

British  
Gymnastics  
Foundation



Report and financial statements  
for the year ended 31 March 2020

Transforming lives through gymnastics 

## Chair's report

On behalf of the Board of Trustees, I am pleased to present this, our 5<sup>th</sup> report reflecting the year to 31<sup>st</sup> March 2020; although sadly, due to Tenure, this is my last report having had the privilege to Chair the Foundation since it's inauguration in 2014.

The Charity continues to meet the challenges of four layers of oversight; and it is pleasing to report that the extra rigor involved allow us to exceed that required for a large charity, which brings comfort to those who support the Charity and in particular, it's fundraising endeavors.

Our flagship Love to Move programme continues to flourish. As the number of people trained grows, it brings with it, ever-increasing numbers of participants, approaching 1,500 across the UK in this reporting year. An in-depth report of the programme is contained within, but it is particularly noteworthy that the social return on investment is significant.

As our reporting year was drawing to an end, the stark reality of the impact of Covid-19 began to emerge, prompting us to quickly reposition the programme as an online resource, made available free of charge to those most in need. The response of our staff and volunteers in meeting this need was exceptional; and reflected the values the Charity is proud not only to profess, but also to demonstrate.

Our Hardship Fund awarded just over £30,000 meeting the needs of 79 beneficiaries. During the year one of our grant recipients also went on to achieve significant gymnastic success on the world stage. We were also proud to work with the Sports Aid Foundation as our Hardship Grants programme provided a springboard for some of our elite athletes to benefit from additional funding from Sports Aid Foundation.

At this point, I wish to acknowledge the work of Laurie Colton, who retired from the Board in Dec 2019. As a founding Trustee, Laurie contributed his extensive charity and world gymnastics experience, and was instrumental in the establishment and development of the Hardship Grants Programme. We are indebted to him and indeed his fellow Trustee on the Hardship Grants Panel, Jerry Tweddle, both of whom can be very proud of their legacy.

Our Leadership Programme received a significant commitment of two years' funding from The Hiscox Foundation. This has allowed us to scope and enhance the scheme's provisions, in what promises to be a significant outreach to those most in need in some of the most deprived areas in the UK.

Despite the ever-increasing challenge involved in fundraising, we were pleased to receive this support from The Hiscox Foundation which very generously has committed to donate £55,000 over two years, starting next financial year, as outlined above.

They say charity begins at home and in that regard I wish to formally express our thanks for the support that the Staff of British Gymnastics have given through the salary sacrifice scheme, events in-house; and by organising events for the wider community at Lilleshall National Sports Centre.

Our total fundraising for the year was £23,601, which included a magnificent £2,138 from the Rotary Club of Ironbridge as we worked in the year to increase our profile, laying sound foundations for the future.

This year we were pleased to welcome Dave Marshall as a new Trustee on the Charity's Board. Dave has over 20 years' experience of working within sport, notably establishing a charitable trust with Rugby League. Dave will undoubtedly bring much skill and added value to the Board and is most welcome.

I wish to acknowledge the significant support that British Gymnastics and Gymnastics Enterprise Limited, their respective Boards, management and staff bring to the Foundation. I also wish to place on record, my thanks to our staff whose support to me, the Trustees and the greater Foundation, has always been truly exceptional.

It would be remiss of me not to single out Samantha Campbell, who retired this reporting year. Sam's extensive contribution to the Foundation is appropriately and eloquently set out in the body of the report. However, what the reader does not see, is Sam's legacy which survives in virtually every aspect of the Charity, particularly its foundations, processes and practices. Sam steered, supported and 'molded' much of what the Charity is today; and is still missed, especially by me, on her retirement.

Finally, as the retiring Chair, I also wish to thank Jane Allen MBE, CEO British Gymnastics. Jane's exceptional vision, strategic ability and 'can do' attitude, coupled with her unwavering belief in the Foundation and support to me as Chair, I found to be quite inspirational.

In closing, I wish the incumbent Chair, Jerry Twedde, much success. Jerry's appointment brings much valued experience and continuity to the Board as it enters not only a period of planned transition, but also the challenge of a new operating environment, that will emerge in the aftermath of Covid-19.

## Report of the trustees for the year ended 31 March 2020

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2020. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), 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).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

### Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, infirmity or disablement, poverty or social or economic circumstance or for the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

### Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: "... **to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need**", and the values of the Charity are: **Caring, Inclusive, Ambitious, Accountable and Collaborative**.

### Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.

## Activities, achievements and operations

### Charitable programmes

#### LOVE TO MOVE

Love to Move, British Gymnastics Foundation's age and dementia-friendly chair-based programme, has continued to grow and positively impact many people's lives throughout this year.

The programme is designed to get older people moving and functioning better, integrating the use of gymnastic foundation skills, cognitive stimulation therapy and social interaction activities.

This evidence-based seated exercise has been developed from academic research in Japan & Korea and adapted from the original programme created by Professor Araki Tatsuo called "Shinagawa exercises" which is state-funded throughout Japan. It uses bilateral asymmetrical movements (performing different movements with the right and left sides of the body at the same time), which is of particular benefit to those living with dementia and mild cognitive impairment as it helps to build cognitive reserve.

