

ABILITY BOW
(A company limited by guarantee)

**DIRECTORS' AND TRUSTEES' REPORT
AND ACCOUNTS**

FOR THE YEAR ENDED 31ST MARCH 2016



Company No: 05800086
Charity No: 1115595

ABILITY BOW
(A company limited by guarantee)
REPORT AND ACCOUNTS

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ABILITY BOW
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DIRECTORS' AND TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2016

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 31st March 2016, which are also prepared to meet the requirements for a directors' report and Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statements of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charity SORP (FRS 102) Revised). The Charity has opted to early adopt Charity SORP (FRS 102) Revised.

Structure, Governance and Management

Governing Document

Ability Bow is registered as a company limited by guarantee and not having share capital. Its operations are governed by its memorandum and articles of association (M&AA).

The company was incorporated on 28th April 2006 and registered as a charity on 26th July 2006. The charity registration number is 1115595 and the company registration number is 05800086.

Appointment of Trustees

As set out in the Articles of Association, the Chair of the Trustees is nominated by Ability Bow. The Directors of the organisation are also the charity Trustees for the purposes of charity law.

The Board of Trustees have power to appoint additional Trustees as it considers fit to do so. The Trustees have no beneficial interest in the company other than as members. The Trustees are also the Directors of the company.

Organisational Structure

The company is organised so that the Trustees meet regularly to manage its affairs. The Trustees are members from a variety of backgrounds with relevant professional experience.

Related Parties

The charity has relationships with related parties and other charities and organisations with which it co-operates in pursuit of its charitable objectives.

Public Benefit statement

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PD2). The achievements and activities above demonstrate the public benefit arising through the Charity's activities.

Our purpose and activities

The object, for which the charity was established, as stated in the Memorandum and Articles of Association, is:

- a. The promotion of health through the pursuit of healthy recreation;
- b. The provision of a gym and fitness classes that are open to everyone, particularly people on low incomes, people with disabilities and those who would not otherwise use or have access to a gym.

We achieve our objectives by continuing to support people living with disabilities and delivering exercise classes in a diversity of community settings. We also promote better self-management of our service users' health conditions through our pilot project "Managing Your Health & Wellbeing".

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DIRECTORS' AND TRUSTEES' REPORT (Cont/d)
FOR THE YEAR ENDED 31ST MARCH 2016

Our volunteers

We have benefitted for the time and talents of several volunteers during the year, providing a great range of support. For example an IT Coordinator has been key in improving our systems and reports. Volunteers working on reception have provided a warm welcome to gym members and enabled staff time to be released for other activities such as marketing and communications. Volunteer gym instructors have provided invaluable support to gym members at the same time as developing their skills and expertise. The design of our website has been improved, and we have benefitted from the services of a volunteer photographer.

Achievements and performance

Key achievements this year include:

The development of our outcome measures - focusing on demonstrating the wide impact of our work on members' independence. Use of CIM (Community Integration Measure) to show members' level of engagement with independent living.

The further strengthening of our relationships with statutory funders in a context of considerable change and reductions in public funding. We are particularly pleased to have won contracts for the delivery of the LBTH Public Health Fit4Life Programme, and for City & Hackney CCG.

The continuing diversification of our income from charitable trusts, including from new funders such as Bailey Thomas and Charles Hayward as well as achieving continuing support from previous funders such as Wakefield, Tetley, Goldsmiths, Sport England and Merchant Taylors.

We also benefited this year from generous donations from private donors, meaning an increase from this source of £30,000.

This was also our best year to date for fundraisers undertaking individual challenge events on our behalf, including one gym members group of friends who undertook a 140 mile cycle fundraiser coast to coast.

The small team of paid staff have worked tirelessly throughout the year to deliver the highest possible level and quality of service for all our gym members, in the context of a difficult funding climate. The commitment and dedication of the team is greatly appreciated by the Board of Trustees and gym users alike.

Statistics

This year we supported a total of 472 people living with disabilities. Of these 214 were new and 258 were people we continued to support long-term.

We delivered 5,996 exercise sessions in our gym and 192 exercise classes in various community settings.

Future developments

We will continue to seek to expand the work started in partnership with the CCGs to enable better self-management of health conditions through exercise.

