

**Report of the Trustees and**  
**Financial Statements for the Year Ended 31 May 2023**  
**for**  
**South Essex Gymnastics Club Limited**

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**South Essex Gymnastics Club Limited**

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**for the Year Ended 31 May 2023**

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**South Essex Gymnastics Club Limited**

**Report of the Trustees**  
**for the Year Ended 31 May 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The trustees have adopted the provisions of 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**

**Objectives and aims**

The main object of the Club is to organise, provide or assist in the organisation or provision of facilities which will enable young children, young persons and other residents in the areas of Basildon, Castle Point and the adjoining districts to undertake gymnastics ensuring that due attention is given to the physical education and development of such pupils and to the development and education of their minds.

In furtherance of such objects, but not otherwise the Charity may:

Provide or assist in the provision of gymnastics and sports equipment for such persons;  
Teach and develop interest in Olympic gymnastics and associated disciplines e.g. freestyle, dance and movement and promote the consolidation and practise thereof;  
Promote competition at all levels;  
Observe and administer the rules and directions of British Gymnastics or its successors.

There have been no changes to the Club's objectives since the end of the financial year under review.

## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

##### **Significant activities**

##### **PERFORMANCE**

Performance of the four largest gymnastic disciplines within South Essex Gymnastics Club, June 2022 - May 2023.

##### Men's Artistic Gymnastics

##### Overview of the men's programme:

Between June 2022 and May 2023, we also had seventeen MAG gymnasts selected on to National squads:

|                       |                        |
|-----------------------|------------------------|
| Senior GBR Squad      | GBR Foundation Squad   |
| Max Whitlock OBE      | Sebastian Solomos      |
| Courtney Tulloch      | Reuben Montrose        |
| Hayden Skinner        | Harry Smallshaw        |
| Pavel Karnejenko      | Dylan Wright           |
| Junior GBR Squad      | Junior Bulgarian Squad |
| George Atkins         | Yoan Ivanov            |
| Alex Niscoveanu       | David Ivanov           |
| Danny Crouch          |                        |
| GBR Development Squad | Junior Indian Squad    |
| Deshai Knights        | Mann Kothari           |
| Kaydn Jackson         |                        |
| Leo Cozens-Boutall    |                        |

There has been considerable growth during this period. We have introduced another Club squad to help encourage and improve the level of our club level gymnasts, and two new Development groups (to 6 up from 4 groups previously) to ensure our great results are sustainable and will continue with lots more talented boys coming through our system and following our growing system. We have increased the number of Advanced Recreational groups, from eight Advanced Recreational classes to twelve during this period.

This has meant the overall participation on the men's side at the club has increased greatly. This has also meant we now have multiple young coaches that have started their coaching development within Men's gymnastics by taking these classes, some of which we hope will progress through the Club and few that will hopefully carry on the legacy of our elite system as well.

#### **Competition Results**

##### **June 2022**

U18 5-way match (SUI-GER-FRA-ITA-GBR) international, Berlin, Germany.

Danny Crouch represented GBR and placed 2nd in the All-Around competition and 1st on Floor and High-bar.

##### **July 2022**

European Youth Olympics, Slovakia.

Danny Crouch represented GBR and was crowned European Youth Olympic Champion on Floor. Danny also went on to get a silver medal on high-bar, another silver medal with the team and placed 4th in the All-around competition and on Pommel.

Commonwealth Games, Birmingham.

Courtney Tulloch represented England and became Rings Commonwealth Champion. Courtney also won a second Gold medal in the team competition.

Bulgarian National Championships

Sofia, Bulgaria. Yoan and David Ivanov placed 1st and 2nd All-around in the Junior competition. David became Bulgarian Pommel Champion and Yoan became Bulgarian Parallel-bars and Rings Champion.

Floor and Vault Catleaps Advanced Recreational competition.

We entered fifteen boys all of whom won individual medals or were awarded certificates.



## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

##### **August 2022**

Danny Crouch was selected to attend the European Championship preparation training camp in Belgium.

##### European Championships (Junior and Senior), Munich, Germany.

Courtney Tulloch represented GBR winning Bronze on Rings and became European Champion in the team final. Danny Crouch represented GBR winning a bronze medal in the team event and made the Floor and High-bar final.