The Love to Move programme has flourished over the last 12 months (to 31<sup>st</sup> March 2020), with a fast growth in the number of people trained to deliver the programme. 22 courses have run across England, Northern Ireland, Scotland and Wales training a total of 245 deliverers. 44 of those trained have passed their final assessment and many more are working towards their sign-off. In March 2020 there was an estimated 1,500 participants attending Love to Move sessions across the UK.

'The Evaluator' was commissioned during the year to complete a Social Return on Investment (SROI). Headline findings from the study found that for every £1 invested in Love to Move, there is a social return on investment of £28.24. 100% of carers for the study said they would recommend Love to Move to others. Kirsty Rose Parker, Director of The Evaluator said: "People have regained skills once lost and Love to Move is a beacon of hope for people with dementia and Parkinson's and those who care for them". 'Overall, the information we received was astoundingly positive. People were enthusiastic to the point of being evangelical. Retention is incredibly high, and the outcomes are incredible. One deliverer described the programme as magic.' The Evaluator March 2020. *(The SROI report can be found on British Gymnastics Foundation's Love to Move page on the website: [www.britishgymnasticsfoundation.org/lovetomove](http://www.britishgymnasticsfoundation.org/lovetomove))*

The main impact cited from Love to Move sessions is that it makes participants feel good and happy, and it's helping them to keep active. Individuals have developed confidence in their movement and memory for movements. Some participants are showing improvements in flexibility. There has been an increase in socialising, camaraderie, interaction, and connection between residents in the Care Home settings; and great friendships built in the community settings. Participants laugh a lot during sessions and happiness levels are reported to have increased. Not only have the participants living with Dementia and Parkinson's gained positive benefits from taking part in Love to Move, but their carers/loved ones have also felt supported and gained friendships, helping to reduce the loneliness and stress of 24/7 care.

One staff member at a Care Home said, 'It lightens the mood of everyone and leaves a lasting impression on the residents and us!'

Participants have commented that Love to Move makes them feel 'Alive, revitalised, happy'; 'Much better'; 'Makes me feel good'; 'Keeps me active. Have met new people.' Carers have said Love to Move makes them feel: 'In better spirits'; 'positive, happy'; 'I love it! It's challenging too!'; 'Happy to see Dad enjoying something & lovely to chat to others'.

Kim Hall, the Lead Deliverer of the programme, added:

“The best thing about delivering Love to Move is seeing people’s quality of life improve. To see someone moving again, feeding themselves and re-engaging with their loved ones, and to see them visibly appear younger, brighter, more confident and happier is such a privilege.”

### Nicola and Ricky’s Love to Move story

“As a carer to my dad who lives with dementia as well as other life impacting conditions, our days can sometimes feel full of medical appointments. Joining Love to Move has brought much needed fun into our week! My dad's confidence has returned thanks to the gentle and caring encouragement shown to the class by our wonderful teacher Alexandria. Knowing the British Gymnastics Foundation is involved in the creation of the exercises is reassuring. This is such a warm, welcoming, and inclusive class. We LOVE it!!!”



### Carmel’s Love to Move story

“I have been attending the Love to Move sessions for a few months and I find it wonderful. Not only does it allow me to get out of the house, it also makes me do exercises that help the brain and make me think. The people who attend Love to Move are very friendly and Alexandria makes everyone feel welcome, not a week goes by that we all don't end up laughing and I always look forward to my Monday class. Thank you to all involved, the sessions are brilliant.”

### Stapely Care Home’s Love to Move story

Stapely Care Home has three sessions across the week in different parts of the home, the residential unit, nursing unit and advanced dementia unit. Over 30 residents take part. The sessions are led by a Love to Move deliverer and supported by two activity co-ordinators and three volunteers (family and friends of residents).

Residents say: “I enjoy seeing Nicole [Love to Move deliverer] as I know I will have a good morning and it means a lot to us.”, “I get a lot of joy out of the session and it gets everyone together.”, “Love to Move cheers me up.”, “I like singing in the sessions and the Lambeth walk.”, “I am enjoying the session as I am improving.”

Below is some of the feedback from the Activity Co-ordinators at Stapely Care Home: -

“We have found the [Love to Move] sessions benefit our residents in many ways:

Individuals have developed confidence in gently moving their bodies, and have been able to remember movements, week to week. We have seen some subtle improvements in flexibility in some residents, where they were previously stiff and stubborn.

The sessions very much increase socialising and camaraderie. This activity promotes interaction and connection between residents. One lady would not connect at all when we had begun these sessions. The sessions have contributed to her becoming fully part of the social aspects of life here at Stapely.

We find that residents laugh a lot during sessions and tease each other... happiness levels are definitely increased! We have seen specific improvements in engagement and responsiveness to ourselves during sessions, and to the movement and songs. The deliverer's demeanour and her connection with individuals is very strong and has grown from the start. Residents ask about her and about her sessions when she is not here.



