

FitMoms & Kids

known as FitMoms

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

Objectives and activities

Objects and aims

Provision of fitness Classes, Gym facilities, recreational activities, children's safe playroom, support groups and other means as considered appropriate to the needs of service users; provision of programmes and activities designed to promote their self-esteem.

The aim of the charity is to promote the physical and emotional wellbeing of women and in particular, but not exclusively, mothers and carers of children of autism or other related communication and behavioural disorders and women who feel socially isolated in the Newtownabbey area of Belfast and the surrounding district ('the area of benefit') through the provision of fitness classes, gym facilities, recreational activities, children's safe playroom, support groups and by any other means as the Trustees shall consider appropriate; to promote the physical and emotional health of children and young people and in particular, but not exclusively, those with autism and other related communication and behavioural disorders or obesity through the provision of programmes and activities designed to promote self-esteem.

Public benefit

The organisation is attempting to bring groups of socially isolated women together, reducing/removing social isolation, improving self-esteem and feelings of self worth, reducing incidence of loneliness, improving mental health. It is supporting families with children with special needs such as autism and other complex needs.

Fit moms & Kids has existed since 2014, initially as a voluntary group, becoming a business in 2015; the organisation has grown exponentially since, and has to date helped hundreds of socially disadvantaged women and families; many of these have written testimonials, encouraged others to join in and participate, further increasing the reach of the organisation. The organisation continues to grow, and is now looking for larger premises, developing a management team, instigating new projects and partnerships with third party agencies, as well as increasing membership and volunteer opportunities.

None has been identified; the organisation exists to alleviate risk of harm both physically and mentally.

Any member of the public, who may approach the organisation. Basis of need is assessed by informal personal interview to determine health status, actual need, and that personal issues genuinely exist rather than seeking a cheap gym option.

There is no private benefit to any member, trustee or other individual.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

Nature of governing document

Constitution

FitMoms & Kids

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Trustees' Report (continued)

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

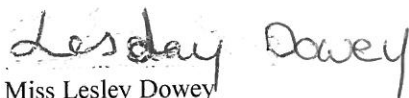
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance. Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 14 December 2023 and signed on its behalf by:



Miss Lesley Dowey
Trustee

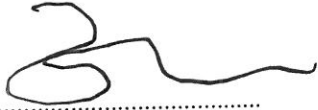


Miss Leanne Evans
Chairman and trustee

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Trustees' Report (continued)



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Mrs Zena Reid
Trustee



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Miss Julie Preston
Trustee

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Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

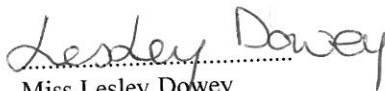
The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:


- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.


The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.


The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on 14 December 2023 and signed on its behalf by:


Miss Lesley Dowey
Trustee


Miss Leanne Evans
Chairman and trustee


Mrs Zena Reid
Trustee


Miss Julie Preston
Trustee