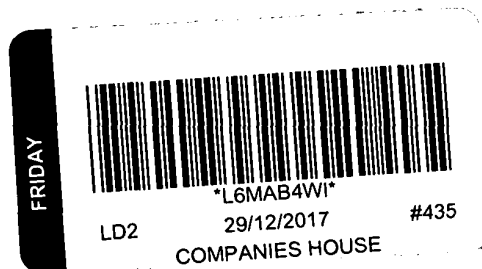


Charity Registration No. 1115595

Company Registration No. 05800086 (England and Wales)

ABILITY BOW
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2017



ABILITY BOW

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	S Lanigan- Chair S E Currie N Morris N Newton-Sawyer B S Küllar Katherine Dee - resigned 21/2/17
Secretary	V Kent
Charity number	1115595
Company number	05800086
Registered office	St. Paul's Church St. Stephen's Road London E3 5JL
Independent examiner	David Terry FCA Ramon Lee & Partners Eagle House 167 City Road London EC1V 1AW
Senior Management Team	Victoria Kent - Executive Officer

ABILITY BOW

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Independent examiner's report	4
Statement of financial activities	5
Balance sheet	6
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ABILITY BOW

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2017

The trustees present their report and accounts for the year ended 31 March 2017.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charitable company's [governing document], the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives 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".

Structure, governance and management

Ability Bow is registered as a registered charity and company limited by guarantee not having a share capital. It is governed by Articles of Association.

The company was incorporated on 28th April 2006 and registered as a charity on 26th July 2006. Charity registration number 1115595, company number 05800066.

Achievements & Performance

This was a challenging year in which we needed to reduce our staff team whilst also sustaining our services for the longer term, in the light of reduced income from statutory sources and charitable trusts. The transition was successfully achieved with minimum disruption to services.

The Board of Trustees and all our gym users truly appreciate the commitment and of our very small staff team and volunteers who have brought us through a very difficult year and retained the high quality of our service provision throughout.

We secured income from LBTH and City & Hackney CCG which enabled us to continue working with residents in the two boroughs with the most complex disabilities and greatest need, although our overall number of gym users in this category is now lower than in previous years, as we were unable to secure continuing funding from Tower Hamlets CCG during this year.

Our Charitable Trust income included new partnerships with Hilden Charitable Fund and Cooperative Community Fund and we achieved a strong level of support from our private donors.

Many people took on challenge events for us during the year, including the Virgin London Marathon with 28 runners, the Big Fun Run 5, Ride London.

We were proud to take part in a new inclusive event at QE Olympic Park, called Parallel London.

Over the year 273 disabled people were supported in our gym.

Future Developments

We are working to further strengthen our relationships with the CCGs in both Hackney and Tower Hamlets, and will also continue to build up support from individual donors and events.

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.

ABILITY BOW

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2017

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.

FINANCIAL REVIEW

Results for the Year

We saw a reduction in our income during this year, linked to the loss of income from statutory funders. There was a consequent decrease in expenditure.

The Statement of Financial Activities shows a deficit of total incoming resources compared with expended resources of £3,282 (2016 – surplus £3,871). Expenses decreased from £306,731 to £277,077

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.

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.

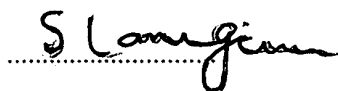
Reserves policy

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 Charity reserves at the end of the year stood at £29,696

The trustees has assessed the major risks to which the charitable company is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

The trustees' report was approved by the Board of Trustees.



Trustee
Dated: 21/11/17

ABILITY BOW

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2017

The trustees, who are also the directors of Ability Bow for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, 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; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ABILITY BOW

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ABILITY BOW

I report on the accounts of the charitable company for the year ended 31 March 2017, which are set out on pages 5 to 18.

Respective responsibilities of trustees and examiner

The charitable company's trustees, who are also the directors of Ability Bow 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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination being a qualified member of ICAEW.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) 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
- (iii) 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 to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



David Terry FCA
Ramon Lee & Partners
Chartered Accountants
Eagle House
167 City Road
London
EC1V 1AW

Dated: 21.11.17

ABILITY BOW

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2017

	Notes	Unrestricted funds £	Restricted funds £	Total 2017 £	Total 2016 £
<u>Income from:</u>					
Grants and donations	2	16,234	36,602	52,836	61,421
Charitable activities	3	72,501	85,490	157,991	187,297
Other trading activities- fundraising	4	62,966	-	62,966	61,865
Investments	5	2	-	2	19
Total income		151,703	122,092	273,795	310,602
<u>Expenditure on:</u>					
Raising funds	6	22,060	-	22,060	18,366
<u>Charitable activities</u>					
Fitness, health and wellbeing	7	144,654	110,363	255,017	288,365
Total charitable expenditure		144,654	110,363	255,017	288,365
Total resources expended		166,714	110,363	277,077	306,731
Net (expenditure)/income for the year/ Net movement in funds		(15,011)	11,729	(3,282)	3,871
Fund balances at 1 April 2016		29,478	3,500	32,978	29,107
Fund balances at 31 March 2017		14,467	15,229	29,696	32,978