David Ivanov represented Bulgaria in his first ever International and performed the highest start score on pommel across the whole competition. Yoan Ivanov was selected as the travelling reserve for the Bulgarian team.

##### **September 2022**

##### Junior Wohlen Cup, Cottbus, Germany

Alex Niscoveanu represented GBR and was crowned All-around Champion, Pommel Champion, Rings Champion and also got silver medals on Floor and High-bar.

##### Hungarian World Challenge Cup

Pavel Karnejenko represented GBR and made the Rings and Parallel-bars finals. Pavel narrowly missed out on a rings medal placing 4th.

##### **October 2022**

##### Regional Championships (National final Qualifiers), Ipswich

We had four regional champions - Deshai Knights, Kaydn Jackson, Isaac N'Doro and Ethan Austin. In addition to this we had a further five top three placings from Reuben Montrose, Harry Smallshaw, Sebastian Solomos, Leo Cozens-Boutall and Dylan Wright. Due to these results, it meant we qualified eight Elite gymnasts and one Club gymnast through to national finals.

##### **November 2022**

##### World Championships, Liverpool, GBR

Courtney Tulloch represented GBR and won his first World medal in his career winning the Bronze medal in the Team final. Courtney then went on to win another medal, winning the Bronze medal in the Rings final. This was Great Britain's first ever world medal on rings. Courtney also became the first black man from any country to ever win a world medal on rings.

##### Regional Advanced Recreational competition, Ipswich

We entered seventeen boys which is the most we have ever entered for this competition which really shows how our boys advanced recreational classes and numbers have grown. Lots of Apparatus medals were won across the age groups and different categories.

##### **December 2022**

##### U16 5-way match (SUI-GER-FRA-ITA-GBR) international, Lilleshall, GBR

George Atkins represented GBR and was Crowned All-around Champion. George also came 1st on Floor, Pommel, Rings, Parallel-bars, and High-bar. George also won another Gold medal with GBR winning the team competition.

##### National Elite Grade Finals, Telford

Deshai Knights was crowned national Champion. Kaydn Jackson placed 2nd winning the silver medal and Leo Cozens-Boutall came third getting the Bronze. Dylan Wright placed 4th, and Rueben Montrose, Harry Smallshaw and Sebastian Solomos all placed in the top eight.

##### National Club Grade finals, Telford

Ethan Austin placed 4th and won a spot on the GBR reward camp at Lilleshall. Ethan was our first Club Grades Top 6 finish for many years and showed how our club programme is starting to grow alongside our strong elite programme.

##### **January 2023**

Courtney Tulloch was selected to attend the GBR preparation training camp in Dubai.

##### **February 2023**

##### Scottish Championships, Edinburgh

Pavel Karnejenko was crowned Scottish All-around Champion. Max Whitlock OBE returned for his first competition since Tokyo 2020. Max competed as a Guest performing his new pommel routine. Our men's juniors also competed as guests in preparation for their upcoming competitions.

##### English Championships, Telford

## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

Deshai Knights was crowned U12 All-around English Champion. Deshai also won Pommel, Rings, Parallel-bars and High-bar. Kaydn Jackson picked up the other two available gold medals winning Floor and Vault and placed 4th All-around. Our other five U12 gymnasts all placed in the top ten. George Atkins placed 2nd All-around in the U16 competition and was crowned English Champion on Pommel, Parallel-bars, and High-bar.

In the Senior competition Courtney Tulloch was crowned English Champion on Rings whilst Max Whitlock OBE was crowned English Champion on Pommel.

#### Welsh Championships, Cardiff, Wales

Alex Niscoveanu was crowned Welsh All-around Champion. Alex also won five out of the six apparatus finals.

#### **March 2023**

##### British Championships, Liverpool

Alex Niscoveanu was crowned All-around U18 British Champion and won multiple apparatus medals. In the Senior Competition Pavel Karnejenko placed 3rd in the All-Around competition and went on to pick up a silver medal on Rings. Courtney Tulloch was crowned British Rings Champion. Max Whitlock OBE won Pommel on day one with another big score of over fifteen.

##### Junior World Championships, Antalya, Turkey

George Atkins was selected to compete for GBR in the team of three gymnasts at the Junior World Championships and was the youngest competitor at the competition from any nation. He competed brilliantly and gained invaluable experience at the highest level at such a young age.