The sessions help create structure in the Stapely week, and ensure residents do exercise their minds and bodies on a regular basis

We have learned a great deal, as activity coordinators, and now have valuable additional tools and knowledge for our future work here.

We are extremely grateful for the knowledge we have gained, for the skills and happiness that [Love to Move] has brought to our home and team; we look forward to ongoing learning and activity! It is a wonderful project!”

Love to Move has also been introduced in Central Liverpool, to the Chinese Wellbeing Centre at their sheltered accommodation at Chunk Hok House. The programme was adapted for cultural delivery to a Cantonese speaking audience. Two of the Chinese Wellbeing staff were trained to deliver Love to Move and links have been created between the Chinese Wellbeing Centre and Stapely Care Home where one of the resident's primary language is Cantonese. Staff felt she was missing out on the activities so through Love to Move's community links, Chinese Wellbeing staff now come and spend time with the resident twice a month and a massive improvement has been seen in her confidence and motivation to join in the Love to Move sessions.

### Other Care Home Staff Love to Move stories

'Barbara has advanced Lewi Body dementia. She has a large supportive family who very much appreciate that something positive is available for their Mother. It is mixed - her ability to participate. She needs 1:1 help for the entire session. She appears to relax and settle in the session even when 1:1 is not available. She is able to respond to the balloons & is calmer with the music. Her husband & visitors have commented that she is generally much more alert when she has just had a Love to Move session & enjoys these visits. On occasion she has made a good attempt at feeding herself cake - normally she would have to be fed.'

'Rosemary's needs are great having had a stroke & heart attack. She had been a very active lady involved with her large garden and community; and this decline has deeply distressed her husband. She is generally assisted by her husband. It takes a while to warm up into the session. She will try very hard with one hand & assistance from her husband or another. She will give eye contact and appears to appreciate talking about her previous love of gardening. Love to Move has offered support to her husband as they can share their past together in the session. He has said on many occasions that he wishes something like Love to Move had been available earlier as his wife may have less problems moving now.'

At the end of the year as lockdown due to Coronavirus began and the world changed, we made Love to Move available online, free for everyone to access from their home to help older people stay physically and mentally active. Facebook live sessions and recorded videos were released in the hope that family members could get our participants online and support them through the isolation to come.

## HARDSHIP GRANTS

British Gymnastics Foundation's Hardship Grants Programme had 4 Hardship Grant Panel meetings this year. The programme continues to support British Gymnastics Members around the UK in times of significant financial hardship, and, in the 12 months to 31 March 2020, the Foundation received 107 grant applications and awarded 79 hardship grants totalling just over £30,000. Recipients of Hardship Grants are asked for feedback on the difference that the grant makes. All grant recipients who returned the feedback forms confirmed that the award of a Hardship Grant had a positive impact on both their own and their family's lives and helped to keep the recipient participating in gymnastics.



“The grant has enabled me to use gymnastics as a way to cope and be myself away from my responsibilities as a young carer.”

Bella,  
Hardship Grant Beneficiary.



This year our Hardship Grants Programme transitioned from a paper-based application system, to an online application system. A huge amount of work was put in to developing the new system as we knew that this change not only made it easier for applicants to apply, but it also would increase our ability to respond to a predicted increase in hardship grant applications in the future. The new online system was integrated into our website and recently developed Customer Relationship Management (CRM) system. Towards the end of the financial year in March, with the start of Coronavirus restrictions upon us and an inevitable economic impact to follow, we started to make plans to prepare our new online system to help us support more people in hardship over the coming months.

In December 2019, we were delighted to see Naana Oppon, one of our previous years' Hardship Grant recipients win silver at the World Championships in the 13-14-year-old category for Tumbling. Our congratulations go to Naana and we are very proud to have supported Naana through some difficult times on the road to her first major world success!

## Naana

*"I think it's really good that the Hardship grants are there to help you. Gymnastics is for rich people and it's a real shame that Naana comes from my family.*

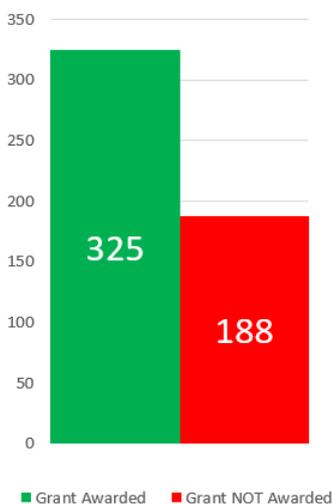
*Without the grant, I'd have shattered Naana's dreams."* - Naana's mother



Towards the end of the year, the Foundation worked closely with the performance team at British Gymnastics; and we were very pleased to be able to put forward nine of our grant recipients for a new grant available from Sports Aid Foundation's 'Backing the Best' programme. Each of our nine Hardship Grant recipients were awarded a further £5,000 to support them with the costs of their sport as elite gymnasts. It was very rewarding indeed to know that the existence of our Hardship Grant programme enabled our organisation to recognise hardship in the gymnastics community; and to be the springboard for some of our elite gymnasts with significant financial hardship, to receive further support from other sports charities.

