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Charity number: 802498 (England and Wales)  
Charity number: SC038566 (Scotland)  
Company number: 02305901 (England and Wales)

**EXTEND EXERCISE TRAINING LIMITED**  
(limited by guarantee)  
**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2017**



# **EXTEND EXERCISE TRAINING LIMITED**

## **ACCOUNTS YEAR ENDED 31 DECEMBER 2017**

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## **EXTEND EXERCISE TRAINING LIMITED**

### **LEGAL AND ADMINISTRATIVE INFORMATION**

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#### **Status**

The organisation is a charitable company limited by guarantee (company number: 02305901) and is registered with the Charities Commission (Charity number: 802498) and Office of the Scottish Charity Regulator (SC038566). The company was incorporated on 17 October 1988 and registered as a charity in England and Wales on 30 November 1989 and in Scotland on 14 August 2007.

The company was established under a Memorandum of Association which sets out the objectives and powers of the charitable company and is governed by the Articles of Association. Under these Articles, one third of the trustees are required to retire annually on the basis of longest service since their last election and may offer themselves for re-election. Trustees are elected by members of the charitable company attending the Annual General Meeting.

The trustees are also directors for the purpose of company law.

#### **President**

Prof W J MacLennan MD FRCP

#### **Vice Presidents**

The Baroness Greengross OBE  
Mae Lonergan BSc MSc LRAM  
Ronald Holpin  
Judith Holpin Bs Dip

#### **Trustees**

Ann Thomson FCSP, BA, MSc, MUniv, FMACP, Dip TP. (Chair)  
John Penny PhD, BSc (Eng), FIMA, FRAS, AMIMechE  
Andrew Cooney  
Joy Watkins

#### **Chief Executive Officer**

Cynthia Robinson BSc (Hons), R Nutr, C Dip AF, Cert in Exercise Referral.

#### **Company number**

02305901 (England and Wales)

#### **Charity numbers**

802498 (England and Wales)  
SC038566 (Scotland)

#### **Registered office**

2 Place Farm, Wheathampstead, Hertfordshire AL4 8SB

#### **Independent examiner**

S B Lodge FCA, Stuart B Lodge & Co, Chartered Accountants, 44 Bradford Road, Idle, Bradford, West Yorkshire, BD10 9PE

#### **Bankers**

CAF Bank Ltd, Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

#### **Solicitors**

Read Dunn Connell, Manor Row Chambers, 35 -37 Manor Row, Bradford, BD1 4PS

## **EXTEND EXERCISE TRAINING LIMITED**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2017**

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The Trustees present their report for the year ended 31 December 2017.

#### **Charitable objects**

The principal activity of the charity in the year under review was the delivery of exercise classes to music for older adults and disabled people to help them develop their physical, mental and spiritual capacity so that they may realise their full potential as individuals and members of society and that their well-being and quality of life may be improved.

In setting our objectives and planning our activities EXTEND's Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of health and well-being.

#### **Trustees induction**

Interested individuals are invited to attend the Trustee Meetings, to attend classes that may be local to them and to meet key EXTEND personnel. After that, they are asked if they feel they can make a positive contribution to EXTEND and if they are willing to take on the responsibility of Trustee they are invited to stand for election at the next AGM.

#### **Organisational structure**

The Trustees met at regular intervals throughout the period to review and direct the administration and development of the charity. Cynthia Robinson CEO, Ann Thomson, Chair of Trustees and Chris Burt, Head of Training met regularly to review the training of teachers, delivery of courses, CPD and to discuss the place for EXTEND Exercise in the changing perspectives of the fitness and care sectors.

#### **Review of activities and achievements**

##### **Beneficiaries**

EXTEND Exercise teachers reach approximately 25,000 beneficiaries each week and the charity aims to reach out to many more people as the population ages.

EXTEND Exercise classes are popular as the teachers emphasise ability and not disability. They are adaptable and effective across a large population with a range of disabilities and disorders such as mental health issues, stroke, osteoporosis and Parkinson's disease as well as frail elderly people. Other classes were delivered for young adults with disabilities, clients in hospices, people with multiple sclerosis, dementia or chronic obstructive pulmonary disease and for falls prevention.

