

## Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	28 <sup>th</sup>	August	2018		30 <sup>th</sup>	June	2019

### Section A Reference and administration details

**Charity name**

**Other names charity is known by**

**Registered charity number (if any)**

**Charity's principal address**

**Postcode**

#### 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 Rebecca Horner	Trustee		
2 John Bourton	Trustee		
3 Nick Griffin	Chair		
4 Tom Elcock	Treasurer	From 11 <sup>th</sup> June	
5 Deborah Rack	Trustee	From 24 <sup>th</sup> March	

#### 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)

### Section B Structure, governance and management

#### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Foundation Model Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing 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.

#### Induction/Training

Guidance given by existing experienced trustees and by attendance at trustee training sessions

#### Structure

Independent CIO with board of trustees, contracted CEO and two contracted part time staff only

#### Related Parties

There are currently no related parties

#### Risks

Considered by the trustees at regular trustee meetings and risk register regularly reviewed and updated.

Relevant policies adopted including child protection, adult safeguarding, volunteering, financial and health and safety policies.

## Section C Objectives and activities

### Summary of the objects 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 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)**

Our mission is to create healthy communities by enabling people to improve their wellbeing through exercise.

We have several projects enabling us to deliver this mission including:

Move Mates - this project pairs volunteer walking buddies with people who don't have the confidence to get out of their own home. We give people the support they need to improve their physical health through walking whilst offering all the great mental health benefits of having some regular company too.

Move Map - we have developed and maintain a free-to-access map which allows you to see the locations of outdoor exercise equipment. We provide free access to example workouts in these locations via our website.

Move Champions - in some areas we have volunteer Move Champions who deliver free pop-up fitness sessions.

We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

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

N/A

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

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

**Section D**

**Achievements and performance**

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

During our first year we have established a robust board of trustees which requires further development.

We have refined our mission and purpose and developed a set of key strategic objectives.

We have established the Move Mates project which has generated over 40 volunteer pairings, over 300 accompanied walks and over 200 volunteer hours.

The growth of the Move Mates project is supported by the Adult Commissioning team at the City of York Council, their grant has supported the recruitment of contractors who have taken on the roles of a part time Project Manager and part time Administrator.

We have built a web platform and interactive free-to-access map showing the locations of outdoor exercise equipment and recorded video material which is now embedded in this interactive map, showing the public how to use the outdoor exercise equipment.

We have delivered free to attend pop-up fitness sessions throughout the city of York in key wards in order to support the aim of improving participation in exercise and improving wellbeing in those areas. We have worked in partnership with York Mind to provide similar pop-up fitness sessions for the people who they support.

We have provided multiple volunteering opportunities for people as walking buddies (Move Mates), Volunteer Administrators and as volunteer exercise leaders (Move Champions).

**Section E Financial review**

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

Any unrestricted funds not committed to projects or invested in tangible fixed assets (“the free reserves”) held by MTM should be equal to or greater than a minimum of three months of fixed costs.

**Details of any funds materially in deficit**

None

**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.

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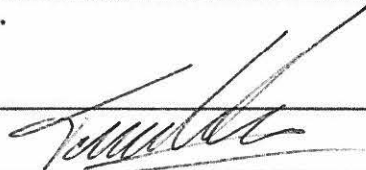
**Section F Other optional information**

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**Section G Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	NICHOLAS JOHN GRIFFIN	TOM ELCOCK
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Position (e.g. Secretary, Chair, etc)	CHAIR	TREASURER.
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Date	28/1/20
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## Receipts and payments accounts

For the period from	Period start date 28/08/2018	To	Period end date 30/06/2019
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### 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>					
	-	-	-	-	-
Contracted Work	520	-	-	520	-
Direct Donations	1,401	-	-	1,401	-
Event Sales	58	-	-	58	-
Grant	1,000	-	-	1,000	-
Project Grant	-	19,889	-	19,889	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,979</b>	<b>19,889</b>	<b>-</b>	<b>22,867</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
None	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,979</b>	<b>19,889</b>	<b>-</b>	<b>22,867</b>	<b>-</b>
<b>A3 Payments</b>					
	-	-	-	-	-
DBS Checks	125	83	-	209	-
Design/Branding	825	484	-	1,309	-
Fundraising Equipment	-	10	-	10	-
Insurance	353	-	-	353	-
Postage	5	-	-	5	-
Printing	-	577	-	577	-
Room Hire	-	45	-	45	-
Social Media Coordination	-	454	-	454	-
Staffing (administration)	-	1,810	-	1,810	-
Staffing (project management)	520	3,130	-	3,650	-
Staffing (Session Delivery)	-	1,155	-	1,155	-
Sundries	-	28	-	28	-
Videography	-	1,400	-	1,400	-
Volunteer Apparel	-	74	-	74	-
Website	986	4,691	-	5,677	-
	-	-	-	-	-
<b>Sub total</b>	<b>2,814</b>	<b>13,942</b>	<b>-</b>	<b>16,756</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
None	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,814</b>	<b>13,942</b>	<b>-</b>	<b>16,756</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>165</b>	<b>5,946</b>	<b>-</b>	<b>6,111</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>165</b>	<b>5,946</b>	<b>-</b>	<b>6,111</b>	<b>-</b>

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

			Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Categories	Details	1			31/06/2020
CCXX R1 accounts (SS)					to nearest £

**B1 Cash funds**

Lloyds account Balance	6,111	-	-
	-	-	-
	-	-	-
<b>Total cash funds</b>	<b>6,111</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account(s))

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
None	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
None		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

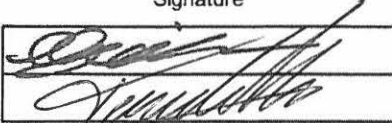

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
None		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	NICK GRIFFIN	28/1/20
	TOM ELCOCK	30/1/20