We will further develop effective ways to measure and demonstrate the impact of our work.

The funding climate continues to be extremely difficult and we will continue to work in the most cost effective way possible to ensure maximum benefit for gym members.

Financial review

The Statement of Financial Activities showed net surplus of £3,871 (2015 - surplus £5,137) for the year and reserves stand at £32,978 (2015 - £29,107).

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DIRECTORS' AND TRUSTEES' REPORT (Cont'd)
FOR THE YEAR ENDED 31ST MARCH 2016

We saw an increase in our income during this year, linked to the development of our relationships with statutory funders, and the receipt of high value individual donations. There was a consequent increase in expenditure, necessary to deliver the service level required.

Investment powers and policy

Under the Memorandum and Articles of Association, the Charity has the power to invest in any way the Trustees wish. The policy of the Trustees is to invest any surplus funds on bank deposit.

Principal funding sources

The main funding sources for the charity are statutory funding, charitable trust income, and fundraised income from events such as The London Marathon and individual challenge events that supporters undertake on our behalf.

Reserves policy

The Charity has a reserves policy that has a short-term minimum aim to maintain sufficient funds for the company to operate at its current level over a three-month period. The medium-term aim of the reserves policy is to maintain sufficient funds to enable the expansion of current services and the long-term aim is to maintain sufficient funds to extend the Charity's services.

The company reserves at the end of the year stood at £32,978.

Reference and administrative details

Company Number: 05800086

Charity Number: 1115595

Registered office & operational address: St. Paul's Church, St. Stephen's Road, London E3 5JL

Directors and Trustees:

S Lanigan - Chair
K L Dee - Treasurer
N Morris
G W Brown
N Newton-Sawyer
S E Currie
B S Kullar

Company secretary: V Kent

Senior Management Team: V Kent – Executive Officer

Independent Examiner: David Terry FCA,
Ramon Lee & Partners, Kemp House, 152/160 City Road, London EC1V 2DW

Bankers: The Co-operative Bank, PO Box 250, Skelmersdale WN8 6WT

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DIRECTORS' AND TRUSTEES' REPORT (Cont'd)
FOR THE YEAR ENDED 31ST MARCH 2016

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees (who are also directors of Ability Bow for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulation.

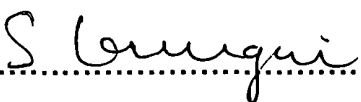
Company law requires the Directors to prepare financial statements for each financial year. Under that law the Directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its income and expenditure for that period. In preparing these financial statements, the Directors are required to:

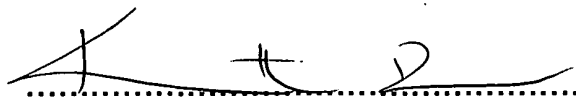
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures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

The Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company 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 in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

APPROVED BY THE BOARD OF TRUSTEES AND SIGNED ON ITS BEHALF BY:

.....  **S Lanigan - Chair**

.....  **K Dee - Treasurer**

6TH OCTOBER 2016

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

ABILITY BOW

(A company limited by guarantee)

I report on the accounts of the charitable company for the year ended 31st March 2016 which are set on pages 7 to 17.

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



**DAVID TERRY FCA
RAMON LEE & PARTNERS
CHARTERED ACCOUNTANT**

**KEMP HOUSE
152/160 CITY ROAD
LONDON EC1V 2DW**

6TH OCTOBER 2016

ABILITY BOW
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STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST MARCH 2016

SUMMARY INCOME AND EXPENDITURE ACCOUNT

	Notes	Unrestricted Funds £	Restricted Funds £	2016 £	2015 £
Income					
Grants and donations	2	52,421	9,000	61,421	25,507
Income from charitable activities	3	60,134	122,538	182,672	194,410
Income from other trading activities	4	66,490	-	66,490	44,398
Investment income		19	-	19	11
Total income		<u>179,064</u>	<u>131,538</u>	<u>310,602</u>	<u>264,326</u>
Expenditure					
Cost of raising funds	5	18,366	-	18,366	27,224
Expenditure on charitable activities	5	160,327	128,038	288,365	231,965
Total expenditure		<u>178,693</u>	<u>128,038</u>	<u>306,731</u>	<u>259,189</u>
Net income/(expenditure)		371	3,500	3,871	5,137
Transfers between funds		9,151	(9,151)	-	-
Net movement in funds		<u>9,522</u>	<u>(5,651)</u>	<u>3,871</u>	<u>5,137</u>
<i>Reconciliation of funds</i>					
Total funds brought forward		19,956	9,151	29,107	23,970
Total funds carried forward		<u>29,478</u>	<u>3,500</u>	<u>32,978</u>	<u>29,107</u>

