

ABILITY BOW

East London's Friendly Disability Gym

Ability Bow is a charity providing specialist exercise support for people living with disabilities or complex health conditions.



ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

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EAST LONDON'S FRIENDLY DISABILITY GYM

"Ability Bow transformed my daily life. I went from struggling to walk a few steps with oxygen to being able to cycle in the park, which once felt impossible."

"It feels like family here. The support, kindness and shared strength make it the first place in years where I've truly felt I belong."

"Ability Bow delivers hope in spades."

"I've never found a place that meets my needs, anywhere. Other gyms say they're accessible, but you go in and there's no one there to help you. Ability Bow welcomes you with expertise and understanding."

"Ability Bow isn't just a gym. It's a lifeline that gave me hope, strength and a community I didn't realise I'd been missing."

"Coming to Ability Bow helps me stay strong enough to live independently. I can move safely, dress myself and keep doing the everyday things that matter most."

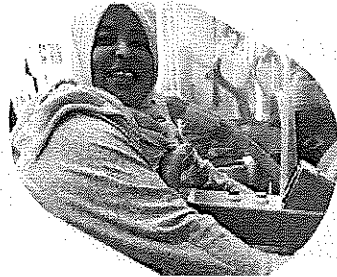
"I never knew a place like this existed. It's welcoming, supportive and genuinely accessible, and it's changed my life."

"A friendly and safe gym run by a charity for users with physical and hidden impairments. As a user, I would urge people to check the website and dig deep to help keep this unique gym open."

WHAT WE DO

Gym Activities

We provide a range of activities for people with different needs or disabilities.



Ability Bow is a charity providing specialist exercise support for people living with disabilities or complex health conditions. It provides face to face activities for people with different physical and mental needs including neurodiversity. We provide these services as well:

Eat Well & Move

This specialist disability weight management service is a free 12-week intensive exercise and dietary programme offered in partnership with London Borough of Tower Hamlets.

Group Classes

Our various Group Classes take place weekly, providing exercise and fitness sessions for those who have mental health problems, health conditions, or disabilities.



2025-2026 Key Achievements

8,506

Specialist Exercise Sessions Provided

305

Gym Members Supported

"It's not just a gym; it's a community."

– Gym Member

This page highlights some of Ability Bow's accomplishments over the year.

We were also nominated for two Awards to recognise our work.

**Scope Award
Nomination**

**Listed Top 100
Changemakers
The Big Issue**

70

Tower Hamlets residents supported to reduce their weight

50

Hackney residents helped to better manage their health

5





New Classes delivered each week by the end of the year

18-88

Is the age range of our gym members, with most being aged 55+

Most prevalent:
Mental illness
Joint problems
Neurological conditions
Diabetes
Obesity
Osteoarthritis
Stroke

How We Covered Our Costs

-  **Gym Fees**
Income from people using our gym
-  **Fundraising Events**
We took part in The Big Half & London Marathon
-  **Statutory Contracts**
We worked with local authorities to deliver services
-  **Donors & Trusts**
We received support from kind donors and charitable foundations

We believe everyone should have access to exercise, no matter their ability. Ability Bow is a collective of dedicated staff, volunteers and trustees, supported by a community of local people, donors, and others who believe in what we do.

Passionate About People

Our specialist service is dedicated to supporting people with disabilities or long-term serious illnesses.



MESSAGE FROM THE CEO

Message from the CEO

"At Ability Bow, every day brings its own challenges - and with them, opportunities to transform lives. What inspires me most is watching people discover strength, confidence, and independence they never believed possible. For many of our members, living with a disability, long-term health condition, or neurological condition has meant years of exclusion from mainstream fitness. Traditional gyms simply aren't built with them in mind. That's why Ability Bow exists: to remove barriers, offer a safe and welcoming space, and show that exercise can be life-changing for everyone.

Our work goes far beyond physical health. It's about restoring dignity, building resilience, and creating community. When someone who has survived a stroke walk unaided for the first time, or when a parent living with multiple sclerosis feels strong enough to play with their children again, the impact reaches far beyond the gym floor. These are moments of transformation that ripple outward - touching families, carers, and our wider community.