Working in a variety of places in and around the community, EXTEND teachers deliver classes that meet group and individual needs as well as ensuring safe and appropriate progression through evidence based exercise. Many teachers work in residential care homes and social care facilities, delivering valuable and appropriate exercise classes to those who may not otherwise be able to access exercise. The delivery of an enjoyable and social exercise experience helps to bring participants together so reducing the effects of isolation and loneliness. Approximately half EXTEND classes are delivered in local community halls and half within social care facilities.

## **EXTEND EXERCISE TRAINING LIMITED**

### **TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31 DECEMBER 2017**

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#### **Continuing Professional Development (CPD)**

The CPD network of leaders has continued to develop to support and update the teachers. The CPD programme for EXTEND teachers is designed to:

- update teachers
- cover a broad range of topics
- facilitate learning from each other
- add skills and
- strengthen support networks

CPD days are organised regionally on varying dates throughout the year. Every effort is made to arrange dates and venues to be as accessible as possible - although some teachers do have to travel. The second CPD Leaders' workshop was delivered in September, led by Chris Burt and Cynthia Robinson with an increase in attendees. More teachers have attended CPD days. Chris Burt instigated a distance learning method of CPD which has been well received by teachers who have far to travel or were unable to attend on dates of CPD days near to them. Accessing CPD days has been facilitated by the Head Office staff who also keep an accurate record of attendees.

'Step out with EXTEND' – a project directed at facilitating community fund raising and the networking of EXTEND teachers by region – is being developed in Norfolk by Pam Redwood. The Trustees and CEO are grateful to Pam for her initiative and industry in progressing this project and hope that it will set an example for other regions to adopt in the coming year.

#### **Training for Teachers**

EXTEND has continued to deliver the Chair Based Exercise (CBE) teacher training course that is suitable for employees in care facilities. In response to local demand, the EXTEND Teacher Training Course was delivered by a dedicated team in Leeds with eleven teachers qualifying. This particular course is not accredited by any accreditation organisation and the participants stated that this EXTEND qualification is what they required and wanted. The implications of this have been discussed at meetings with Trustees, Cynthia Robinson and Chris Burt reflecting on the changing climate in the Fitness and Exercise industry and the possibility of EXTEND offering both accredited and non-accredited training.

#### **Head Office**

Cynthia Robinson CEO, has continued to develop EXTEND through:

- The provision of quality service to beneficiaries and support to teachers
- Good governance and best practice in office management
- Implementing policies and procedures that comply with statutory requirements
- Providing in-service training
- Appointing and inducting new staff
- Ensuring that contracts of employment comply with employment law
- Leading on the development of a new website

The Trustees are grateful for the hard work and dedication of the Head Office staff and the volunteers who generously offer their support to the charity. The Chief Executive will be stepping down at the end of March 2018 and the Trustees thank her for her work.

# EXTEND EXERCISE TRAINING LIMITED

## TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2017

### Results for the year

In this financial year EXTEND made a deficit of £55,920 (2016 deficit of £49,007). EXTEND continues to be financially dependent on affiliation fees and donations from external funders, and acknowledges that in the current economic climate access to funding has greatly reduced.

	<b>Total funds £</b>
Income	47,239
Expenditure	103,159
	<hr/>
Net (expenditure) for the year	(55,920)
Balance at 1 January 2017	193,411
	<hr/>
Balance at 31 December 2017	137,491
	<hr/>

### Major grants and donations received

The Trustees thank all those who have given to EXTEND, whether large or small amounts. Friends of EXTEND make a significant contribution of funds every year and their support is very much appreciated.

	<b>£</b>
Friends of EXTEND	2,184
J Vassiliou Charitable Trust	811
I Vassiliou Charitable Trust	578
N Vassiliou Charitable Trust	538
Tay Charitable Trust	500

### Plans for the future

The generous legacy from retired EXTEND teacher Marjorie Keith together with the generous legacy from Peggy Gallagher remain a fantastic resource to developing support for teachers who deliver the classes to the beneficiaries.