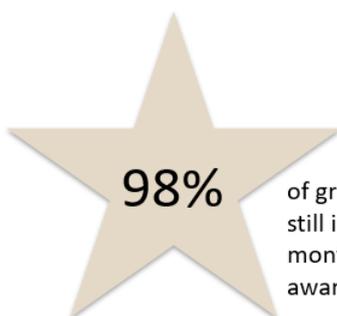
We were sad to say goodbye to Laurie Colton, one of our founding Trustees and member of the Hardship Grants Programme Panel this year as Laurie resigned in 2019. Laurie served our Board extremely well and made a huge impact in particular, with his work on the Hardship Grant Programme, which to date since the programme started in 2015, has awarded £115,877 benefitting the lives of 325 people and their families who are living in hardship; helping them to stay in the sport of gymnastics through times of crisis.

We have funded 63% of Hardship Grant applicants



Total Applicants: 513

British  
Gymnastics  
Foundation   
Hardship grants



98% of grant recipients are still in gymnastics 12 months after being awarded a grant

Total funds allocated:

£115,877

Average grant awarded:

£357

## INSPIRATIONAL EXPERIENCES

In June and December 2019 our Team had planned the delivery of two very special Inspirational Experiences for children who are most in need within the gymnastics community. Unfortunately, the two events were unable to go ahead this year, so the Team made the decision to concentrate on other programmes and resume a programme of inspirational experiences in the next financial year.

## LEADERSHIP PROGRAMME

This year our Foundation did not run a Leadership Programme. We instead, used the time we had to organise and plan for the future. Our planning culminated in a strategic workshop with the British Gymnastics Participation Team, in which we re-prioritised the development of our Leadership Programme format from previous years. We also agreed that the Foundation would start the development of a new disability programme in the next financial year, with a focus on working with Special Educational Needs Schools.

Following on from the Strategic workshop day, The Head of British Gymnastics Foundation made links with The Hiscox Foundation; and in March 2020, made a presentation to the Hiscox Foundation Trustees, which resulted in The Hiscox Foundation agreeing a donation of £55,000, to be paid to British Gymnastics Foundation in the next two financial years (£35,000 in year 1 and £20,000 in year 2), to support a new two-year Leadership Programme for deprived young people in two major cities in the UK.

We are incredibly grateful to The Hiscox Foundation for their kind donation and we look forward to delivering a high-quality Leadership Programme in the coming two financial years.

This year, we continued our commitment to support one of our previous year's Leadership students, Kerry Anderson. Kerry has continued to volunteer at Bromsgrove Gym Club this year and is being mentored at the club as she works towards her UKCC Level 2 qualification in gymnastics. This year we supported Kerry to take her UKCC Level 1 and we were delighted to see her pass her Level 1 qualification, moving her ever closer to her dream of setting up her own gymnastics club.

Kerry was out of work with young children and didn't know how to progress. She says: - ***“My aspirations have changed since going on the leadership course. Now I would like to own my very own gymnastics club and run dance classes alongside this.”***

We are very hopeful that this programme not only transforms the lives of the individuals that are supported on our course and beyond; but that the community as a whole can benefit from gymnastics activity being set up by the very people who live in the community.



## Fundraising

During the year to 31 March 2020, British Gymnastics Foundation received total donations of £23,601. We are extremely grateful to all our donors for their generosity. This year, the fundraising campaigns which were delivered had the effect of increasing the Foundation's public profile and engaging even more followers and supporters of the work that we do.

This financial year, the Foundation was extremely pleased to have been able to realise the income potential from the gymnastics equipment donated by the BBC. Several pieces of the donated equipment were auctioned in February 2020, raising over £9,000. With still plenty of donated equipment left to sell at auction, we will increase the income to the charity from this activity in the next financial year.

This financial year, our Foundation has also continued to benefit from the fundraising by British Gymnastics Staff and from fundraising events engaging all companies operating at Lilleshall National Sports Centre. This activity included donations through the Pennies From Heaven scheme, which is a salary sacrifice scheme for British Gymnastics Employees. Over £700 was raised from a Christmas raffle, Christmas quiz, Christmas bake off and cake sale, Christmas Jumper day and dress down week where British Gymnastics, Serco, Archery GB and EIS staff all took part raising awareness of the Foundation across the site.

In the run up to Christmas, we also ran an auction of paintings, painted by some of our very own British Gymnastics Olympic and National Team gymnasts and trampolinists. The auction raised over £300 for the Foundation.

In January 2020, we were delighted to be given a cheque for £2,138 from The Rotary Club of Ironbridge. The Rotary club raised the funds for us as part of their Christmas gift wrapping service in Telford Town Centre throughout the Month of December. The donation will enable us to work in local partnership with Age UK to further develop the delivery of our Love to Move programme in the next financial year. We express our sincere thanks to the Rotary Club of Ironbridge for their very kind donation and for their hard work and dedication volunteering to raise the funds for us.

Finally, later in January 2020 at the British Gymnastics Awards Evening, our Foundation also had a fundraising presence raising £473.

