateful to members of the public and businesses who donate monies.
5. YogaMobility also receives support from the Funky Love Posse - a musical group of disabled and able-bodied musicians - whose performance fees are donated to the charity.

Fundraising achievements

1) Grant funding is important to YogaMobility as without these monies the charity might not be able to continue to provide all its classes or to purchase the equipment it needs.

- YogaMobility received a grant during the financial year of £4,828 from C3SC Learning Disabilities Third Sector Fund 2022. This was to fund the learning disabilities class already mentioned in this report. In addition, part of the grant was to pay for the redevelopment of the YogaMobility website and for a Google-ad which directs people to our website.
- Millennium Stadium Charitable Trust granted YogaMobility £250 for the purchase of a new computer monitor and microphone to improve the class experience for students attending online.

2) The Funky Love Posse donate all of the proceeds of their professional gigs to YogaMobility. The Funky Love Posse performed several gigs and raised £855 as well as headlining at our music event. (2022- £172).

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

Fundraising achievements continued

3) As well as raising monies our events bring people involved with YogaMobility together.

- The garden party was expanded into a music festival. This was very successful and raised £1,831.
- A comedy night also proved very popular raising £1,096.
- Proceeds from the winter fayre and our Christmas party totalled £1,168.

In total £4,950 was raised, an increase on the previous year as people recovered from the pandemic and were happier to meet up. (2022 - £2,627).

4) Class fees - In 2022/23 YogaMobility charged a fee of £6, the same as prior to the pandemic, for attending a class. 2 Sbectwm classes a week were held and fees received totalled £6,013 (2022 - £4,660).

5) Donations – These remained essential as YogaMobility moved towards more normal “in-person” classes. During the year YogaMobility received £11,401 (2022- £14,938) including gift aid.

- Regular donors paid by monthly standing order.
- There were one off donations from individuals and businesses
- Online donations were made through Give as you Live, Everyclick, and Charitable Trust.
- Birthday and other gifts made through PayPal Giving are a significant source of funds.
- Class donations. YogaMobility does not charge for its online zoom classes but instead asks for voluntary donations to help towards costs. Most people attending classes do donate and £3,238 (2022 - £3,295) was received. This is reducing as people return to normal classes.

Financial Review

The financial performance of the charity is shown in the attached receipts and payments account and statement of assets and liabilities. YogaMobility aims to hold sufficient unrestricted funds in reserve to cover 6 months' general running costs. At the end of the 2022/2023 financial year, YogaMobility held £30,053 (2022 - £24,433) in unrestricted reserves along with £100 (2022 - £100) in restricted reserves. The trustees are satisfied with the financial performance and the adequacy of reserves to meet the ongoing requirements of the charity.

Statement of trustees' responsibilities

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees are responsible for preparing the trustees' annual report and the receipts and payments account in accordance with applicable law.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

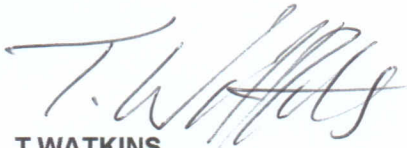
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 28 FEBRUARY 2023

Statement of trustees' responsibilities continued

In preparing the receipts and payments account, the trustees are required to:

- select suitable accounting policies;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

This trustees report was approved by the board on 21-11-2023 and signed on its behalf by:



T WATKINS
Trustee/Chair

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	2023			2022		
	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Total funds
	£	£	£	£	£	£
RECEIPTS						
Donations and legacies						
Grants	0	5,078	5,078	0	0	0
One off donations	185	0	185	605	0	605
Regular donations	3,675	0	3,675	4,300	0	4,300
Online donations	3,061	0	3,061	4,292	0	4,292
Class donations	3,238	0	3,238	3,295	0	3,295
Gift aid	1,242	0	1,242	2,446	0	2,446
	11,401	5,078	16,479	14,938	0	14,938
Income from charitable activities						
Class fees	6,013	0	6,013	4,660	0	4,660
Activities for generating funds						
FLP gigs	855	0	855	172	0	172
Garden party & music event	1,831	0	1,831	1,467	0	1,467
Comedy event	1,096	0	1,096	0	0	0
Winter fayre & Christmas party	1,168	0	1,168	850	0	850
Jo's bake off	0	0	0	104	0	104
Other fundraising activities	0	0	0	35	0	35
	4,950	0	4,950	2,627	0	2,627
Investment income						
Bank interest receivable	4	0	4	0	0	0
TOTAL RECEIPTS	22,368	5,078	27,446	22,225	0	22,225

YOGAMOBILITY (A CHARITABLE INCORPORATED ORGANISATION)