We deliberately keep our membership fees low because accessibility is at the heart of our mission. This means we rely on the generosity of funders, partners, and donors to sustain our services. Every pound invested in Ability Bow delivers measurable outcomes: improved health, reduced isolation, and greater independence. Our trustees and volunteers ensure we stay accountable, transparent, and focused on delivering maximum impact with every resource entrusted to us.

I am incredibly proud of our dedicated team, whose expertise and compassion make this work possible. And I am equally proud of our members, who show extraordinary courage and determination every single day. Together, we are proving that inclusive fitness is not a luxury - it is a necessity.

As CEO, my vision is clear: to expand our reach, strengthen our sustainability, and ensure Ability Bow continues to be a beacon of hope, health, and empowerment in East London and beyond. The challenges are real, but so is the potential. And every time I witness a member achieve something they once thought impossible, I'm reminded exactly why this work matters so deeply."

Victoria

WHY PEOPLE SHOULD DONATE TO ABILITY BOW

We Transform Lives

Donations directly fund tailored exercise programs for people with disabilities, long-term illnesses, and neurological conditions.

Members regain mobility, confidence, and independence outcomes that ripple into families and communities.

Accessibility First

Membership fees are deliberately kept low, covering only 15% of funding needs.

Donations ensure that cost is never a barrier for those most in need.

Community & Inclusion

Beyond fitness, Ability Bow reduces isolation and builds social bonds.

Donations sustain this inclusive environment where health and community meet.

If you want to help in a way that makes a real difference to our gym members lives, then please consider donating.

Donate: <https://abilitybow.enthuse.com/profile>



Fundraising Events

Support us, take part in an event. It's an important part of our fundraising, raising much needed funds to support our work.



There are also a few other ways that you can really make a difference.

- Fundraise for us by taking on iconic events including the London Marathon and the Big Half.
- Leave A Gift/Legacy in Your Will and know your donations can help make a lasting difference.
- Donate your time by volunteering your skills to us. There are many ways you can make a difference – from joining our cheer-point at a fundraising event to helping with admin or creative writing.
- Follow us on Facebook and Twitter and share what we do with others you know.
Facebook @abilitybow
X @abilitybow
Instagram @abilitybow
LinkedIn @abilitybow
- Have your own idea instead? Tell us about it.

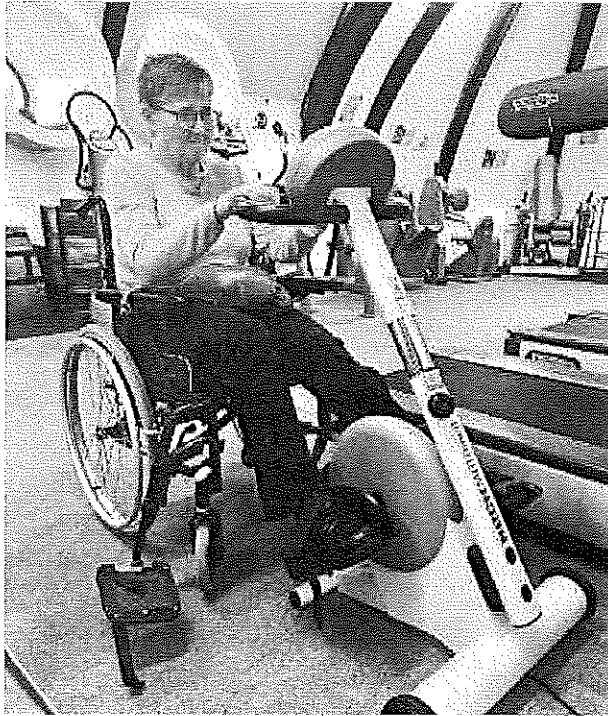


Sponsorships from events directly support our work .Take on an event and make a difference
<https://www.abilitybow.org/get-involved/>

OUR GYM

Most gyms are unable to accept people that come to Ability Bow, but our gym equipment is fully accessible, and easy to use, whatever your physical ability.