### Governance

BGF has completed all relevant governance requirements and is maintaining its governance arrangements sufficiently to comply with tier 2C of the Sports Governance Code (As required by Sport England as a condition of our Active Ageing grant). This means that although BGF is deemed to be a 'Small Charity' by the Charity Commission, our governance is such, that it satisfies the requirements of 'Large Charities.' In a period where there is low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding.

### Operations

This financial year saw the completion of a huge project to develop a new bespoke Customer Relationship Management (CRM) system, which will support our charity to manage our operations effectively as our charity moves forwards. Our new CRM system will underpin our administration of our charitable programmes and activities and will enable us to grow our good work well into the future, making sure that we have the most up to date technology to support the administration of our operations in a very professional way. The new CRM system supports our Love to Move and Hardship Grant programmes with the facility to offer third party portal access and a personal user profile for all users. The system also supports volunteering and fundraising functions for the Foundation.

We said a fond farewell to one of our Founding Trustees, Laurie Colton as he retired from the Board of Trustees at its December 2019 Board Meeting. Laurie was a very active member of our Board and served as a member of the Hardship Grants Panel. Laurie's retirement marks the end of his illustrious career and involvement with British Gymnastics which spans over 40 years. In this time Laurie has been a pioneer of Acrobatics throughout the UK & Europe; as well as being a prominent presidential member of the Union of European Gymnastics (UEG). We wish Laurie and his family all the very best for the future.

In December 2019, Dave Marshall was appointed to the Board of Trustees as a British Gymnastics Member Trustee (BGA). Dave has 20 years' experience working within sport and leisure for a range of organisations including, national governing bodies, professional clubs, local authority and active partnership. For the past 10 years he has been working for British Gymnastics and is currently the Director of Participation. Dave has led on a variety of programmes within the sport that have led to a large increase in participation and securing high levels of government support. Prior to this role Dave established a charitable trust with rugby league and worked as the charity manager there.

Lastly, but by no means least, in December 2019 we said a fond farewell to Sam Campbell, our Administration Manager, who left the Foundation to pursue new challenges. Sam was instrumental in the creation of the British Gymnastics

Foundation; and her commitment and professionalism in the six years she worked for the Foundation, set the charity up with great governance, which she continued to build on, throughout her time in the charity. Sam's commitment to the Foundation was such that she always went above and beyond the call of duty to ensure that our beneficiaries got the very best service and care possible. Sam certainly lived our vision of 'transforming lives through gymnastics,' and she was a great role model and inspiration for all the staff and Trustees at the Foundation. We wish Sam all the very best for an exciting future ahead.

With Sam's departure, there were two major operational changes in this financial year. Firstly, the Head of British Gymnastics Foundation took on the responsibility for Policy and Governance, previously held by the Administration Manager; and secondly, the financial work and accounting was taken on by the British Gymnastics Finance Team, who transitioned into the financial role from December 2019 to March 2020. British gymnastics has offered the support of its Finance Team free of charge to the British Gymnastics Foundation, which helps us as a charity to keep our overhead costs lower, so that more of our funds can be spent directly on charitable programmes, helping people who are most in need through our work. We are so very grateful to British Gymnastics for their ongoing support of our charity.

### Awards

In January, inspirational people from the gymnastics community were recognised at the 2020 British Gymnastics National Awards, held at The International Centre, Telford. At the event, Karen Hutchinson, a deliverer of the Love to Move programme in Northern Ireland, was announced as the very first winner of the British Gymnastics Foundation Award for working tirelessly, assisting the charity to continue transforming lives through gymnastics.



### **Risk management**

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

### **Financial review**

During the year to 31 March 2020:

- The Charity received total income of £390,401 consisting of restricted income of £299,472 (including a grant of £150,000 from Gymnastics Enterprises Ltd), and other unrestricted income of £90,929.
- The Charity spent £357,874, consisting of fundraising costs of £41,520 and expenditure on charitable activities of £316,354.

At the end of March 2020:

- The Charity had total charity funds of £241,889 (£109,259 restricted and £132,630 unrestricted).

## Reserves Policy and going concern

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £125,000. As at 31 March 2020, the Charity's unrestricted reserves total £132,630, which represents the free reserves. The approved budget for the year ending 31<sup>st</sup> March 2021 records unrestricted reserves in excess of the target of £125,000.

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2021. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

The Charity like the country, has been impacted by the Covid-19 pandemic. The Trustees have assessed the potential impact on the future operations of the charity, taking into account its underlying financial resources and strength. They have taken proactive steps to manage the financial consequences to help ease the impact of the Coronavirus outbreak. The Trustees consider the charity to be well positioned to manage the current situation and secure operations into the future.

## Structure, governance and management

### Structure and governing document

British Gymnastics Foundation was incorporated on 28<sup>th</sup> May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7<sup>th</sup> July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 11<sup>th</sup> March 2019.

### Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

## Reference and administrative details

Charity name: British Gymnastics Foundation  
Charity number: 1157747  
Company number: 09060595  
Registered Office: Lilleshall National Sports Centre, Nr Newport, Shropshire, England TF10 9AT

### Advisers

Independent examiners: WR Partners, Belmont House, Shrewsbury Business Park, Shrewsbury SY2 6LG  
Bankers: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ  
Solicitors: Bates, Wells and Braithwaite, 10 Queen Street Place, London EC4R 1BE

## Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees serving during the period and since the year end were as follows:

Trustee and Director (Chair):	Hugh Raymond Phillips
Trustee and Director:	Jeremy Tweddle
Trustee and Director:	Lawrence Colton (Retired as Trustee on 10 <sup>th</sup> December 2019)
Trustee and Director:	Michelle Fulford
Trustee and Director:	Dr Nicola Bolton
Trustee and Director:	Simon Kearey
Trustee and Director:	Louise Fawcett
Trustee and Director:	David Marshall (appointed 11 <sup>th</sup> December 2019)

## **Trustees/Directors Responsibilities**

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently,
- 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,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to 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 charitable company also confirm that they have made all necessary enquires and taken such steps as they ought to ensure that they become aware of any relevant independent examination information and that they confirm that the charitable company's accountants have been made aware of such information.

In preparing this report, the directors have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Approved and authorised for issue by the Board of Trustees and signed on its behalf by:



Hugh R Phillips BEM  
Chair  
Date: 08/12/2020

# Independent Examiner's Report to the Trustees of British Gymnastics Foundation

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2020 which are set out on pages 9 to 17.

## Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

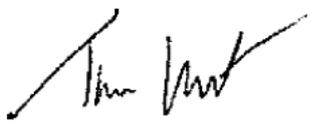
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

## Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed.......... Dated..... 27/01/2021 .....

Tim Lunt BA FCCA MIRPM

WR Partners Chartered Accountants

Belmont House

Shrewsbury Business Park

Shrewsbury

SY2 6LG

**British Gymnastics Foundation****Statement of Financial Activities (including income and expenditure account)****Year ending 31st March 2020**

	Note	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds ye 31st March 2019	Unrestricted Funds ye 31st March 2019	Total Funds ye 31st March 2019
<b>Income</b>							
Donations and legacies	3	£0	£23,601	£23,601	£1,076	£13,093	£14,169
Income from charitable activities	5	£299,472	£65,485	£364,957	£311,301	£0	£311,301
Income from other trading activities	6	£0	£555	£555	£0	£764	£764
Income from Investments	7	£0	£1,289	£1,289	£0	£986	£986
<b>Total incoming resources</b>		<b>£299,472</b>	<b>£90,929</b>	<b>£390,401</b>	<b>£312,377</b>	<b>£14,842</b>	<b>£327,219</b>
<b>Expenditure</b>							
Expenditure on raising funds	8	(£41,520)	£0	(£41,520)	(£32,686)	£0	(£32,686)
Expenditure on charitable activities	9	(£261,111)	(£55,243)	(£316,354)	(£351,653)	£36,125	(£315,528)
<b>Total expenditure</b>		<b>(£302,631)</b>	<b>(£55,243)</b>	<b>(£357,874)</b>	<b>(£384,339)</b>	<b>£36,125</b>	<b>(£348,214)</b>
<b>Net income and net movement in funds for the period</b>		<b>(£3,159)</b>	<b>£35,686</b>	<b>£32,527</b>	<b>(£71,962)</b>	<b>£50,968</b>	<b>(£20,994)</b>
<b>Reconciliation of Funds</b>							
Total Funds brought forward		£112,418	£96,944	£209,363	£184,380	£45,977	£230,357
<b>Total Funds carried forward</b>		<b>£109,259</b>	<b>£132,631</b>	<b>£241,890</b>	<b>£112,418</b>	<b>£96,944</b>	<b>£209,363</b>

The Statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

**British Gymnastics Foundation**  
**Balance Sheet as at 31st March 2020**

	Notes	31st March 2020	31st March 2019
<b>Fixed Assets</b>	13	£36,127	£42,329
<b>Current Assets</b>			
Debtors	14	£16,284	£105,705
Cash at bank		£285,202	£203,946
<b>Total Current Assets</b>		£301,486	£309,651
<b>Liabilities</b>			
Creditors: amounts falling due within 12 months	15	(£82,565)	(£127,432)
<b>Net current assets</b>		£205,762	£182,219
<b>Total assets less current liabilities</b>		£241,889	£224,548
<b>Creditors: amounts falling due after more than 12 months</b>		(£13,159)	(£15,186)
<b>Net Assets</b>		<b>£241,889</b>	<b>£209,362</b>
<b>The funds of the charity:</b>	16		
Unrestricted income funds		£132,630	£96,944
Restricted income funds		£109,259	£112,418
<b>Total charity funds</b>		<b>£241,889</b>	<b>£209,362</b>

The notes on pages 17 to 23 form part of the financial statements.

The Trustees consider that the charitable company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charitable company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees of the Charity acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of accounts.