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 28 FEBRUARY 2023**

	2023			2022		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	funds	funds	funds	funds	funds	funds
	£	£	£	£	£	£
PAYMENTS						
Cost of raising funds	0	0	0	0	0	0
Charitable activities expenditure						
Tutor class fees	12,290	2,700	14,990	8,050	0	8,050
Tutor zoom class fees	0	0	0	4,520	0	4,520
Tutor retainers	0	0	0	2,850	0	2,850
Tutor bonus	1,000	0	1,000	1,000	0	1,000
Room hire	2,065	375	2,440	1,404	0	1,404
Insurance	584	0	584	534	0	534
Web design	0	1,200	1,200	0	0	0
Web advertising	0	400	400	0	0	0
Equipment and consumables	1	250	251	230	0	230
Equipment repairs and maintenance	0	0	0	240	0	240
PPE/disinfectant	20	153	173	0	0	0
Bank charges	118	0	118	29	0	29
Card reader	0	0	0	35	0	35
Marketing & printing	30	0	30	0	0	0
Tutor's DBS check	0	0	0	13	0	13
TOTAL PAYMENTS	16,108	5,078	21,186	18,905	0	18,905
SURPLUS	6,260	0	6,260	3,320	0	3,320

STATEMENT OF ASETS AND LIABILITIES AT 28 FEBRUARY 2023

		2023			2022		
	Notes	Unrestricted funds	Restricted funds	Total Funds	Unrestricted funds	Restricted funds	Total funds
		£	£	£	£	£	£
FIXED ASSETS							
Tangible assets	4	0	0	0	0	0	0
CURRENT ASSETS							
Debtor – Gift aid tax	5	2,959	0	2,959	3,192	0	3,192
Cash at bank		28,483	100	28,583	22,229	100	22,329
		31,442	100	31,542	25,421	100	25,521
CREDITORS							
Amounts falling due within one year	6	-1,389	0	-1,389	-988	0	-988
NET CURRENT ASSETS		30,053	100	30,153	24,433	100	24,533
TOTAL ASSETS LESS CURRENT LIABILITIES		30,053	100	30,153	24,433	100	24,533
NET ASSETS		30,053	100	30,153	24,433		24,533
FUNDS							
Unrestricted funds	7			30,053			24,433
Restricted funds				100			100
TOTAL FUNDS				30,153			24,533

In approving these accounts, as trustees of the CIO, we hereby confirm:

The accounts were approved by the Board of Trustees on and were signed on its behalf by:



T WATKINS
Trustee /Chair

NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 28 FEBRUARY 2023

1 ACCOUNTING POLICIES

Basis of preparing the receipts and payments account

The principal accounting policies are summarised below. They have been applied consistently throughout the current and preceding year.

Fund accounting

The charity maintains two types of funds as follows:

- Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees in furtherance of the general objectives of the charity,
- Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the receipts and payments account.

Taxation

The charity is exempt from tax on its charitable activities.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and equipment – 25 to 33% straight line on cost.

2 ANALYSIS OF SUPPORT COSTS

			2,023			2,022
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	funds	funds	funds	funds	Funds	Funds
	£	£	£	£	£	£
Tutor's DBS check	<u>0</u>	<u>0</u>	<u>0</u>	<u>13</u>	<u>0</u>	<u>13</u>

3 TRUSTEES' TRANSACTIONS, REMUNERATION AND BENEFITS

Trustees' expenses were nil for the year ended 28 February 2023 and for the year ended 28 February 2022. There were no trustees' remuneration or other benefits for the year ended 28 February 2023 nor for the year ended 28 February 2022.

NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 28 FEBRUARY 2023

4 TANGIBLE FIXED ASSETS

	Plant & equipment £
COSTS	
As at 28 February 2023	<u>10,950</u>
DEPRECIATION	
As at 28 February 2023	<u>10,950</u>
NET BOOK VALUE	
28 February 2023	<u>0</u>
COSTS	
As at 1 March 2022	<u>10,950</u>
DEPRECIATION	
As at 1 March 2021	9,448
Charge for year	<u>1,502</u>
As at 28 February 2022	<u>10,950</u>
NET BOOK VALUE	
28 February 2022	<u>0</u>

5 RESTRICTED FUND ANALYSIS

(i) The purpose of the general unrestricted funds is to enable the charity to carry out its charitable aims and objectives and represent funds available for future general running costs and related expenditure which are at the discretion of the trustees.

(ii) The purpose of the restricted funds is to enable the charity to continue to run and support specific projects relating to its charitable aims and objectives but the use of the funds is restricted to the specific project cost the income was received towards.

	Year ended 28 February 2023	Brought forward	Incoming resources	Resources expended	Carried forward
			£	£	£
1	Donation for hoist	100	0	0	100
2	C3SC Learning Disabilities Third Sector Fund 2022	0	4,878	(4,878)	0
3	Millennium Stadium Charitable Trust	0	250	(250)	0
		100	5,078	(5,078)	100

Notes

- 1 The C3SC Learning Disabilities Third Sector Fund 2022 grant was to fund a new learning disabilities class, pay for the redesign of the YogaMobility website and a Google-ad.
- 2 The Millennium Stadium Charitable Trust grant was for the purchase of a computer monitor and microphone.

6 RELATED PARTY DISCLOSURES

There were no related party transactions.