#### **April 2023**

##### European Championships, Antalya, Turkey

Max Whitlock OBE and Courtney Tulloch were both selected to compete for GBR. Unfortunately, Max picked up a small injury leading into the competition and the decision was taken to withdraw to make sure he was ready and fit for the World Championships in October. Courtney meanwhile picked up another major medal winning a Bronze medal in the Team final and also made another major final.

##### Pipers Vale challenge national open, Ipswich

In the U9 competition, Isaac N'Doro was crowned the All-Around champion and won five out of the six apparatus. In the U8 competition Lucas placed 3rd All-around and won two other apparatus medals. Seven other boys were also entered with many apparatus medals won between them.

#### **May 2023**

##### U18 5-way match (SUI-GER-FRA-ITA-GBR) international, France

Alex Niscoveanu represented GBR in this team competition competing really well and helping GBR secure the Silver medal, narrowly missing out on Gold by less than one mark.

Anthony Wise, Head Men's Coach, SEGC.

#### **Rhythmic Gymnastics**

##### Overview of the Rhythmic Programme

Our primary focus in 2021 and 2022 was to rebuild our recreational programme as this had been greatly decreased before and during Covid. With this showing consistent improvements in the class numbers and quality of coaching being delivered to these groups, I shifted focus in 2022/23 towards our development and club level competitive groups (levels 1-3) and looking to fill and work closely with these groups to improve them so that in the next two years or so, we will have a good base of competitive gymnasts who can then progress into the elite squad pathway. So, from 2025/26 we can begin to focus on our high-performance programme more again as it will hopefully have more gymnasts.

#### **Competitions & Results**

Ava competed at the **English Championships** for her first year as a Junior. She performed well and her highest placing was 10th in ribbon category.

We then attended the **Summer London Championships** in June with our elite gymnasts. All girls who competed came away with medals. Pippa - 2nd in both apparatus, Ava - 2nd in ribbon, Sophia - 3rd in hoop and Katie - 1st in all three apparatus.

## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

In July we had the **National Grade Finals** where six girls competed. Most notable results were Pippa becoming National U10 hoop champion, 3rd in ball and 2nd overall. Ava achieved a bronze in Junior ribbon, 6th in hoop and 4th in clubs and 4th overall. This was Lily-Rose's first qualification to a national competition, and she competed in the very competitive Junior category finishing 15th overall. Katie competed in the senior disability category, finishing 1st in all apparatus, and becoming the all-around champion.

From August-November the focus was on preparing new routines for the coming year.

In November we attended the **Winter London Championships** taking girls in every level from Level 1 - Level 5. All eight girls who competed in the club competition levels (1-3) medalled in their routines. Of the three girls who competed in the elite levels (4-5) they all placed within the top six, with Pippa finishing 2nd in both apparatus.

In January 2023, seven girls attended the **Rhythmic Excellence, elite level friendly competition**. In the under 9 & Under 10 categories three girls competed and came away with two bronzes and a silver between them. In the Junior and Senior categories, Katie placed 1st in both her apparatus in the disability category.

In February we had the **National Grades** where eight gymnasts competed. Two gymnasts in Under 10 and both passed their grade. Pippa in Under 11 who passed to the National Finals. Three gymnasts in the Junior category with all gymnasts passing their grade, and Lily-Rose qualifying for the National Finals. Finally, Jade passed her Grade 10 in Senior and Katie passed Grade 10 disability, both also qualifying for the National Finals. As well as being their Grades, this was also the Zonal Championships (an inter-competition between four regions). In this competition, Josephine finished 3rd in the U10 Zonal Championships and Eleanor was 4th. Pippa was 2nd in the U12 category (competing against gymnasts a year older than herself). In the Junior Zonal Championships, Lily-Rose finished 3rd and Ava 6th, Jade was 4th in the Senior category and Katie became Senior Disability Zonal Champion.

In April we attended the **Spring Stars Cup** with gymnasts from all levels. eight girls competed in the club level 1-3 competition. All eight girls received medals for top six placements, particularly Sophie - two golds and Emily - two silvers in Senior Level 2, Scarlett a bronze for U9 free, Emily C. and Sophie S. two silvers and Blaire a bronze in U10 Level 2 and finally, Lila 2 golds in Under 12. On the second day of the competition we had four elite girls competing, all finishing in top three. Katie - 1st in all three apparatus and overall, in Senior disability, Jade - gold for one routine in Senior Level 4, Lily-Rose - one gold, one silver and 2nd overall. She also received a special recognition award for artistry and expression.