The Statement of Financial Activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

CONTINUING OPERATIONS

None of the company's activities were acquired or discontinued during the above two financial periods.

TOTAL RECOGNISED GAINS AND LOSSES

The company has no recognised gains or losses other than the above movement in funds for the above two financial years.

The notes on page 9 to 17 form part of these accounts.

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BALANCE SHEET AS AT 31ST MARCH 2016

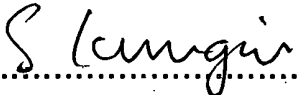
	Notes	2016	2015
		£	£
Fixed assets			
Tangible assets	9	14,543	11,573
Current assets			
Debtors	10	30,213	32,572
Cash at bank and in hand		1,195	4,489
		<u>31,408</u>	<u>37,061</u>
Liabilities			
Creditors falling due within one year	11	12,973	19,527
		<u>12,973</u>	<u>19,527</u>
Net current assets		18,435	17,534
Net assets		<u>32,978</u>	<u>29,107</u>
The funds of the charity			
Unrestricted Funds	12	29,478	19,956
Restricted Funds	12	3,500	9,151
Total charity funds		<u>32,978</u>	<u>29,107</u>

For the financial year ended 31st March 2016 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledged their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as is applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime within Part 15 of the Companies Act 2006.

These accounts were approved by the Board of Trustees on 6th October 2016 and were signed on its behalf by:

 S Lanigan - Chair

 K Dee - Treasurer

Company Registration No: 05800086

The notes on page 9 to 17 form part of these accounts.

ABILITY BOW
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NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2016

1. ACCOUNTING POLICIES

1.1 Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charity SORP (FRS 102) Revised, The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The Charity has opted to early adopt Charity SORP (FRS 102) as amended by Bulletin 1.

Ability Bow meets the definition of a public benefit entity under FRS 102.

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

1.2 Reconciliation with previous Generally Accepted Accounting Practices

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required.

The opening reserves and the previous year's Net Income and Expenditure are unchanged.

1.3 Preparation of accounts on a going concern basis

The Charity's Financial Statements show net income of £3,871 for the year and free reserves of £14,935. The trustees are of the view that these results have secured the immediate future of the Charity for the next 12 months and on this basis the Charity is a going concern.

1.4 Income recognition

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and amount can be measured reliably.

- (a) Income received by way of grants, donations and legacies are included in full in the Statement of Financial Activities when received, unless they relate to a specified future period, in which case they are deferred.
- (b) Legacies entitlement is taken as the earlier of the date on which either: the charity is aware that the probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Charity that the distribution is made, or when a distribution is received from the estate. No legacies were received during the year.
- (c) Income from charitable activities received by way of revenue grants and donations are credited to restricted incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- (d) Grants and donations of general nature which are not conditional on delivering certain levels of service are included as part of Grants and Donations as shown under note 2. Performance related grants and donations which have conditions for a specific outcome are include as Income from Charitable Activities as shown in Note 3.
- (e) Capital grants for the purpose of purchasing fixed asset are transferred from restricted funds to unrestricted funds following the purchase of fixed asset therefore meeting the conditions of the grant.

Restricted funds received for the purchase of fixed asset which is restricted to a specific purpose is identified as a separated restricted funding. Costs relating to fixed assets is charged against the restricted fund.

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NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2016

- (f) Income from charitable activities include income recognised as earned (as the related goods and services are provided) under contract, in the form of sessional/membership fees and service level agreement.
- (g) Investment income is included when receivable.
- (h) Membership fees are credited to income in the year in which they are received, as in practice this represents a receivable basis.

1.5 Volunteers and donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Charity is not recognised in the main body of the financial accounts but detail is contained in the Trustees report.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt. No such services were received during the year.