We have accessible changing rooms with shower cubicles, and also a larger changing room suitable for people who use wheelchairs or who need assistance.



OUR FEES

Our fees vary depending on the group or programme. One-to-One sessions and Group Classes range from £5.50 to £8 on our charitable pricing structure. Our fees are kept deliberately low as then we can reach out to as many people as possible. Disabled people generally do not have high incomes. The unemployment rate for disabled people in the UK is approximately 6.9%, nearly double the 3.6% rate for non-disabled individuals. This unemployment rate is even higher in East London.

Meet the Team

We are dedicated professionals who really care about helping our members to achieve results. Our Instructors are qualified up to fitness Industry level IV, able to design exercise programmes for people with different abilities.



MEET THE TEAM

We are dedicated professionals who really care about helping our members to achieve results. Our instructors can design exercise programmes for people with different abilities.

Victoria

"I love having new challenges every day, and seeing people discover their potential. That's what makes the work so rewarding. The work we do makes such a positive impact on people's lives."

Tony

"It's truly inspirational be a part of Ability Bow, working in such a supportive and friendly atmosphere where the needs of members come first and lives are changed through exercise"

Patrick

"It's very satisfying working with people who put so much effort into their exercise. I like seeing our gym members achieve their goals and I feel good doing it."

Mette

"I feel fortunate to be part of the Ability Bow team and our friendly, inclusive community. I am constantly learning from working with our members. It is humbling and inspiring to see people work hard at their exercise to positively improve their lives."

Francesca

"I truly enjoy working here. We have such diversity among our members. I like to see the difference that exercise can make to a person's life. I'm thankful for my colleagues who are all friendly, approachable people, creating a positive and relaxed atmosphere to work."

Jimi

"I feel lucky to work in such a welcoming environment with such supportive staff and friendly clients. It's moving to hear clients talk about the big difference exercise has made to their quality of life."



Specialist Exercise Referral

We work with any disability or health condition.



REFERRALS

Most surgeries and clinics in Tower Hamlets and Hackney refer their patients to us on a regular basis because they understand the value of exercise for people with disabilities and long-term health conditions and they trust Ability Bow to support their patients safely and effectively.

We evaluate the benefit of the service on each person using a simple, subjective questionnaire based on the Goal Attainment Scale with results recorded at the start of the programme and after 10 sessions.

GETTING IN TOUCH

We would love you to get in touch reception@abilitybow.org / 02089807778

Or come to visit us in Old Ford, East London, situated within St. Paul's Church on St. Stephen's Road.

ADMINISTRATIVE INFORMATION

Trustees

Sharron Currie - Chair
Amanda Chaboryk
Stuart Davies
Nicola Helfet
Siobhan Lanigan
Jerome Lyseight
Laura Sheehan (Appointed on 30 May 2024)
John Shelly (Appointed on 09 October 2025)
Aphiwe Anathi Twaku

Charity number

1115595

Company number

05800086

Registered office

St Paul's Church
St Stephen's Road
London
E3 5JL

Independent examiner

Samir Shah FCA, ATII
Ramon Lee Ltd
Chartered Accountants
93 Tabernacle Street
London
EC2A 4BA

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

We present our annual report and financial statements for the year ended 31 March 2025. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charitable company's [governing document], the 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)" (effective 1 January 2019).

Objectives and activities

Our aim is set out in the Memorandum and Articles of Association is:

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

We continue to support people living with disabilities and delivering accessible and affordable exercise classes.

Financial review

The Statement of Financial Activities shows a deficit of total incoming resources compared with expended resources of £67 (2024 - £5,308), Expenses increased £240,956 to £263,871.

Reserves policy

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

The charity's reserves at the end of the year stood at £40,21 (2024 - £40,062). Of these reserves, £15,000 (2024 - £13,675) is represented by restricted funds, and none are invested in the Charity's fixed assets. At the balance sheet date, the free reserves totalled £12,144 (2024 - £26,387).

Compared to the average expenditure of the Charity during year, the free reserves held at the balance sheet date fall below the amount stated in our short-term minimum reserves policy. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Principal funding sources

Our main funding sources for the Charity are charitable trust funding, income from statutory contracts, and fundraising income from sporting and sponsorship events.