The next competition in April was the **Junior/Senior British Open Apparatus Championships**. Lily-Rose competed in the Junior category and finished 14th and 15th in ball and ribbon respectively out of just over 40 gymnasts. Katie finished 1st in all three apparatus in the Senior Disability category (this was also her final national competition before retiring to focus on her coaching). Jade Woollard competed in the highly competitive Senior category with a top six finish in clubs and then 7th and 9th in ribbon and hoop.

In May we attended the **3rd International Devotion Cup in London**. London is always a very competitive place to compete, even more so being an international competition and we took gymnasts to compete in every level. The first day was the club level 1-3 gymnasts. Thirteen gymnasts competed that day, with it being the first external competition for many of them. All gymnasts placed in the top six of their respective categories with Ava C., Emily C., Scarlett, Nicole, Lila, Sophie R., Emily S. and Jessica all getting top three places. Jessica also received a special recognition award for Miss Dance. On day two, three elite gymnasts competed. Pippa - 2nd in hoop, 4th ball, 4th overall. Lily-Rose - 1st in ribbon, 5th ball and 3rd overall. Jade - 3rd in both apparatus, 4th overall and a Miss Dance award.

Finally, at the start of June was the **National Finals competition**. Pippa competed in U12 category (again competing against girls a year older than her) and finished 7th in both apparatus and overall. Lily-Rose competed in Junior and finished top six in ribbon, 13th and 14th on her other two apparatus and 10th overall, showing huge improvements on her previous National Finals competition.

## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

In terms of squads (regional, national, etc.) British Gymnastics (BG) decided in 2022 to stop running any England or GBR Espoir squads so we have not been able to trial any gymnasts for these as we would have done in previous years. There are also no county or regional squads run for Rhythmic. BG also decided to cut back on the number of national competitions being run for Rhythmic (there is no longer an Espoir British Open Apparatus Championships). These cutbacks also contributed to our desire to do more friendly competitions so the girls still had goals to work towards even with the cut backs from BG.

#### **Goals and Intentions**

After having missed almost two years of competitions during Covid we decided this year to enter as many competitions as we could to help them find their confidence in competing again. I feel we achieved this through the number of friendly competitions we have attended in this 2022-23 period, and we continued to attend several more throughout the summer, a time when we normally have no competitions and into the end of the year.

We have three club squad groups, Club Squad 1 having the junior/senior age gymnasts, down to 3 which has the youngest of the gymnasts. We have moved any promising gymnasts from our growing one and two-hour recreation classes into our Club Squad 2 and Club Squad 3 groups with these gymnasts training between 5-12 hours per week and preparing them for competitions. I have personally been working a lot with the gymnasts and coaches of club squad 1 and club squad 2 groups to help them to develop.

We were also able to build a strong base of development level gymnasts through this 2022-23 period. We now have two development groups (one older and one younger). Katie and I focused a lot on these groups with the target being that, by 2024/25 they would be ready to progress into the pre-elite and club squad competition pathways and begin a new pre-dev group to continue this smooth flow through from rec to elite as it is starting to work well for the programme. We are on track to achieve this goal in 2024.

#### **Summary of Rhythmic Gymnastics Performance**

Throughout 2022 and 2023 our recreational classes numbers have been steadily increasing. There is the occasional dips at certain times of the year, but there was a definite annual upward trend. Filling Rhythmic recreational classes is always a little more difficult as it is a less well-known sport, so it is important to keep gymnasts once they are in the class and ensure a lower turn-over rate. To do this, I put a large focus on improving the quality of the coaching the rec gymnasts receive and providing them with more opportunities for challenge and progression to keep them engaged and staying in the programme. Throughout this period, Katie and I worked together to create a Rhythmic specific testing scheme, similar to the one in Gym-School so the gymnasts now have awards/levels to work through, they can track their progress and see their achievements.

We have also trialled running Rhythmic fun sessions during the school holidays to increase engagement in the Rhythmic programme, these are open to both new and current Rhythmic members. The trial session went well so it is something that will be continuing.