The financial statements were approved by the Board of Trustees and signed on its behalf by:



Hugh R Phillips BEM, Chair  
 British Gymnastics Foundation  
 Company limited by guarantee, company number 9060595

Date: 08/12/2020

## Notes on the accounts

### 1. Statement of accounting policies

#### a. Basis of preparation

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) (issued in October 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

#### b. Preparation of the accounts on a going concern basis

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2021. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

#### c. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- Any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- There is sufficient certainty that receipt of the income is considered probable; and
- The amount can be measured reliably.

#### d. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

#### e. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Restricted funds are grants which the donor has specified are to be solely used for particular areas of the charity's work.

#### f. 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:

- Expenditure on raising funds comprise the costs of developing a strategy for future fundraising by the charity, together with the associated support costs of raising funds;

- Expenditure on charitable activities includes the costs of activities undertaken 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.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

g. 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 administration, finance and governance costs which support the Charity's activities. These costs have been allocated between expenditure on raising funds and expenditure on charitable activities on the basis of the percentage of estimated staff time spent on each area.

h. Fixed assets

Fixed assets are recorded at cost less depreciation. Depreciation has been computed to write off the cost of the tangible fixed assets over their expected useful lives, on a straight-line basis, as follows:

IT equipment	over 5 years
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i. Debtors

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

j. Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

## 2. Legal status of the charity

British Gymnastics Foundation is a charitable company, limited by guarantee and incorporated in England and Wales. It has just one member, British Gymnastics Association, and the liability of its member in the event of winding-up is limited to £1.

## 3. Non-exchange transactions

Donated services for the Leadership programme and the Inspirational Experiences programme are included in Donations and Expenditure on Charitable Activities at estimated value of £Nil.

#### 4. Financial instruments

The charitable company 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.

#### 5. Income from charitable activities

Project Name	Restricted Data			
	Restricted		Unrestricted	
	FY 2020	2019 Actual	FY 2020	2019 Actual
INCOME-Sport Eng LTM	(£135,984)	(£131,672)		
INCOME-NI LTM Pilot	(£10,988)	(£17,130)		
INCOME-Cambs CF 2018 LTM to 30/4/19	£0	(£9,999)		
INCOME-Luton CCG LTM yc 1 Oct 18	(£2,500)	(£2,500)		
INCOME-Other Activity			(£65,485)	£0
GEL Grant	(£150,000)	(£150,000)		
	<b>(£299,472)</b>	<b>(£311,301)</b>	<b>(£65,485)</b>	<b>£0</b>

#### 6. Income from other trading activities

	Unrestricted Funds	
	2020	2019
Branding fee	£500	£500
Sale of Teddy Bears	£0	£0
Miscellaneous trading income	£55	£264
	<b>£555</b>	<b>£764</b>

#### 7. Investment income

All of the charity's investment income arises from money held in interest bearing deposit accounts.

#### 8. Analysis of expenditure on raising funds

	Restricted Funds	
	2020	2019
Fundraising staff costs	£33,980	£25,699
Other fundraising costs	£515	£2,199
Governance costs (see note 10)	£2,414	£2,591
Support costs (see note 10)	£4,611	£2,197
	<b>£41,520</b>	<b>£32,686</b>

## 9. Analysis of expenditure on charitable activities

	Restricted Funds		Unrestricted Funds	
	2020	2019	2020	2019
Hardship Grants programme (see below)	£52,320	£53,117		
Inspirational experiences	£4,161	£3,056		
Gymnastics leadership prog. in a deprived area	£349	£6,389		
Love to Move: dementia/age-friendly gymnastics prog	£164,205	£260,062	£92,264	
Charitable programmes communications: salaries	£11,960	£7,703		
Governance costs (see note 10)	£3,622	£3,886		
Support costs (see below and note 10)	£24,496	£17,440	(£37,021)	(£36,125)
	<u>£261,112</u>	<u>£351,653</u>	<u>£55,243</u>	<u>(£36,125)</u>

All Hardship Grants are payable to individuals.

Unrestricted income from charitable activities, £37,021, relates to contributions towards staff and core costs from the Sport England Active Ageing Grant and the Sport Northern Ireland Grant.

## 10. 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 the cost of raising funds and expenditure on charitable activities in the year. Refer to note 1(g) for the basis for apportionment. The analysis of support costs is given in the table below:

### Analysis of support costs

	2020	2019	2020	2019	2020	2019
	Raising funds	Raising funds	Charitable Acts	Charitable Acts	Total	Total
Governance	£2,414	£2,591	£3,622	£3,886	£6,036	£6,476
Salaries and related costs	£2,624	£1,874	£23,618	£16,863	£26,243	£18,737
Sport England/SNI grant towards support costs						
Marketing and comms (awards night)	£1,428	£55	£0	£0	£1,428	£55
Finance	£48	£209	£111	£488	£159	£697
General office	£511	£59	£766	£89	£1,277	£148
Legal and other professional fees		£0		£0	£0	£0
Other business meetings		£0		£0	£0	£0
Other support costs	£4,611	£2,197	£24,496	£17,440	£29,107	£19,637
Grant income received towards staff and core costs	£0	£0	(£37,021)	(£36,125)	(£37,021)	(£36,125)
	<u>£7,025</u>	<u>£4,787</u>	<u>(£8,903)</u>	<u>(£14,800)</u>	<u>(£1,878)</u>	<u>(£10,012)</u>

### Governance costs comprise:

	2020	2019
Costs of Trustees meetings	£5,138	£5,784
Independent Examination fees	£885	£679
Legal and other professional fees	£13	£13
	<u>£6,036</u>	<u>£6,476</u>

### Net income for the year

This is stated after charging:

	2020	2019
Depreciation	£9,577	£5,600
Independent Examination fees	£885	£679

## 11. Analysis of staff costs and trustee remuneration and expenses

Staff working for the Charity in the year ended 31 March 2020 were employed by British Gymnastics and seconded to the Charity.