1.6 Expenditure recognition and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

- (a) Cost of generating funds comprises the costs in inducing others to make voluntary contributions to the charity and their associated support costs.
- (b) Expenditure on charitable activities includes the costs directly associated with supporting people with disabilities or long-term health conditions to do exercise, to further the purposes of the Charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1.7 Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, management, finance and administration personnel, payroll and governance costs which support the Trust's programmes and activities. These costs have been allocated to expenditure on charitable activities.

1.8 Funds structure

The general fund comprises those monies, which may be used toward meeting the charitable objectives of the company at the discretion of the Trustees.

The restricted funds are monies raised for, and their use restricted to, a specific purpose or donations subject to donor imposed conditions.

1.9 Cash flow statement

The charitable company qualifies as a small company and advantage has been taken of the exemption provided by SORP (FRS 102) as amended by Bulletin 1, not to prepare a cash flow statement.

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NOTES TO THE ACCOUNTS (Cont/d)
FOR THE YEAR ENDED 31ST MARCH 2016

1.10 Taxation

The Charity is a registered charity and, therefore, is not liable for Income Tax or Corporation Tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

1.11 Tangible Fixed Assets And Depreciation

Tangible fixed assets are stated at cost less depreciation. Individual fixed assets costing £500 or more are capitalised at cost.

Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases.

Equipment	- 20% straight line
Leasehold improvements	- 6 years

1.12 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.13 Cash at bank and in hand

Cash at bank and in hand includes cash and short term cash deposits.

1.14 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.15 Financial instruments

The Trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.16 Transition to FRS 102

Restatement of opening fund balances or reported net income, at the date of transition was not required. Refer to note 1.2 for further details. The transition date was 1st April 2014.

1.17 Judgement and key sources of estimation uncertainty

In the application of the company's accounting policies, the charity is required to make judgments, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

1.18 Operating leases

All leases are operating leases, and rentals are charged to the Statement of Financial Activities on a straight-line basis over the lease duration. No assets are held under hire purchase agreements.

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NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2016

2. GRANTS AND DONATIONS

	Unrestricted	Restricted	2016	2015
	£	£	£	£
Annonomous	2,000	-	2,000	-
Baily Thomas	-	3,500	3,500	-
Big Lottery Fund - Awards for All	-	-	-	9,955
Charles Hayward Foundation	-	3,000	3,000	-
The Clothworkers Foundation	-	-	-	9,200
David Solomons Charitable Trust	1,000	-	1,000	-
East End Events Limited	-	-	-	1,770
Gift Aid	5,851	-	5,851	-
Goldsmiths Company	3,000	-	3,000	-
J Fletcher	20,000	-	20,000	-
Management Consortium Limited	1,000	-	1,000	-
McKinsey & Co	-	-	-	2,384
Merchant Taylors's Company	6,500	-	6,500	-
Nationwide	-	-	-	600
Newline	10,500	-	10,500	-
Tesco	1,000	-	1,000	-
Trustees of Wakefield Tetley	-	2,500	2,500	-
General donations from individuals	1,570	-	1,570	1,598
	<u>52,421</u>	<u>9,000</u>	<u>61,421</u>	<u>25,507</u>

The grants and donations income in 2015 totalling £25,507 was attributed to unrestricted funds of £6,352 and restricted funds of £19,155

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	2016	2015
	£	£	£	£
Gym fees	34,976	-	34,976	36,870
Action for Bow	-	-	-	6,224
Actuaries Charitable Trust Fund	-	-	-	1,000
Armourers & Brasiers Trust	-	-	-	1,000
Chapman Charitable Trust	-	-	-	1,000
Charles S French Charitable Trust	-	-	-	1,000
City & Hackney NHS	25,158	-	25,158	13,748
Community Development Foundation	-	-	-	2,360
Cotton Trust	-	-	-	1,500
Dischma Charitable Trust	-	-	-	2,000
Lionel Wigram Memorial Trust	-	-	-	500
Lloyds TSB	-	4,363	4,363	17,450
LB Tower Hamlets Fitness for All	-	10,000	10,000	10,000
LB Tower Hamlets Fit 4 Life	-	50,000	50,000	43,332
LB Tower Hamlets CCG	-	37,425	37,425	37,425
LB Tower Hamlets Keep Moving	-	10,750	10,750	-
LB Tower Hamlets Mainstream	-	10,000	10,000	-
London Catalyst	-	-	-	4,000
Mrs Smith & Mount Trust	-	-	-	4,000
The Drapers' Charitable Fund	-	-	-	5,000
The Sir Jules Thorn Trust	-	-	-	600
The Tower Hill Trust	-	-	-	4,401
Woodroffe Benton Foundation	-	-	-	1,000
	<u>60,134</u>	<u>122,538</u>	<u>182,672</u>	<u>194,410</u>