Danielle Paul, Head Rhythmic Coach, SEGC

#### **Women's Artistic Gymnastics**

##### Overview of the Women's Programme

In addition to attendances of our national, regional, and county level athletes, our recreation levels also did very well this year and continue to do the club proud at their levels. Participant numbers increased from 260 in June 2022 to 310 in May 2023.

#### **Result and Notable Events**

##### **June 2022**

This month and next were predominantly used for focusing on squads and camps for the preparation for the **Commonwealth Games (CWG)**. Shannon Archer was officially selected for her 2nd CWG for Team Scotland. Georgia-Mae Fenton was officially selected to represent **Team England** at her 2nd CWG.

## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

Several Women's Artistic Gymnastics (WAG) gymnasts were involved in the Young Leaders Programme assisting at the Men's Artistic British Championships held at Basildon Sporting Village (BSV).

A 1st and 2nd place gained by two of our girls from one of our development groups coached by Angelica at the **Pipers Vale Pearls invitational competition**.

Michelle Flemings successfully finished her **Women in Leadership course**; this was a selection only opportunity awarded to Michelle.

Sienna McCoy and Andrea Nodoro gained full selection to the **GBR WAG National Squad programme**.

Georgia and Shannon also trailed for the **European Championships**.

#### **July 2022**

A successful **Scout Day** was run where we have started drafting young talent into various classes that we offer in the WAG programme.

Georgia-Mae was selected as part of the team to go to the **European Championships** along with her coach Michelle.

28th of this month the **Commonwealth Games (CWG)** started with a team coach (Michelle) for Team England and gymnast in Georgia-Mae and team coach in myself for Team Scotland with Shannon Archer as a gymnast.

#### **August 2022**

At the **Commonwealth Games** Georgia-Mae Fenton, as a FIG SNARE winner with Team England who came 1st, she came 1st on Bars and 5th on Beam. She made history being the first Woman to retain a CWG bars title.

Shannon Archer, as a FIG SNR competitor with Team Scotland who came 6th, came 8th in the all-around, 3rd on vault and 8th on bars. She made history being Scotland's first women's artistic gymnast to win a CWG medal. With Shannon coaching within our WAG set up too this acted as wonderful motivation for those that she helps week in week out.

A media day was held back at the club that Georgia was a part of along with Caron Notton and her squad group.

Georgia qualified for Bars final at the **Europeans**.

We attended two separate Summer Camps at Pipers Vales, one for our development girls and one for our Elite girls. Logan Maxwell passed his Level 2 coaching course and started working closer with our WAG team. Olivia Power left for pastures new, but often helps cover for us now.

#### **September 2022**

**County Championships** saw our youngest and least experienced competition group compete alongside some of newly placed National Squad members. Every entrant medalled and or placed. Coaches Olivia Power, Angelica Brooks, Caron Notton and Nicole Wooder did a fantastic job.

**Regional Championships** saw some of our older Senior, Junior and Aspire aged elites do well and medal again Caron, Nicole and Michelle did a super job supporting them.

**Classic Challenge County Cooper level** saw fourteen of Olivia Power's older Challenge group and Beth Philips group do well competing in Colchester with medals and rosettes awarded. At the same competition, but at the Zinc level, we also had a large entry from Beth and Angelica's younger girls too, with lots of results we were very proud of too.

September was rounded off well with Georgia-Mae being selected for the **World Championships WAG team**.

#### **October 2022**

Early start in the month saw us enter a young team into the **Women's British Teams Championships** held in Stoke.

**Classic Challenge Bronze, Silver and Gold** saw another seven girls compete and seven girls get medals.

This month saw Teegan Milligan achieve the clubs first **American Gymnastics Scholarship** accepted at Bowling Green since Nicola Willis last achieved this nearly twenty years ago.

Keeping girls moving through the Elite WAG programme saw Alena Carter and Lilly Shepherd pass the compulsory level three.

Three of Cara Mulreney's girls in our Challenge group achieved great results in October too, this was particularly impressive as unusually they had two competition weekends one after the other, so extra well done to Cara for managing this with the girls.

End of the month was rounded off nicely with some of Beth's younger girls medalling at the regional copper and Zinc.

#### **November 2022**

This saw the start of the **World Championships** and Georgia-Mae being part of the Silver winning WAG team.

Myself, Shannon and Gemma went and spoke at an Active Essex event held at Colchester United Football Club.