Investment powers and policy

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

Plans for future periods

Our plans for diversifying fundraising include maintaining a focus on local authority commissioning and introducing new fundraising events. Our year ahead is focused on the following identified strategic aims:

- Provide exercise services for people with complex needs, including resume In-person activities and continue to offer online activities.
- Provide a preventative service for people at risk of developing worsening health.
- Demonstrate our impact and be more recognised as a leader in our field.

Public benefit statement

We have considered the Charity commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PD2)'. Our achievements and activities above demonstrate the public benefit.

Structure, governance and management

Ability Bow is a registered charity and company limited by guarantee not having a share capital. It is governed by Articles of Association. The company was incorporated on 28th April 2006 and was registered as a charity on 26th July 2006.

In recruiting and appointing new trustees, the Board considers the mix of skills and experience needed, and a personal involvement in Ability Bow's work. The minimum number of trustees is two; there is no maximum number. The Board has prepared an induction pack to ensure that all new trustees become familiar with the charity and the responsibilities of their role. The trustees undertake periodic reviews of their training needs.

Our Board meets at least four times a year. The Chief Executive manages the day-to-day operations of the charity under delegated powers approved by the trustees.

Related parties

During the year there were no related party transactions, and no trustees received any remuneration.

Going concern

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

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources of the charitable company for that year.

Ability Bow Annual Report 2025

In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and for taking reasonable steps for the prevention and detection of fraud.

The Trustees' report was approved by the Board.



Sharon Currie
Trustee

Date: 12.12.2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ABILITY BOW

I report to the trustees on my examination of the financial statements of Ability Bow (the charitable company) for the year ended 31 March 2025.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might state to the company's members those matters we are required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our work, for this report, or for the opinions we have formed.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charitable 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 the charitable company's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared 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 preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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:

- accounting records were not kept in respect of the charitable company as required by section 130 of the 2011 Act; or
- the financial statements do not accord with those records; or
- the financial statements do 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; or
- the financial statements 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 financial statements to be reached.

SPShah

Samir Shah FCA, ATII
Ramon Lee Ltd
Chartered Accountants
93 Tabernacle Street
London
EC2A 4BA
Date: **12/12/2025**

ABILITY BOW

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<u>Income from:</u>					
Donations and legacies	3	36,313	42,871	79,184	65,022
Charitable activities	4	25,034	104,026	129,060	130,578
Other trading activities	5	55,694	-	55,694	40,048
Total income		117,041	146,897	263,938	235,648
<u>Expenditure on:</u>					
Raising funds	6	24,889	-	24,889	17,161
Charitable activities	7	93,410	145,572	238,982	223,795
Total expenditure		118,299	145,572	263,871	240,956
Net (expenditure)/income for the year/ Net movement in funds		(1,258)	1,325	67	(5,308)
Fund balances at 1 April 2024		26,387	13,675	40,062	45,370
Fund balances at 31 March 2025		25,129	15,000	40,129	40,062

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

All income and expenditure derive from continuing activities.

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

ABILITY BOW
BALANCE SHEET
AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	12		12,985		-
Current assets					
Debtors	13	25,792		22,889	
Cash at bank and in hand		12,951		26,759	
		<u>38,743</u>		<u>49,648</u>	
Creditors: amounts falling due within one year	14	<u>(11,599)</u>		<u>(9,586)</u>	
Net current assets			27,144		40,062
Total assets less current liabilities			<u>40,129</u>		<u>40,062</u>
Income funds					
Restricted funds	16		15,000		13,675
Unrestricted funds			25,129		26,387
			<u>40,129</u>		<u>40,062</u>

The notes on pages 3 to 15 form part of these financial statements.

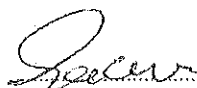
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 12-12-2025


 S E Currie
 Trustee

Company registration number 05800086

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

1.1 Accounting convention

The accounts have been prepared in accordance with the charitable company's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charitable company is a Public Benefit Entity as defined by FRS 102.

