Trustees' Annual Report for the period

	Period start date			Period end date		
	Day	Month	Year	Day	Month	Year
From	01	01	2025	To 31	12	2025

Section A Reference and administration details

Charity name	Exercising for Mobility
Other names charity is known by	
Registered charity number (if any)	1135054
Charity's principal address	Springleaze
	Bridgerule
	Holsworthy, Devon
	Postcode EX22 7HB

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	Alan North			
2	Annette North			
3	Brian Dixon			
4	Carolyn Head			
5	Gabrielle Barling			
6	Jane Bickle		01/01/2025 – 02/06/2025	
7	Joyce Bickerstaff			
8	Julie Pawley		01/01/2025 – 02/06/2025	
9	Lynda Powell			
10	Stephen Jewell			
11	Zinnia Symonds		01/01/2025 – 10/09/2025	
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)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution dated 1st March 2010 updated 10th June 2024
How the charity is constituted	Trust
Trustee selection methods	By appointment

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.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	For the benefit of the inhabitants of Bude and surrounding areas, the advancement of good health and the promotion of community participation in healthy recreation in particular by the provision of chair-based fitness sessions available to everyone, but with a particular focus for those with physical or mental health issues, including degenerative disorders such as Parkinsons or multiple sclerosis, or other limited mobility.

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)

Main Activities:

At the Trustees' Meeting in December 2024, it was decided unanimously to increase the members' suggested donation to £3 per session from January 2025, which would greatly improve our funding levels.

In February we introduced a second Fitness Session on Friday morning from 11–12noon bringing the total of sessions provided per week to 6.

In March we held our annual Spring Quiz Night with a prize for the best Corsage or buttonhole. Together with the raffle this raised £215 for E4M funds.

In June we had our annual Coach Outing. This time we went to Bodmin Jail where we had a tour of the underground attraction and cells followed by coffee in the courtyard. We then went on to Trelawney Garden Centre at Wadebridge for some retail therapy, returning home to Bude for 5pm.

In July, Jo and Co held 3 Chair-Based Fitness demos in the searing heat at Bude Heritage Day and we also ran our ever-popular "Play Your Cards Right" game which raised £53 for E4M. Also, in July an E4M member, Di McDougall, took to the skies for a daring Gyroplane Flight raising £1000 for E4M!

In September, we held our Cornish Tea Party, where we were entertained by the Barrel Morris Dancers and musicians. There were the usual fun and games and a Cornish afternoon tea consisting of pasties, scones with jam (first) and cream, and saffron cake. Along with the raffle, the whole event raised £188 for our funds.

Also in September, we met with owners of the Bank at Bude Tapas Restaurant, who very kindly agreed to sponsor E4M for £50 a month in return for a mention on our website and in our monthly newsletter. We're sure both parties will benefit from this arrangement.

Finally, in December we held our Christmas Party with the theme "Dress to Impress" and were entertained by musician Mike Trace on the electric guitar playing tracks from The Shadows. Fun and games again, plus a "Guess the Weight of the Christmas Cake" competition. Tea consisted of "Pigs in Blankets" hotdogs, warm mince pies with clotted cream, spiced biscuits, and Lebkuchen.

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.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Receipts:

In 2025 we received £9,224 in Grant payments:

£7,274 from NHS Charities Together

£950 from Bude-Stratton Town Council

£1,000 from Groundwork UK

In all, there were four grant funds in place:

National Lottery Awards for All: funding our Parkhouse Centre Hall Hire and Refreshments

NHS Charities Together: funding our Drivers' pay and mileage

Bude-Stratton Town council: funding our purchases of Equipment

Groundwork UK: funding purchases of technological support

In 2025 we received a total £16,789 in weekly donations and donations from other organisations: Inner Wheel, Poughill Revel, Bude Carnival, the Freemasons and Bude Social club)

£1,569 was raised by Charitable Activities (Raffles, Trips and Parties)

£2,466 was raised by Fundraising Events (Quiz, Summer Community Events, 100 Club and sale of Books and Jigsaws

£345 from the sale of resistance bands

£853 in Bank Interest on our Barclays Business Account

And £150 in sponsorship from the The Bank Tapas Bar, Bude.

