



Trustees' Annual Report for the period

From

Period start date

01

April

2024

To

Period end date

31

March

2025

Section A

Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

BN2 5EA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Christina Griffiths			
2	Leslie Graham Vickers	Chair		
3	Tim Herbert			
4	Tanya Louise Saunders	Secretary		
5				
6				
7				
8				
9				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Association

Trustee selection methods
(eg. appointed by, elected by)

Elected by membership. Appointed by trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Summary of the objects of the charity set out in its governing document

The promotion of community participation in healthy recreation by the provision of facilities for playing sport.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity supported sports and community activities in East Brighton, through maintenance of its premises and hire of facilities to local organisations.

The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

To try and get more users/groups to the venue, we offered low-cost hall hire.

20-25 different groups used our sports hall every week. We also had one-off hall and facilities hire. We hosted a range of different sports and other activities, such as yoga, Bollywood dance, Pilates, post-natal Pilates, basketball, football, sword-fighting, boccia, arts & crafts, karate, volleyball – to name a few!

We raised funding for groups, such as for the Boccia group who use our facilities regularly.

We also raised some funds for the Public Living Room, which runs every Monday from 11.30 to 2.30pm – providing a warm space which includes free healthy lunch, hot drinks to local residents.

At lunchtimes, we provided a warm space for local schoolchildren and their parents on a reduced timetable, offering them a warm place to have their lunch and to make use of our sports facilities and games that we have on site.

We also offered our 3G pitches to local schools free of charge to host their school matches.

We ran a Winter Solstice event for the local families with free food, entertainment and lantern workshops and a parade at the end.

We engaged with the Brighton Festival artists, hosting the Our Place event and workshops, working with existing groups who use our space.

We encourage and support 3 clients from Grace Eyre (a supported living charity) to volunteer at the Manor Road Gym. They help to cover the office and do some general office duties and get a great sense of pride and purpose from volunteering with us every week.

We worked closely with local GP surgeries and the Primary Care Network team to inform them about the activities available at the Manor Road Gym to encourage more people to attend activities such as Pilates or yoga (which can become free of charge if they are referred by those organisations).

We offer the hall free of charge for 6 weeks to new, budding sports and dance tutors in order that they can build up regular attendance at the hall. In return, they offer free spaces to people who have been socially prescribed by their GP or the PCN.

Every Friday, we collect food donated by Fareshare every Friday. This is on offer to local residents, users of the hall. This gets shared at the Public Living Room and put outside for local people to help themselves, alongside clothes and other donations.

We are deeply embedded in our local community and have networks with and share ideas with other groups in the area such as Bristol Estate community rooms, Robert Lodge meeting rooms.

Section E

Financial review

Brief statement of the charity's policy on reserves

Reserves at 31st March 2025 were £33,871
Reserves are held at a level sufficient to cover 3 months' worth of operational costs. At 31st March 2025, this is £11,355.
The charity mainly relies on income from hire of its premises and facilities to cover its operational costs.

Details of any funds materially in deficit

n/a

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

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Position (eg Secretary, Chair, etc)

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Date

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Manor Road Gym Sports Club

(Charity no. 1113245)

Assets and Liabilities at 31st March 2025

Assets

Barclays account	35,895
Minus cheques not cleared (nos. 100967, 100974, 100983, 100984)	(2,145)
Cash in hand	80
Total assets	33,831

Non-monetary Assets

None known

Liabilities

None known

Funds held at 31st March 2025

	Balance
Designated funds: Donation for The Manor Gym CIC (new flooring)	17,000
Restricted funds: East Brighton Trust	364
Free reserves	16,467
Unrestricted funds held at 31st March 2025	33,831

Manor Road Gym Sports Club

(Charity no. 1113245)