Income from charitable activities in 2015 totalling £194,410 was attributed to unrestricted funds of £88,043 and restricted funds of £106,367.

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NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2016

4. INCOME FROM OTHER TRADING ACTIVITIES

	Unrestricted	Restricted	2016	2015
	£	£	£	£
Fundraising events	61,865	-	61,865	41,614
Commissioned community classes	4,625	-	4,625	2,784
	<u>66,490</u>	<u>-</u>	<u>66,490</u>	<u>44,398</u>

The other trading activities income in 2015 totalling £44,398 was attributed to unrestricted funds.

5. ANALYSIS OF EXPENDITURE

	Raising funds	Gym	2016	2015
	£	£	£	£
Staff costs including freelance	-	207,400	207,400	162,998
Staff uniforms	-	402	402	1,356
Training	-	641	641	1,158
Consumables	-	629	629	148
Printing- class leaflets	-	2,200	2,200	1,021
Insurance	-	4,277	4,277	4,259
Professional expenses	3,625	-	3,625	4,418
Event costs	14,741	-	14,741	12,505
Support costs (Note 6)	-	71,316	71,316	69,096
Governance costs (Note 6)	-	1,500	1,500	2,230
	<u>18,366</u>	<u>288,366</u>	<u>306,731</u>	<u>259,189</u>

Of the £306,731 expenditure in 2016 (2015 - £259,189), £178,693 was charged to unrestricted funds (2015 - £146,289) and £128,038 to restricted funds (2015 - £112,900).

6. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between charity's key activity undertaken (see note 5) in the year. All the general support and governance costs are allocated to activities at different percentages, based on staff time and the number of service delivery hours attributable to each activity.

	General support	Governance function	2016	2015
	£	£	£	£
Office & administrative staff	27,419	-	27,419	27,153
Premises	32,270	-	32,270	29,825
Communications cost	3,818	-	3,818	3,867
Professional expenses	853	-	853	943
Depreciation	4,568	-	4,568	4,226
Other	2,388	-	2,388	4,112
Independent Examiners fee	-	1,500	1,500	1,200
	<u>71,316</u>	<u>1,500</u>	<u>72,816</u>	<u>71,326</u>

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NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2016

7. NET INCOME/(EXPENDITURE) FOR THE YEAR

Net movement in funds is shown after charging:	2016 £	2015 £
Independent examination	1,500	1,200
Operating lease rental	17,000	17,000
Depreciation on tangible fixed assets	<u>4,568</u>	<u>4,226</u>

8. ANALYSIS OF STAFF COSTS, TRUSTEES REMUNERATION AND EXPENSES, AND COST OF KEY MANAGEMENT PERSONNEL

STAFF COSTS	2016 £	2015 £
Salaries	202,332	129,574
National Insurance	15,153	11,954
	<u>217,485</u>	<u>141,528</u>

The average number of employees analysed by function was:

Direct project work	6.5	3.5
Administration work	1	1

No employee received remuneration in excess of £60,000 during the year.

No Trustee received any remuneration during the year (2015 - £nil). No Trustees received reimbursed expenses during the year (2015 - £nil).

The key management personnel of the charity comprise of the Executive Officer. The total employee benefits of the key management personnel of the charity were £54,104 (2015 - £51,507).