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

ABILITY BOW

BALANCE SHEET

AS AT 31 MARCH 2017

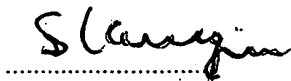
	Notes	2017 £	£	2016 £	£
Fixed assets					
Tangible assets	11		22,891		14,543
Current assets					
Debtors	12	9,891		30,213	
Cash at bank and in hand		12,164		1,195	
		22,055		31,408	
Creditors: amounts falling due within one year	13	(15,250)		(12,973)	
Net current assets			6,805		18,435
Total assets less current liabilities			29,696		32,978
Income funds					
Restricted funds	16	15,229		3,500	
Unrestricted funds		14,467		29,478	
		29,696		32,978	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2017. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The trustees' responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Trustees on 2/11/17



Trustee

Company Registration No. 05800086

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2017

1 Accounting policies

Charity information

Ability Bow is a private company limited by guarantee incorporated in England and Wales. The registered office is St. Paul's Church, St. Stephen's Road, London, E3 5JL.

1.1 Accounting convention

The accounts have been prepared in accordance with the charitable company's Memorandum and Articles of Association, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charitable company is a Public Benefit Entity as defined by FRS 102.

The charitable company has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts are prepared in sterling, which is the functional currency of the charitable company. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charitable company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charitable company has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Fundraising sponsorships for the London Marathon, Ride London and other events that are in essence a donation are recognised as they are received.

Legacies are recognised on receipt or otherwise if the charitable company has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2017**

1 Accounting policies

(Continued)

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.

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.

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.

Membership fees are credited to income in the year in which they are received, as in practice this represents a receivable basis.

Income from commissioned community classes is recognised when the classes are delivered.

1.5 Resources expended

Expenditure 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:

Costs of raising funds comprise the costs of operating fundraising events and attracting grants and donations no support cost are allocated to this heading as the estimated usage of such overheads is not significant.

Expenditure on charitable activities includes the costs of providing the activities of the gym, including the costs of trainers, and their associated support costs.

Support and governance cost represents those items not falling into any other heading including the costs of renting the gym premises and office overheads and the cost of operating the charity and complying with charity regulations.

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

Support costs are all allocated to the single charitable activity of the provision of fitness, health and wellbeing classes.

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Donated assets are included at the appropriate fixed asset heading with a corresponding sum shown as a donation in kind. Donated assets are shown at fair value calculated as the cost to the donor.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	over 6 years
Fixtures, fittings & equipment	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charitable company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the charitable company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charitable company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Grants and donations

	Unrestricted funds	Restricted funds	Total 2017	Total 2016
	£	£	£	£
Grants and donations	16,234	21,062	37,296	61,421
Donated fixed assets	-	15,540	15,540	-
	<u>16,234</u>	<u>36,602</u>	<u>52,836</u>	<u>61,421</u>
For the year ended 31 March 2016	<u>52,421</u>	<u>9,000</u>		<u>61,421</u>
Grants receivable for core activities				
Sport England	-	7,265	7,265	-
Mercers' Charitable Trust	-	5,000	5,000	-
The Sobell Foundation	-	5,000	5,000	-
Newline	-	-	-	10,500
Merchant Taylors' Company	-	-	-	6,500
J Fletcher	-	-	-	20,000
Individuals and trusts below £5,000	16,234	5,635	21,869	24,421
Other	-	(1,838)	(1,838)	-
	<u>16,234</u>	<u>21,062</u>	<u>37,296</u>	<u>61,421</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

3 Charitable activities

	2017 £	2016 £
Gym fees	34,498	34,976
Commissioned community classes	3,337	4,625
Performance related grants	120,156	147,696
	<u>157,991</u>	<u>187,297</u>
Analysis by fund		
Unrestricted funds	72,501	
Restricted funds	85,490	
	<u>157,991</u>	
For the year ended 31 March 2016		
Unrestricted funds		64,759
Restricted funds		122,538
		<u>187,297</u>
	2017 £	2016 £
Performance related grants		
City & Hackney NHS	34,666	25,158
The Big Lottery - Deafability	9,958	-
deferred to future periods	(7,468)	-
LB Tower Hamlets Fit 4 Life	37,500	50,000
LB Tower Hamlets Mainstream	12,500	10,000
LB Tower Hamlets Keep Moving	33,000	10,750
LB Tower Hamlets Fitness for All	-	10,000
LB Tower Hamlets CCG	-	37,425
Lloyds TSB	-	4,363
	<u>120,156</u>	<u>147,696</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