The Charity trustees were not paid and did not receive any other benefits from the Charity. Three trustees received reimbursement for costs they incurred in carrying out their duties and, where required, trustees had Board meeting accommodation and subsistence expenses paid direct by the Charity. The value of travel, accommodation and subsistence expenses paid to or on behalf of trustees totalled £3,552.

## 12. Related party transactions

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2016, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intention to make a grant of £150,000 to the Charity for the year to 31 March 2020. During the year ended 31 March 2020, the Charity received £150,000 in respect of this grant.

Under a MOU and secondment agreement signed in 2016, British Gymnastics agreed to provide various services to the Charity in return for a management fee. These services include the provision of seconded staff. During the year ended 31 March 2020, British Gymnastics charged a management fee of £255,115.

## 13. Fixed assets

	<b>CRM system</b>
<b>Cost</b>	
Cost at 1st April 2019	£47,929
Additions	£3,375
Cost at 31st March 2020	<u>£51,304</u>
<b>Depreciation</b>	
Accumulated depreciation at 1st April 2019	(£5,600)
Charge for the year	(£9,577)
Accumulated depreciation at 31st March 2020	<u>(£15,177)</u>
<b>Net book value at 31st March 2020</b>	<b><u>£36,127</u></b>
<b>Net book value at 31st March 2019</b>	<b><u>£42,329</u></b>

## 14. Debtors

	<b>2020</b>	<b>2019</b>
Trade debtors	£7,355	£3,000
Sport England Active Ageing Grant	£0	£59,162
Sport Northern Ireland Grant	£3,113	£5,225
Amounts owed by connected entities	£0	£37,600
Giftaid	£0	£718
Prepayments	£5,815	£0
	<u>£16,284</u>	<u>£105,705</u>

## 15. Creditors

Note 15a - Creditor due within 1 year

	2020	2019
Trade creditors	7,277	6,263
Connected entities	46,279	88,126
Accruals and deferred income	29,148	32,082
Taxation and social security	- 139	961
	82,565	127,432

Note 15b - Creditor due > 1 year

	2020	2019
Accruals and deferred income	13,159	15,186
	13,159	15,186

## 16. Analysis of charitable funds

### Analysis of movements in restricted funds

	Funds brought forward 1/4/2019	Incoming resources	Resources expended	Funds carried forward 31/3/2020
Gymnastics Enterprises Ltd grant	£112,418	£150,000	(£153,159)	£109,259
Sport England Active Ageing grant	-	£135,984	(£135,984)	-
Sport Northern Ireland grant	-	£10,988	(£10,988)	-
NHS Luton CCG	-	£2,500	(£2,500)	-
	£112,418	£299,472	(£302,631)	£109,259

### Nature and purpose of restricted funds

The Gymnastics Enterprises Ltd grant is to fund work in the areas of: promoting disability gymnastics, promoting gymnastics in schools, providing assistance to those in poverty who may wish to participate in gymnastics, creating opportunities through gymnastics to bring real improvements to the lives of people and communities most in need and to support a fund-raising plan that will enable further investment in these areas.

The Sport England Active Ageing grant and crowdfunding donations are to fund work on the Love to Move programme.

The non-exchange transactions represent the notional cost of donated services received for the Leadership programme and Inspirational Experiences programme.

### Analysis of movements in unrestricted funds

	Funds brought forward 1/4/2019	Incoming resources	Resources expended	Funds carried forward 31/3/2020
Unrestricted income funds	£96,944	£35,686	-	£132,630
	£96,944	£35,686	-	£132,630

## Nature and purpose of unrestricted fund

The Unrestricted Income Funds represents the “free reserves” of the Charity.

### 17. Analysis of net assets between funds

	2020			2019		
	Restricted funds	Unrestricted funds	Total	Restricted funds	Unrestricted funds	Total
Fixed assets	£36,127	-	£36,127	£42,329	-	£42,329
Debtors	£16,284	-	£16,284	£105,705	-	£105,705
Cash at bank	£152,572	£132,630	£285,202	£107,002	£96,944	£203,946
Creditors: amounts falling due within 12 months	(£95,724)	-	(£95,724)	(£142,618)	-	(£142,618)
	<u>£109,259</u>	<u>£132,630</u>	<u>£241,889</u>	<u>£112,418</u>	<u>£96,944</u>	<u>£209,362</u>