Specific future plans include:

- The completion of a new website that will incorporate
  - interactive opportunities for teachers
  - education about exercise for public benefit
  - quick and robust communication with teachers
  - a new communications policy that will address social media and other means of communication
  - details of the network of EXTEND teachers who meet the needs of the beneficiaries
  - details of EXTEND's charitable works and fundraising
  - guidance, procedures and policies across EXTEND's activities including training, and
  - merchandising for teachers and beneficiaries

The appointment and supervision of marketing and fundraising personnel and the additional human resources tasks associated with the larger establishment.

## **EXTEND EXERCISE TRAINING LIMITED**

### **TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2017**

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Improving quality assurance at the point of delivery – in EXTEND training and class delivery.

Improved benefits of affiliation – including a helpline for teachers providing free advice on matters pertinent to the individual not related to EXTEND activities.

Lateral thinking to expand the teacher training and tutor base.

Succession planning including Head Office, Tutors and Trustees.

Continued participation in events such as Older People's Day and local initiatives highlights the benefits of EXTEND and provide valuable opportunities for the promotion of the benefits of EXTEND.

Promotion of EXTEND's training programmes and the provision of exercise classes within the health as well as the social sector.

The potential development of new training programmes to meet particular needs.

#### **Policies and Procedures**

Following the updating of the Articles of Association, EXTEND has been able to take advantage of telephone conferencing and communication by email. This has permitted swift decision making and reduced governance related expenditure.

The Head of Training continues to monitor and update policies related to Training and matters relating to the delivery of courses so satisfying the needs of EXTEND and its qualification accreditors.

#### **Reserves**

The Trustees' policy of maintaining unrestricted funds, which are the free reserves of the charity, at a level which equates to six months unrestricted expenditure, has not been met. The Trustees recognise that unrestricted reserve levels are declining and are looking at ways to stabilise them and build them up.

#### **Investment Powers**

Under the Memorandum and Articles of Association the charity has the power to make any investment which the Trustees see fit. The possibility will be kept under review in the coming year.

#### **Governance and Internal Control**

The Trustees have conducted their own review of the major risks to which the charity is exposed. Risks associated with the physical constraints of its current operations base and the need for external funding have been identified and have led the charity to consider additional sources of funding.

## EXTEND EXERCISE TRAINING LIMITED

### TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2017

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#### Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Extend Exercise Training Limited) are responsible for preparing the Trustees' Annual Report and 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. Under company law the Trustees must not approve the accounts unless they are satisfied that they 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 period. In preparing these accounts the Trustees are required to:-

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

The Trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

The Trustees are responsible for maintaining proper accounting records which disclose at anytime the financial position of the charitable company and to enable them to ensure that the accounts comply with the Companies Act 2006, the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 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.

This report was approved by the Trustees on 20 June 2018 and signed on its behalf by:



Ann Thomson



## **EXTEND EXERCISE TRAINING LIMITED**

### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**

## **EXTEND EXERCISE TRAINING LIMITED**

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I report on the accounts of the company for the year ended 31 December 2017 which are set out on pages 8 to 18.

#### **Respective responsibilities of trustees and examiner**

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) or under regulation 10 (1) (a) to (c) of The Charities Accounts (Scotland) Regulations 2006 as amended by the Charities Accounts (Scotland) Amendment Regulations 2010 (the Account Regulations) and that an independent examination is needed. The charity is required by company law to prepare accrued accounts and I am qualified to undertake the examination by being a qualified member of the 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 and section 44 (1) (c) of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act); and the Charities Accounts (Scotland) Regulations 2006,
- 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 and is in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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**

Your attention is drawn to the fact that the charity has prepared the accounts (financial statements) in accordance with Accounting and Reporting by Charities, preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 section 44(1)(a) of the 2005 Act; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and Regulation 8 of the 2006 Accounts Regulations; and

**EXTEND EXERCISE TRAINING LIMITED**  
**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**EXTEND EXERCISE TRAINING LIMITED**

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- which are consistent with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities, preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) issued by the Charity Commission and any subsequent amendments or variations to this statement.

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.