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NOTES TO THE ACCOUNTS (Cont'd)

FOR THE YEAR ENDED 31ST MARCH 2016

9. TANGIBLE FIXED ASSETS

	2016		2015	
	£		£	
Net book value:				
Leasehold Improvemnets		3,134		3,917
Fixtures, fittings and equipment		11,409		7,656
		<u>14,543</u>		<u>11,573</u>
Movements in the period:				
Cost:	Opening Balances	Additions	Disposals	Closing Balances
	£	£	£	£
Leasehold Improvemnets	4,700	-	-	4,700
Fixtures, fittings and equipment	94,210	7,538	-	101,748
	<u>98,910</u>	<u>7,538</u>	<u>-</u>	<u>106,448</u>
Depreciation:	Opening Balances	Charge For Period	Disposals	Closing Balances
	£	£	£	£
Leasehold Improvemnets	783	783	-	1,566
Fixtures, fittings and equipment	86,554	3,785	-	90,339
	<u>87,337</u>	<u>4,568</u>	<u>-</u>	<u>91,905</u>

10. DEBTORS

	2016	2015
	£	£
Accrued income	25,624	27,038
Other debtors and prepayments	4,589	5,534
	<u>30,213</u>	<u>32,572</u>

11. CREDITORS: Amounts falling due within one year

	2016	2015
	£	£
Taxation and social security	10,263	7,567
Deferred income	-	4,362
Other creditors and accruals	2,710	7,598
	<u>12,973</u>	<u>19,527</u>

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NOTES TO THE ACCOUNTS (Cont/d)
FOR THE YEAR ENDED 31ST MARCH 2016

12. MOVEMENT IN FUNDS

	Balance at 01.04.15 £	Income £	Expenditure £	Transfers £	Balance at 31.03.16 £
Restricted funds:					
Keeping fit with LD	-	3,500	-	-	3,500
Fit4Life Specialist Disability	-	50,000	50,000	-	-
Never Too Late	-	3,000	3,000	-	-
Sight Ability	-	2,500	2,500	-	-
Keep Moving	-	10,750	10,750	-	-
Core Gym Funding	-	10,000	10,000	-	-
Managing Your Health and Wellbeing	-	37,425	37,425	-	-
Keeping Fit and Active in Tower Hamlets	-	10,000	10,000	-	-
Project Development Manager	-	4,363	4,363	-	-
Capital grants:					
Big Lottery Fund Grant	8,184	-	-	(8,184)	-
The Clothworkers Foundation	967	-	-	(967)	-
	<u>9,151</u>	<u>131,538</u>	<u>128,038</u>	<u>(9,151)</u>	<u>3,500</u>
General funds	19,956	179,064	178,693	9,151	29,478
Total funds	<u>29,107</u>	<u>310,602</u>	<u>306,731</u>	<u>-</u>	<u>32,978</u>

Purpose of restricted funds:

The restricted funds represent income funds expendable at the discretion of the trustees in furtherance of the charity's pursuits in accordance with the conditions imposed. The purpose of each fund is set out below:

Name of Restricted Fund

Purpose of Fund

Keeping fit with LD	- A weekly exercise class for people with learning difficulties.
Fit4Life Specialist Disability	- To provide activities for adults with long term health conditions in LBTH.
Never Too Late	- To provide activities for older adults.
Sight Ability	- To provide weekly exercise/wellbeing sessions for people with visual disabilities.
Keep Moving	- for the provision of exercise sessions for Tower Hamlets residents with long term health conditions and disabilities.
Core Gym Funding	- To cover core gym costs.
Managing Your Health and Wellbeing	- to deliver a pilot project in Tower Hamlets supporting adults to improve their self management of long term health conditions
Keeping Fit and Active in Tower Hamlets	- For the provision of activities for those with learning disabilities.
Project Development Manager	- To fund the project development manager post.
Capital Grant – Big Lottery Fund grant	- To fund upgrading existing equipment and purchasing new equipment.
Capital Grant – The Clothworkers Foundation	- To fund refurbishment costs.

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NOTES TO THE ACCOUNTS (Cont/d)
FOR THE YEAR ENDED 31ST MARCH 2016

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total £
Tangible fixed assets	14,543	-	14,543
Current assets	14,935	3,500	18,435
Total net assets	<u>29,478</u>	<u>3,500</u>	<u>32,978</u>

14. LIABILITY OF MEMBERS

The charity is constituted as a company limited by guarantee and does not have a share capital divided by shares.