Receipts and Payments from 1st April 2024 to 31st March 2025

			2025	2024
Receipts	restricted	unrestricted	total	total
Donations, grants and legacies				
<i>General</i>				
Due East (for Christmas event)	500	-	500	-
Chalk Cliff Trust	5,000	-	5,000	-
Sussex Community Foundation (for Boccia)	750	-	750	-
Due East (for Boccia)	500	-	500	-
Trust for Developing Communities (Fairness Fund)	1,500	-	1,500	-
Donations	-	21	21	-
Local Giving/Due East 23/24	-	-	-	850
Income from charitable activities				
<i>General</i>				
Venue hire	-	37,060	37,060	35,123
<i>Boccia</i>				
Subscriptions	-	210	210	-
Total Receipts	8,250	37,291	45,541	35,973
Payments				
Expenditure on charitable activities	restricted	unrestricted	2025 total	2024 total
<i>General</i>				
The Manor Gym CIC (for outdoor space)	-	11,235	11,235	-
Premises maintenance	-	3,552	3,552	1,149
Heat/light	-	7,038	7,038	7,031
Business rates/water	-	3,986	3,986	1,307
Phone/internet	-	2,641	2,641	2,883
Cleaning, laundry & supplies	-	4,111	4,111	856
Music licence	-	1,897	1,897	1,774
Insurance	-	966	966	825
Christmas event	500	446	946	142
Postage, stationery, printing, website	-	717	717	28
Equipment	-	1,028	1,028	15,902
Refreshments	-	239	239	-
Travel (Fareshare)	-	156	156	-
Training	-	407	407	-
Donation to McMillan Cancer Support	-	270	270	1,915
The Manor Gym CIC (transfer of grant funding)	5,000	-	5,000	-
<i>Boccia</i>	906	-	906	-
Whitehawk Arts Collective	1,480	-	1,480	-
McMillan Coffee Morning	-	130	130	-
Total Payments	7,886	38,819	46,705	33,812
Net receipts (payments) for the period	364	(1,528)	(1,165)	2,161
Balance of funds at 1st April 2024 * see note	-	34,995	34,995	15,749
Balance of funds at 31st March 2025	364	33,467	33,831	17,910

NB some additions may vary by +/- £1 due to rounding

Note: There is a difference between the closing balance 31st March 2024 and the opening balance at 1st April 2024. The balance shown at end of March 2024 did not include designated funds: namely, of £17,000 set aside as a donation to The Manor Gym CIC towards new flooring. The balance shown at 1st April 2024 includes those funds.

oad Gym Sports Club y no. 1113245)

Statement of Financial Activities from 1st April 2024 to 31st March 2025

Summary of receipts and payments

			2025	2024
Receipts	restricted	unrestricted	total	total
Donations, grants and legacies	8,250	21	8,271	850
Income from charitable activities	-	37,270	37,270	35,123
Total Receipts	8,250	37,291	45,541	35,973
Payments				
Expenditure on charitable activities	7,886	38,819	46,705	33,812
Total Payments	7,886	38,819	46,705	33,812
Net receipts (payments) for the period	364	(1,528)	(1,165)	2,161
Balance of funds at 1st April 2024	-	34,995	34,995	15,749
Balance of funds at 31st March 2025	364	33,467	33,831	17,910

NB some additions may vary by +/- £1 due to rounding

Manor Road Gym Sports Club


Accounts year ended 31st March 2025

Registered charity: 1113245

Charity correspondent:

Tanya Saunders
The Manor
Manor Road
Brighton
BN2 5EA

These accounts have been prepared on the Receipts and Payments basis from information and explanations supplied by the charity.


Mireille Shimoda

Resource Centre

6 Tilbury Place

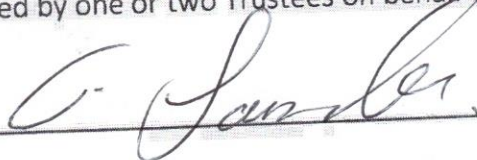
Brighton BN2 0GY

Date: 29th January 2026

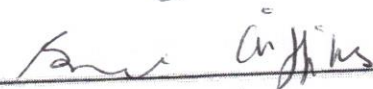
These accounts have been approved by the Trustees of the charity.

Signed by one or two Trustees on behalf of all the Trustees

1.



2.



Date

23 / 2 / 26



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
MANOR ROAD GYM SPORTS CLUB

On accounts for the year
ended

31 MARCH 2025

Charity no
(if any)

1113245

Set out on pages

1 and 2

1 and 1 and 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Certified Chartered Accountants (ACCA) .

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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: K Holman

Date: 23-2-2026

Name: Keith Holman

Relevant professional
qualification(s) or body
(if any):

ACCA

Address: Keith Michael Accounts

91 Western Road
Brighton BN1 2NW

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.