Stuart Bernard Lodge  
Institute of Chartered Accountants in England and Wales

Stuart B Lodge & Co  
Chartered Accountants  
44 Bradford Road  
Idle  
Bradford BD10 9PE  
West Yorkshire



Date: 20 JULY 2018

# EXTEND EXERCISE TRAINING LIMITED

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

		Unrestricted funds £	Restricted funds £	Total 2017 £	Total 2016 £
	Notes				
<b>Income</b>					
Donations and legacies	2	7,727	-	7,727	8,294
Income from charitable activities:					
Subscription income		20,069	-	20,069	23,141
Course fees		4,568	-	4,568	3,560
Continuing professional development income		14,788	-	14,788	19,451
Investment income		87	-	87	386
<b>Total Income</b>		<b>47,239</b>	<b>-</b>	<b>47,239</b>	<b>54,832</b>
<b>Expenditure</b>					
Charitable activities	3	103,159	-	103,159	103,839
<b>Total expenditure</b>		<b>103,159</b>	<b>-</b>	<b>103,159</b>	<b>103,839</b>
<b>Net (expenditure) and net movement in funds for the year</b>		<b>(55,920)</b>	<b>-</b>	<b>(55,920)</b>	<b>(49,007)</b>
<b>Reconciliation of funds</b>					
<b>Total funds brought forward</b>		<b>169,326</b>	<b>24,085</b>	<b>193,411</b>	<b>242,418</b>
<b>Total funds carried forward</b>		<b>113,406</b>	<b>24,085</b>	<b>137,491</b>	<b>193,411</b>

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

# EXTEND EXERCISE TRAINING LIMITED

## BALANCE SHEET AS AT 31 DECEMBER 2017

	Notes	Unrestricted funds £	2017 Restricted funds £	Total funds £	2016 Total funds £
<b>Fixed assets</b>					
Tangible assets	6	2,314	-	2,314	3,158
<b>Current assets</b>					
Debtors	7	3,506	-	3,506	3,799
Cash at bank and in hand		115,194	24,085	139,279	192,840
<b>Total assets</b>		121,014	24,085	145,099	199,797
<b>Creditors: amounts falling due within one year</b>	8	(7,608)	-	(7,608)	(6,386)
<b>Total assets less current liabilities</b>		113,406	24,085	137,491	193,411
<b>The Funds of the Charity</b>					
Unrestricted funds	9	113,406	-	113,406	169,326
Restricted funds	10	-	24,085	24,085	24,085
<b>Total charity funds</b>		113,406	24,085	137,491	193,411

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 December 2017. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors acknowledge their responsibilities for ensuring that the company 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 small companies' regime.

The financial statements were approved by the Trustees on 20 June 2018 and signed on its behalf by:



Ann Thomson

Company Registration No. 3848228

# **EXTEND EXERCISE TRAINING LIMITED**

## **STATEMENT OF CASHFLOWS** **AS AT 31 DECEMBER 2017**

	2017 £	2016 £
<b>Cash used in operating activities (see note 11)</b>	(53,648)	(22,389)
<b>Cashflows from investing activities</b>		
Interest income	87	386
(Decrease) in cash equivalents in the year	(53,561)	(22,003)
Cash equivalents at the beginning of the year	192,840	214,843
<b>Total cash equivalents at the end of the year</b>	139,279	192,840

## EXTEND EXERCISE TRAINING LIMITED

### NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017

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#### 1. Accounting policies

##### 1.1 Accounting convention

The accounts are prepared under the historical cost convention, unless otherwise stated, the Charities and Trustee Investments (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, Charities Act 2011, 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) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

The charity constitutes a public benefit entity as defined by FRS 102.

Having considered future planned activities and the resources available to the charity, the Trustees are satisfied that the financial statements should continue to be prepared on the going concern basis.

##### 1.2 Incoming resources

Donations and legacies are included in full in the Statement of Financial Activities when receivable.

Any income received for the purchase of fixed assets, is recognised in full in the Statement of Financial Activities in the year in which they are receivable. Unspent amounts in respect of specific projects are carried forward as part of the restricted funds in the balance sheet.

Subscriptions, course fees and any other income received from charitable activities are included in the accounts at the time that they become recognisable in the period to which they relate.

Income from investments is included in the year in which it is receivable.

##### 1.3 Resources expended

Resources expended are recognised in the year in which they are incurred. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates.