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

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

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

1.2 Going concern

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

The income of the charity rose during the year, and the charity took steps to reduce expenditure, which has resulted in the free reserves at the balance sheet date totalling £ 12,144 (2024 - £26,387).

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

1.4 Income

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

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

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

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

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

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

Income from charitable activities received by way of revenue grants and donations are credited to restricted incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.

Grants and donations of general nature which are not conditional on delivering certain levels of service are included as part of Grants and Donations as shown under note 2. Performance related grants and donations which have conditions for a specific outcome are include as Income from Charitable Activities as shown in Note 3.

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

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

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

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

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

Gym & Office equipment	20%
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 Financial instruments

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

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

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

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

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

1.10 Employee benefits

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

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

1.11 Retirement benefits

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

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

2 Critical accounting estimates and judgements

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

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

3 Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2024 £
Donations and gifts	36,313	42,871	65,022
	<u>36,313</u>	<u>42,871</u>	<u>65,022</u>
For the year ended 31 March 2024	<u>41,860</u>	<u>23,162</u>	<u>65,022</u>
Donations and gifts			
Clothworkers - Grant for evac chairs and other health and safety	-	14,600	-
Action for Bow	-	-	1,162
Individual donation	15,100	-	20,000
Individuals and Trusts under E5,000	6,162	-	4,763
The Peter Stebbing	-	-	5,000
J Murray	-	-	5,000
London Catalyst	-	-	4,000
The Trustees of Bruce Wake	-	-	2,000
Trustees of the David Solomans	-	-	1,000
Main grants	-	-	10,000
Percy Bilton - Grant	-	3,995	-
Sport England - Movement Fund grant	-	14,860	-
Wakefield Tetley Trust - grant payment	-	4,416	-
Clarion Futures - Clarion grant	-	5,000	-
Co-Operative - Grant	500	-	-
Other Donation and Gift aid	14,551	-	12,097
	<u>36,313</u>	<u>42,871</u>	<u>65,022</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

4 Charitable activities

	Charitable Income £	Total 2025 £	Total 2024 £
Gym fees	24,957	24,957	21,406
Services provided under contract	-	-	546
Performance related grants	104,103	104,103	108,626
	<u>129,060</u>	<u>129,060</u>	<u>130,578</u>
Analysis by fund			
Unrestricted funds	25,034	25,034	130,578
Restricted funds	104,026	104,026	-
	<u>129,060</u>	<u>129,060</u>	<u>130,578</u>
Performance related grants			
City & Hackney NHS	39,026	39,026	39,026
LB Tower Hamlets Public Health	65,000	65,000	69,600
Others	77	77	-
	<u>104,103</u>	<u>104,103</u>	<u>108,626</u>

5 Other trading activities

	Unrestricted funds £	Total 2025 £	Total 2024 £
Fundraising events	55,694	55,694	40,048
	<u>55,694</u>	<u>55,694</u>	<u>40,048</u>
For the year ended 31 March 2024	<u>40,048</u>		<u>40,048</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

6 Raising funds

	Unrestricted funds £	Total 2025 £	Total 2024 £
Fundraising and publicity			
Other fundraising costs	24,889	24,889	17,161
	<u>24,889</u>	<u>24,889</u>	<u>17,161</u>
For the year ended 31 March 2024	<u>17,161</u>		<u>17,161</u>

7 Charitable activities

	Fitness, health and wellbeing £	Total 2025 £	Total 2024 £
Staff costs	155,728	155,728	148,672
Depreciation and impairment	3,246	3,246	-
Freelance staff costs	6,606	6,606	12,236
Training	2,146	2,146	165
Consumables	98	98	202
Printing-class leaflets	10	10	519
Insurance, licenses and rentals	3,437	3,437	3,217
	<u>171,271</u>	<u>171,271</u>	<u>165,011</u>
Share of support costs (see note 8)	65,401	65,401	56,646
Share of governance costs (see note 8)	2,310	2,310	2,138
	<u>238,982</u>	<u>238,982</u>	<u>223,795</u>
Analysis by fund			
Unrestricted funds	93,410	93,410	211,722
Restricted funds	145,572	145,572	12,073