TOTAL Receipts: £31,396

Payments:

Restricted (i.e. Grant funding for specific expenditure): £16,429

Unrestricted: £28,580

TOTAL Payments: £45,009

Leaving a deficit of £13,613

Section E Financial review

Brief statement of the charity's policy on reserves	In the opinion of the Trustees, the Reserves held need to include an operational cashflow balance of around £45,000 which would allow for any troughs in the cash budget and enable the charity to run on the same basis for up to twelve months with no income sources. The Charity's sources of income fluctuate year on year according to funding provided in the source of grant receipts and voluntary donations. Grant income is subject to change and is not guaranteed; the Project Manager is frequently reviewing funding opportunities but it is prudent to maintain Reserves in order to cover uncertainty and shortfalls. As of 31st December 2025 the charity has £60,615 in reserve, £2,609 of this being Restricted Funds to carry over into 2026
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.	The charities principle source of funding comes from grants, and donations from the weekly sessions.

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)	G Barling	
Full name(s)	Gabrielle Barling	
Position (eg Secretary, Chair, etc)	Chair	
Date	24/8/26	

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity name	Number
Exercising for Mobility	1135054

Receipts and payments accounts

CC16a

For the period from	01/01/2025	To	31/12/2025

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 - as amended to the nearest £
A1 Receipts					
Grant income	-	9,224	-	9,224	18,814
Donations	16,789	-	-	16,789	14,388
Charitable activities	1,569	-	-	1,569	1,501
Fundraising	2,466	-	-	2,466	2,608
Sale of goods or equipment	345	-	-	345	295
Interest and investments	853	-	-	853	871
Gift aid	-	-	-	-	-
Other income	150	-	-	150	225
***Sub total** (Gross income for AR)*	22,172	9,224	-	31,396	38,702
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,172	9,224	-	31,396	38,702
A3 Payments					
Examination and accounting fees	1,205	-	-	1,205	825
Hall hire	-	7,808	-	7,808	7,673
Insurances	396	-	-	396	396
Mileage costs	1,046	947	-	1,993	2,039
Office and postage	322	-	-	322	326
Publicity	119	50	-	169	206
Purchases, equipment and resources	98	735	-	833	1,338
Refreshments and catering	594	323	-	917	921
Training	-	-	-	-	144
Trips and excursions	1,228	-	-	1,228	1,135
Wages	22,896	6,566	-	29,462	27,762
Sundries	676	-	-	676	882
	-	-	-	-	-
	-	-	-	-	-
Sub total	28,580	16,429	-	45,009	43,647
A4 Asset and investment purchases, (see table)					
Laptop	-	-	-	-	570
	-	-	-	-	
Sub total	-	-	-	-	570
Total payments	28,580	16,429	-	45,009	44,217
Net of receipts/(payments)	- 6,408	- 7,205	-	- 13,613	- 5,515
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	64,414	9,814	-	74,228	79,743
Cash funds this year end	58,006	2,609	-	60,615	74,228

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

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Cash at bank	57,956	2,609	-
	Petty Cash	50	-	-
			-	-
	Total cash funds (agree balances with receipts and payments account(s))	58,006	2,609	-

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Computer equipment	Unrestricted	2,070	-
Exercise equipment	Unrestricted	90	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

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
GBarling.	Gabrielle Barling	24/8/26

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Exercising for Mobility		
On accounts for the year ended	31st December 2025	**Charity no (if any)**	1135054
Set out on pages	6 & 7		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 12 / 2025**.

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 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:	TVigg	**Date:**	25/8/26
Name:	Mr Thomas Vigg FCA		
Relevant professional qualification(s) or body (if any):	ICAEW		
Address:	Streets Metherell Gard Limited Chartered Accountants Burn View Bude Cornwall EX23 8BX		

Section B	Disclosure
	Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	