Fundraising costs are those incurred in seeking voluntary contributions.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and objectives.

Governance costs are those incurred in compliance with constitutional and statutory requirements.

All costs are allocated between the expenditure categories on the Statement of Financial Activities (SOFA) on a basis designed to reflect the use of the resource.

##### 1.4 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, as follows:

Computer equipment	-	20% straight line
Office equipment and furnishings	-	20% straight line

Individual fixed assets costing £1,000 or more are capitalised at cost.

##### 1.5 Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

## EXTEND EXERCISE TRAINING LIMITED

### NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017

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#### 1.6 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Restricted funds are amounts received which the donor has specified are to be solely used for particular areas of the charity's work.

#### 1.7 Pensions

The charity makes an annual payment contribution into the Chief Executive Officers' Personal Pension plan.

#### 2. Donations and legacies

	2017 £	2016 £
Donations:		
General donations	5,543	5,370
Friends of EXTEND	2,184	2,924
	<hr/>	<hr/>
	7,727	8,294
	<hr/>	<hr/>

## EXTEND EXERCISE TRAINING LIMITED

### NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017

#### 3. Charitable activities

	2017 £	2016 £
Staff costs	57,365	61,654
Fundraising costs	1,450	-
Course costs	1,868	1,311
Fees and honoraria	1,000	1,000
Training	7,011	7,876
Internal training	160	-
VTCT registration fees	450	639
Printing, postage and stationery	2,493	2,063
Marketing & website costs	5,572	4,575
Rent, rates & service charge	10,711	10,575
Room hire	216	120
Insurance	5,464	5,307
Telephone	915	616
Equipment costs	547	-
Travelling	863	893
Subscriptions	939	1,687
General expenses	172	98
Depreciation	844	844
Governance costs (note 4)	5,119	4,581
	<hr/>	<hr/>
	103,159	103,839
	<hr/>	<hr/>

#### 4. Governance costs

	2017 £	2016 £
Independent examination fees	1,914	1,824
Payroll and management accounts support	2,472	2,574
Bank charges and interest	330	170
Annual Return fee	13	13
Pension set up costs	390	-
	<hr/>	<hr/>
	5,119	4,581
	<hr/>	<hr/>



## EXTEND EXERCISE TRAINING LIMITED

### NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017

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#### 5. Employees

##### Number of employees

The average monthly numbers of full-time equivalent (FTB) employees during the year were

	2017 Number	2016 Number
Management	0.4	0.6
Administration and support	1.3	1.7
	<hr/>	<hr/>
	1.7	2.3
	<hr/>	<hr/>

##### Employment costs

	2017 £	2016 £
Wages and salaries	56,044	59,923
Social security costs	521	831
Pension costs	800	900
	<hr/>	<hr/>
	57,365	61,654
	<hr/>	<hr/>

There were no employees whose annual emoluments were £60,000 or more (2016 – nil).

Social security costs are after the deduction of the Employment Allowance.

No remuneration was paid to any Trustee during the year (2016 – nil)

The Trustees were reimbursed expenses totalling £302 (2016 - £112) in respect of attendance at Trustee Executive meetings and related costs.

# **EXTEND EXERCISE TRAINING LIMITED**

## **NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017**

### **6. Tangible fixed assets**

	<b>Computer equipment £</b>	<b>Office equipment &amp; furnishings £</b>	<b>Total £</b>
<b>Cost</b>			
At 1 January 2017			
And			
At 31 December 2017	17,843	5,165	23,008
	<hr/>	<hr/>	<hr/>
<b>Depreciation</b>			
At 1 January 2017	14,685	5,165	19,850
Charge for the Year	844	-	844
	<hr/>	<hr/>	<hr/>
At 31 December 2017	15,529	5,165	20,694
	<hr/>	<hr/>	<hr/>
<b>Net book values</b>			
At 31 December 2017	2,314	-	2,314
	<hr/>	<hr/>	<hr/>
At 31 December 2016	3,158	-	3,158
	<hr/>	<hr/>	<hr/>

### **7. Debtors**

	<b>2017 £</b>	<b>2016 £</b>
Prepayments	2,224	3,490
Gift Aid	1,282	309
	<hr/>	<hr/>
	3,506	3,799
	<hr/>	<hr/>