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

8 Support costs

	Support costs £	Governance costs £	Total 2025 £	Total 2024 £
Staff costs	13,239	-	13,239	13,683
Premises	41,928	-	41,928	35,810
Communications cost	2,996	-	2,996	3,062
Professional expenses	5,060	-	5,060	2,856
Other expenses	2,178	-	2,178	1,235
Audit fees	-	2,310	2,310	2,138
	<u>65,401</u>	<u>2,310</u>	<u>67,711</u>	<u>58,784</u>
Analyses between Charitable activities	<u>65,401</u>	<u>2,310</u>	<u>67,711</u>	<u>58,784</u>
	<u>65,401</u>	<u>2,310</u>	<u>67,711</u>	<u>58,784</u>

9 Trustees

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

10 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Direct staff	5	5
Administration staff	3	1
Total	<u>8</u>	<u>6</u>
Employment costs	2025 £	2024 £
Wages and salaries	156,247	150,682
Social security costs	9,483	8,593
Other pension costs	3,237	3,080
	<u>168,967</u>	<u>162,355</u>

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

10 Employees

(Continued)

No Trustee received any remuneration during the year (2024 - £nil). No Trustees received reimbursed expenses during the year (2024 - £nil).

The key management personnel of the charity comprise of the Executive Officer. The total employee benefits (including employer's pension contribution) of the key management personnel of the charity were £70,187 (2024 - £67,930).

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Tangible fixed assets

Gym & Office equipment
£

Cost

Additions

16,231

At 31 March 2025

16,231

Depreciation and impairment

Depreciation charged in the year

3,246

At 31 March 2025

3,246

Carrying amount

At 31 March 2025

12,985

13 Debtors

2025

2024

Amounts falling due within one year:

£

£

Other debtors

10,792

22,889

Prepayments and accrued income

15,000

-

25,792

22,889

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

14 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	3,477	3,198
Accruals	8,122	6,388
	<u>11,599</u>	<u>9,586</u>

15 Retirement benefit schemes

Defined contribution schemes

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

The charge to income and expenditure in respect of defined contribution schemes was £3,237 (2024 - £3,080).

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

16

Restricted funds

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

	Movement in funds			Movement in funds			
	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 1 April 2024	Incoming resources	Resources expended	Balance at 31 March 2025
	£	£	£	£	£	£	£
Equipment and maintenance	2,586	-	-	2,586	-	(2,586)	-
Action For Bow	-	1,162	-	1,162	-	(1,162)	-
The Peter Stebbing	-	5,000	(2,083)	2,917	-	(2,917)	-
Main Grants Awards for All	-	10,000	(8,323)	1,677	-	(1,677)	-
Trustees Of The David Solomans	-	1,000	-	1,000	-	(1,000)	-
The Trustee Of The Bruce Wake	-	2,000	-	2,000	-	(2,000)	-
London Catalyst	-	4,000	(1,667)	2,333	-	(2,333)	-
Percy Bilton	-	-	-	-	3,995	(3,995)	-
Sport England	-	-	-	-	14,860	(14,860)	-
Wakefield Tetley Trust	-	-	-	-	4,416	(4,416)	-
Clothworkers	-	-	-	-	14,600	(14,600)	-
Clarion Futures	-	-	-	-	5,000	(5,000)	-
LB Tower Hamlets Public Health	-	-	-	-	65,000	(50,000)	15,000
NHS North East London Contract	-	-	-	-	39,026	(39,026)	-
	2,586	23,162	(12,073)	13,675	146,897	(145,572)	15,000