4 Other trading activities- fundraising

	2017	2016
	£	£
Fundraising events	<u>62,966</u>	<u>61,865</u>

5 Investments

	2017	2016
	£	£
Interest receivable	<u>2</u>	<u>19</u>

6 Raising funds

	2017	2016
	£	£
<u>Fundraising and publicity</u>		
Staging fundraising events	17,435	14,741
Fundraising agents	<u>4,625</u>	<u>3,625</u>
Fundraising and publicity	<u>22,060</u>	<u>18,366</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

7 Charitable activities

	2017 £	2016 £
Staff costs	163,771	190,066
Freelance staff costs	4,778	17,334
Staff uniforms	216	402
Training	1,520	641
Consumables	1,546	629
Printing-class leaflets	659	2,200
Insurance, licences and rentals	3,365	4,277
	<u>175,855</u>	<u>215,549</u>
Share of support costs (see note 8)	77,662	71,316
Share of governance costs (see note 8)	1,500	1,500
	<u>255,017</u>	<u>288,365</u>
Analysis by fund		
Unrestricted funds	144,654	
Restricted funds	110,363	
	<u>255,017</u>	
For the year ended 31 March 2016		
Unrestricted funds		160,327
Restricted funds		128,038
		<u>288,365</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

8 Support costs

	Support costs	Governance costs	2017	2016
	£	£	£	£
Staff costs	27,601	-	27,601	27,419
Depreciation	7,192	-	7,192	4,568
Premises	36,854	-	36,854	32,270
Communications cost	3,650	-	3,650	3,818
Professional expenses	764	-	764	853
Other expenses	1,601	-	1,601	2,388
Independent examiners fees	-	1,500	1,500	1,500
	<u>77,662</u>	<u>1,500</u>	<u>79,162</u>	<u>72,816</u>
Analysed between				
Charitable activities	<u>77,662</u>	<u>1,500</u>	<u>79,162</u>	<u>72,816</u>

Governance costs includes payments to the independent examiners of £1,500 (2016- £1,500) for examination fees.

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charitable company during the year.

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

10 Employees

Number of employees

The average monthly number employees, including part time staff, during the year was:

2017 Number	2016 Number
8	7
1	1
<u>9</u>	<u>8</u>

Employment costs

	2017 £	2016 £
Wages and salaries	175,635	202,332
Social security costs	14,761	15,153
Other pension costs	976	-
	<u>191,372</u>	<u>217,485</u>

No member of staff earned over £60,000 in the year.

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2017 £	2016 £
Aggregate compensation including employer's pension contributions	<u>54,450</u>	<u>48,504</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

11 Tangible fixed assets

	Leasehold improvements	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 April 2016	4,700	101,748	106,448
Additions	-	15,540	15,540
At 31 March 2017	4,700	117,288	121,988
Depreciation and impairment			
At 1 April 2016	1,567	90,338	91,905
Depreciation charged in the year	783	6,409	7,192
At 31 March 2017	2,350	96,747	99,097
Carrying amount			
At 31 March 2017	2,350	20,541	22,891
At 31 March 2016	3,917	11,409	14,543

12 Debtors

	2017	2016
	£	£
Amounts falling due within one year:		
Other debtors	5,167	25,624
Prepayments and accrued income	4,724	4,589
	9,891	30,213

13 Creditors: amounts falling due within one year

	Notes	2017	2016
		£	£
Other taxation and social security		3,539	10,263
Deferred income	14	7,469	-
Accruals and deferred income		4,242	2,710
		15,250	12,973

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2017

14 Deferred income

	2017 £	2016 £
Arising from deferred performance grants	7,469	-

During the year the charitable company received £117,666 from statutory sources. There were no outstanding commitments relating to these funds which remained unfulfilled at the balance sheet date.

15 Retirement benefit schemes

Defined contribution schemes

The charitable company operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The scheme is an auto enrolment scheme and provided by NEST pensions.

The charge to income and expenditure in respect of defined contribution schemes was £976 (2016 - £nil)

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2016 £	Movement in funds		Balance at 31 March 2017 £
		Incoming resources £	Resources expended £	
Keeping fit with LD	3,500	8,265	(11,765)	-
Restricted equipment and maintenance	-	2,797	-	2,797
Never too late	-	10,000	(10,000)	-
Big Lottery Deafability	-	2,490	(2,490)	-
Keep Moving	-	33,000	(33,000)	-
Fit4life	-	37,500	(37,500)	-
Fitness for All	-	12,500	(12,500)	-
Friends of Jose Barretta	-	15,540	(3,108)	12,432
	3,500	122,092	(110,363)	15,229

The goodwill arising on the acquisition of the business is attributable to [provide details].