Mirfield Mind and Body
Charity Number 1187261

Annual Report and Financial Statements
For the year ended December 31st 2025

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Trustees report

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name

Steve Moore
Greg Lambert
Karen Lambert (nee Ellis)
Vince Thompson
Mark Warburton
David Hall
Simon Watts
Tracy Watts

Charity number 1187261 Registered in England and Wales

Registered and principal address	**Bankers**
Unit 5	The Co-Operative Bank Plc
Station Business Park	PO Box 600
Back Station Road	Delf House
Mirfield	Skelmersdale Lancs.
WF14 8QF	WN8 6NY

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) foundation formed on January 8th 2020 and is governed by a constitution.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the trustees at a duly convened meeting.

The charity's objects

The object of the CIO is to promote for the benefit of the inhabitants of Mirfield and surrounding areas, the provision of facilities for sports and other recreational activities for individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

The charity's main activities

Mirfield Mind and Body (MMAB) was established to provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics groups. It has a close relationship with its anchor tenant Mirfield Martial Arts Club (MMAC), an award winning community martial arts club (a CASC) run by volunteers for over fifty years.

MMAB provide a community facility for matted sports such as martial arts, personal training, yoga and gymnastics.

At the date of this submission, four groups provide sport and activity covering six evenings a week and weekends.

Public benefit statement

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular health and wellbeing and the advancement of learning sport and martial arts.

Achievements and performance

During 2025 we continued to provide facilities for local sport and recreation and welcomed a new keep-fit class. The boxing group left in June, reducing hire income. We remain committed to sustaining the facility for the community.

We increased hire fees for existing licensees who had not seen an increase since we opened. This helped us respond to the loss of income and the costs of running the premises. An agreed payment holiday was provided to the gymnastics licensee during a period away from teaching.

The facility continued to rely on unpaid support. At present, the number of volunteers directly supporting MMAB is six.

Financial review

Bank receipts were £17,337.87 and bank payments were £19,554.62, giving a cash deficit of £2,216.75. The bank balance reduced from £7,072.52 to £4,855.77. Receipts include a £250 refundable licensee deposit, shown separately from £17,087.87 of licensee receipts.

Incoming licensee payments totalled £17,087.87 with outgoings for rent and utility costs being £12,329.08 and £5,603.69 respectively.

Reserves policy

The closing bank balance includes the £250 refundable deposit, leaving £4,605.77 before allowing for any other year-end liabilities.

The trustees do not currently have a reserves policy.

Approved by the board of trustees on 21/10/2026

Greg Lambert (Trustee)

Receipts and payments account

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Receipts				
Grants and donations	—	—	—	—
Rental income	17,087.87	—	17,087.87	21,284
Refundable licensee deposit	250.00	—	250.00	—
Total receipts	**17,337.87**	**—**	**17,337.87**	**21,284**
Payments				
Rent	12,329.08	—	12,329.08	9,247
Insurance	736.22	—	736.22	736
Utilities	5,115.58	—	5,115.58	6,094
Phone and broadband	459.31	—	459.31	410
UW membership	28.80	—	28.80	—
Stationery and printing	—	—	—	22
Cleaning and waste	128.20	—	128.20	132
Equipment	264.05	—	264.05	—
Repairs and maintenance	186.64	—	186.64	305
Accountancy	—	—	—	552
Repayment to related party	—	—	—	3,892
Refreshments	—	—	—	—
Health and safety	301.74	—	301.74	129
Other consumables	5.00	—	5.00	—
Total payments	**19,554.62**	**—**	**19,554.62**	**21,519**
Net receipts / (payments)	**(2,216.75)**	**—**	**(2,216.75)**	**(234)**
Transfer between funds	—	—	—	—
Net movement of funds	**(2,216.75)**	**—**	**(2,216.75)**	**(234)**
Fund balances brought forward	**7,072.52**	**—**	**7,072.52**	**7,306**
Fund balances carried forward	**4,855.77**	**—**	**4,855.77**	**7,072**

All figures are in pounds sterling. 2025 amounts are shown to the penny.
The £250 refundable deposit is included in closing cash and disclosed separately as a liability.
2024 figures are reproduced as published in whole pounds, including the £1 arithmetic difference.

Statement of assets and liabilities

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Assets				
Cash funds				
Cash in bank	4,855.77	—	4,855.77	7,072
Total cash funds	**4,855.77**	**—**	**4,855.77**	**7,072**
Liabilities				
Refundable licensee deposit	250.00	—	250.00	—
Rent outstanding	—	—	—	3,082
December energy charges	627.77	—	627.77	—
Total liabilities	**877.77**	**—**	**877.77**	**3,082**

At 31 December 2025. All figures in pounds sterling; 2024 figures shown in whole pounds.
The £250 deposit was refunded in May 2026. No unpaid 2025 rent is reported by trustees.
December energy charges of £627.77 are shown on the UW bill dated 11 January 2026.
2024 cash uses the £7,072 closing balance; the inconsistent £7,306 total in the old assets table is corrected.
Other assets owned by MMAB include ground mats, computer, printer and furniture.

The financial statements were approved by the board of trustees on 21/10/2026

Greg Lambert (Trustee)

Notes to the accounts

Accounting policies

Basis of accounting

The accounts have been prepared on a receipts and payments basis, consistent with 2024. Receipts and payments are recorded when money enters or leaves the bank. Other assets and amounts owing are described separately in the statement of assets and liabilities. Irrecoverable VAT is included in the relevant payment categories.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for the charity's purposes at the trustees' discretion. No grants, donations or restricted fund transactions have been identified in the supplied 2025 cashbook; trustees have confirmed there were none outside those records. MMAB had one bank account and no separate cash holdings.

Grants and donations

The charity did not receive grants or donations this financial year.

Restricted funds

The charity did not receive income or have expenditure that were restricted funds this financial year.

Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee reimbursements

Two trustees were reimbursed a total of £93.81 for purchases for MMAB. Stephen Moore received £32.82 on 18 March for handles and a lock, and £21.00 on 17 October for keys. Greg Lambert received £39.99 on 17 November for vacuum cleaner wheels. These amounts are already included in repairs and maintenance and are not additional expenditure.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Other related party transactions

Mirfield Martial Arts Club [MMAC] paid £5,637.61 to MMAB in licensee fees in 2025.

Mark Warburton, Vince Thompson, David Hall, Greg Lambert and Stephen Moore are both MMAB trustees and MMAC committee members.

Ends