



# Trustees' Annual Report for the period

Period start date

Period end date

22 03 2018

05 04 2019

From

To

## Section A

## Reference and administration details

Charity name

LEGS

(Local Exercise GroupS- for stroke and other neurological conditions)

Other names charity is known by

Registered charity number (if any)

1177659

Charity's principal address

LEGS c/o First Floor

34 Brook Street

London

Postcode

W1K 5DN

### Names of the charity 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)
1	Annys Fairweather	Chair		
2	David Fairweather	Trustee		
3	Esther Kufrin	Secretary		
4	Susan Holden	Participant Voice		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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## Section B Structure, governance and management

**Description of the charity's trusts**

Type of governing document  
(eg. trust deed, constitution)

Constitution

How the charity is constituted  
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods  
(eg. appointed by, elected by)

Appointed by a resolution passed at a properly convened meeting of the charity Trustees.

**Additional governance issues (Optional information)**

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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## Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The relief and disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

We have provided exercise and support groups for people who have had a stroke (and other neurological conditions).

We have one site where we provide two sessions per week, led by a fully qualified physiotherapist. All participants are fully screened in advance for health and safety, have their progress reviewed on a twelve-sessionly basis and have their goals regularly reassessed.

We accept people with all levels of disability provided they are safe to exercise in our group format and regardless of where they live. We charge a small fee and the rest of our costs are subsidised by our charity.

Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

**Additional details of objectives and activities (Optional information)**

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

Our outcomes showed that people attending our sessions improved their physical function and social confidence. We received outstanding feedback from our participants, their carers and families.

17 new participants were screened and assessed.

We appointed our first administrative member of staff, a Head of Operations.

We raised funds through successful bids for small grants and two marathon runners.

We held our second annual social for participants and their families.

**Section E****Financial review**

**Brief statement of the charity's policy on reserves**

The charity's policy is to keep a three month prudent reserve.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F****Other optional information****Section G****Declaration**

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

**Signature(s)**



**Full name(s)**

Annys Fairweather

**Position (eg Secretary, Chair, etc)**

Chair

**Date**

16/01/20



CHARITY COMMISSION  
FOR ENGLAND AND WALES

LEGS

11/7659

## Receipts and payments accounts

CC16a

For the period  
from

22/01/2018

To

30/11/2019

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	491	-	-	491	-
Fees and subscriptions	1,805	-	-	1,805	-
Fundraising	6,260	-	-	6,260	-
Trust and grants	10,500	-	-	10,500	-
Miscellaneous	105	-	-	105	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>19,161</b>	<b>-</b>	<b>-</b>	<b>19,161</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,161</b>	<b>-</b>	<b>-</b>	<b>19,161</b>	<b>-</b>
<b>A3 Payments</b>					
Meeting costs	1,560	-	-	1,560	-
Specific services	4,197	-	-	4,197	-
Admin Expenses	4,892	-	-	4,892	-
Outings, trips and meals	90	-	-	90	-
Fundraising costs	2,400	-	-	2,400	-
Miscellaneous	124	-	-	124	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>13,263</b>	<b>-</b>	<b>-</b>	<b>13,263</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>13,263</b>	<b>-</b>	<b>-</b>	<b>13,263</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>5,898</b>	<b>-</b>	<b>-</b>	<b>5,898</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>5,898</b>	<b>-</b>	<b>-</b>	<b>5,898</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Business Account	7,526	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>7,526</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account):

Agreement Error

OK

OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval



ANNYS FAIRWEATHER

16/01/19