### **8. Creditors: amounts falling due within one year**

	<b>2017 £</b>	<b>2016 £</b>
Affiliation fees in advance	1,715	495
Fees in advance	539	86
Accruals	3,712	3,728
Other taxes and social security	1,642	2,077
	<hr/>	<hr/>
	7,608	6,386
	<hr/>	<hr/>

# **EXTEND EXERCISE TRAINING LIMITED**

## **NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017**

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### **9. Unrestricted fund**

	Balance at 1 January 2017	Incoming Resources	Resources Expended	Balance at 31 December 2017
	£	£	£	£
General purpose fund	169,326	47,239	103,159	113,406
	<hr/>	<hr/>	<hr/>	<hr/>

### **Purpose of unrestricted fund**

The general purpose fund represents those funds which the Trustees are free to use in accordance with the charitable objectives.

## EXTEND EXERCISE TRAINING LIMITED

### NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017

#### 10. Restricted funds

	Balance at 1 January 2017	Movement in Funds		Balance at 31 December 2017
	£	Incoming Resources £	Resources Expended £	£
City & Metropolitan Welfare Charity	1,750	-	-	1,750
Lifespan	500	-	-	500
Bank of England	250	-	-	250
Walter Guinness Charitable Trust	1,301	-	-	1,301
Jack Lane Charitable Trust	393	-	-	393
The Oakdale Trust	750	-	-	750
The Rothley Trust	75	-	-	75
Fowler Smith & Jones Trust	3,510	-	-	3,510
The AE Cooper Dean Charitable Foundation	6,143	-	-	6,143
The Joicey Trust	1,000	-	-	1,000
The Hugh Fraser Foundation	2,000	-	-	2,000
Florence Turner Trust	153	-	-	153
The Ammoco Trust	200	-	-	200
London and Home Counties Teachers	1,810	-	-	1,810
Pilkington Charitable Trust	3,000	-	-	3,000
The Music Sales Charitable Trust	1,000	-	-	1,000
IMI plc	250	-	-	250
	<u>24,085</u>	<u>-</u>	<u>-</u>	<u>24,085</u>

#### Purposes of restricted funds

City & Metropolitan Welfare Charity and Bank of England are for training teachers in East London.

The Lifespan fund represents monies received to contribute to the training of two teachers in Scotland working in the community.

Walter Guinness Charitable Trust is for the work of the charity in Wiltshire.

The Jack Lane Charitable Trust is for the work of the charity in Gloucestershire and Wiltshire area.

The Oakdale Trust have provided funding towards running costs in North Wales

The Rothley Trust is monies towards an appeal for a projector for training purposes in North East England.

The Fowler Smith & Jones Trust have provided funding towards training in Essex.

The AE Cooper Dean Charitable Foundation have provided monies towards improving the lives of elderly or disabled people in Dorset and West Hampshire.

The Joicey Trust have provided monies for the sole benefit of people in Northumberland and Tyne and Wear.

The Hugh Fraser Foundation represents monies received towards the work of the charity in Scotland.

## EXTEND EXERCISE TRAINING LIMITED

### NOTES TO THE FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2017

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Florence Turner Trust have provided monies for the benefit of people in Leicester.

The Ammoco Trust have provided monies for use within Oxfordshire and the adjoining counties.

London and Home Counties Teachers raised monies from a sponsored event for use in their area.

The Pilkington Charitable Trust has provided funding towards providing teachers in recreational exercise to music for over 60's and disabled.

The Music Sales Charitable Trust has given funding towards work in the Bury St Edmonds or Suffolk area.

IMI plc donated £250 towards work in the Birmingham area.

#### 11. Reconciliation of net movement in funds to net cash flow from operating activities:-

	2017 £	2016 £
Net movement in funds	(55,920)	(49,007)
Deduct interest income	(87)	(386)
Add back depreciation charge	844	844
Decrease in debtors	293	41,971
Increase/(decrease) in creditors	1,222	(15,811)
	<hr/>	<hr/>
Net cash used in operating activities	(53,648)	(22,389)
	<hr/>	<hr/>