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

16	Restricted funds	(Continued)
	Equipment and maintenance - Donations for the purchase of gym equipment and there ongoing maintenance.	
	The Peter Stebbing - Funds received for the Autism Exercise project.	
	Action for Bow - Funds received for a specific salary and recruitment costs.	
	Main Grants Awards for All - Funds received for the Keep Active & Connected project.	
	Trustee of The David Solomans - Funds received for the Autism Exercise project.	
	The Trustee of The Bruce Wake - Funds received for the Wheel Fit project.	
	London Catalyst - Funds received for the Autism Exercise project.	
	Percy Bilton - replacement treadmill	
	Sport England - Active Ability project	
	Wakefield Tetley - extending sessions	
	Clothworkers - enhancing safety	
	Clarion Futures - Active Ability project	
	LB Tower Hamlets Public Health - Disability Weight Management Service	
	NHS North East London Contract - Accessible Exercise and Join In service	

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Fund balances at 31 March 2025 are represented by:						
Tangible assets	12,985	-	12,985	-	-	-
Current assets/(liabilities)	12,144	15,000	27,144	26,387	13,675	40,062
	<u>25,129</u>	<u>15,000</u>	<u>40,129</u>	<u>26,387</u>	<u>13,675</u>	<u>40,062</u>

18 Operating lease commitments

The charity occupies the gym under a 21-year lease commencing on 1/12/2004. The lease can be terminated at 6 months' notice. The commitment for 6 months at the prevailing rent is £8,500.

19 Related party transactions

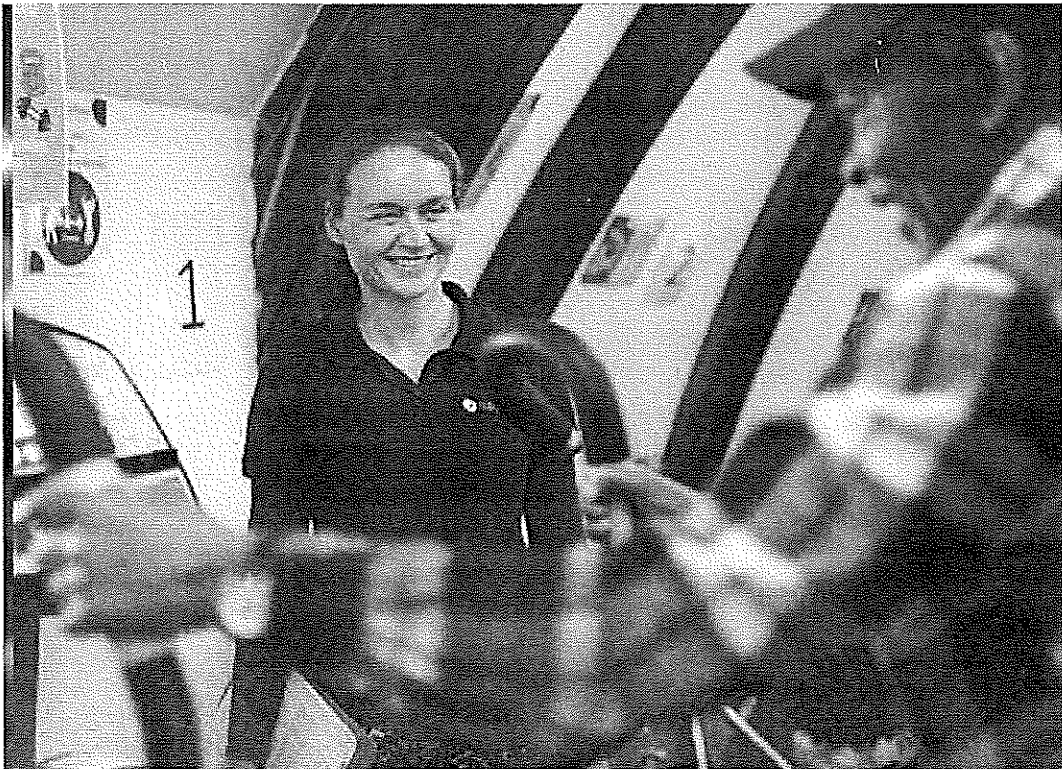
There were no disclosable related party transactions during the year (2024 - none).

20 Liability of members

The charity is constituted as a company limited by guarantee and does not have a share capital divided by shares. In the event that the charity is dissolved the liability of members is limited to £10 per member.

ABILITY BOW

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025



This image captures what drives us every day: supporting each person to take their next step toward strength, confidence and possibility.