Six girls from our rec squads competed at their Grade 5 and all placed. Seven girls also competed at their Grade 6 and all placed and passed.



South Essex Gymnastics Club Limited

Report of the Trustees  
for the Year Ended 31 May 2023

**OBJECTIVES AND ACTIVITIES**

**December 2022**

Early December saw some of our younger recreation squads compete in the Grade 2 and do exceptionally well with a collection of medals and placings.

From a regional event earlier in November saw Dakota make the East of England team and compete at National finals for the Classic Challenge levels. As did Jaida. Hard work reflected by their coaches Cara and Caron.

December also saw a fantastic Gymnanza which each and every one of our girls love taking part in and full credit must go to all our coaching team for the efforts made in producing some superb routines. Especially Nicole as she often pulls things together and helps everyone out.

**January 2023**

January started positively with Andrea and Sienna getting reselected to their GBR national Aspire squad. Super result for their coaches Caron and Nicole.

Three members enjoyed their last England squad before the new selections get made after 2023's English Championships.

January is also when we hit the ground running, especially for our elite girls with competitions starting in February for qualification to that year's British Championships.

2023 saw five of our WAG girls pre-selected for that year's regional squad.

Two new members joined our Elite Team from other clubs as they aspired to reach the goals, they had seen us achieve in 2022.

2023 also saw us have a National member from the Czech Republic come train with us which ended in her making the European and Worlds team of 2023 and her best result and her country's best result in a vault medal at the **Worlds University Games**. We also had Swiss National Team member that came and trained with us who on her return to Switzerland scored a personal best score securing her place in her national squad.

**February 2023**

This saw a new competition created to help the selection of Seniors to the **British Championships**. We had five girls compete (Teegan competed for experience as she was going to American College), the remaining four all qualified.

**Pipers Vale Pre-Grades** competition acted as another excellent warm up event for the upcoming National cops of the English and British.

We had five Aspire level girls enter the **English Championships** and five Seniors too. Our seniors placed 4th AA (Georgia, who also came 5th on bars and 2nd on beam) and 5th AA (Tommera, who also came 10th on beam and 7th floor) and 13th and 14th AA respectively for Maggie Shepherd and Charlotte Cassidy. Our Aspire girls placed 2nd AA (Sienna McCoy, who also placed 2nd on vault and 3rd on floor) and 4th AA (Andrea Ngoro, who placed 2nd on bars and 1st on floor) and Alena 10th AA and 4th on bars.

**March 2023**

The **Pipers Pre-grades competition** also saw an opportunity for twenty-six other young girls to compete at various levels before their squad grades too with fifteen medallists.

This month also saw Georgia-Mae win the **Welsh Championships** with a personal best AA score, and Georgia was selected for 2023's European team.

Twenty-nine of our members across all levels attended their first county squad of the year.

At the **British Championships** our Aspire pair in Andrea and Sienna placed 2nd and 4th in the AA comp with six apparatus finals between them. This saw Andrea place 2nd on floor, 2nd on bars 3rd on vault and 6th on beam. With Sienna placing 1st on floor making her British floor champ and 2nd on vault. What a result for Caron Notton too. Tommera, Maggie and Georgia competed in the Senior category with Georgia placing 3rd AA and came 2nd on bars and 3rd on floor too.

**April 2023**

April was another busy month for competitions across all levels and saw some fantastic achievements at grades competition held at **Pipers Vales**.

**European Championships** started this month with George being part of the history making winning WAG team, she also made the AA final too.

A huge medal haul was collected by our young development squads at a county event in Colchester. Along with some awesome general gym competitions for our youngest development groups too.

We saw two members accepted in to the **2023 Senior England squad programme** in Maggie Shepherd and Tommera Hendrix's and 1 Aspire in Alena Carter.

## South Essex Gymnastics Club Limited

### Report of the Trustees for the Year Ended 31 May 2023

#### **OBJECTIVES AND ACTIVITIES**

May 2023

Early in May saw a solid start to the regional general gym finals with wonderful results across all age groups. We also had team members in the regional grade's finals.

Four members made various **GBR squads** too. Georgia-Mac made Senior squad, Shannon archer made Senior development squad (a new squad in the programme) and Sienna and Andrea we re-selected to the Aspire GBR national squad.

General gym grades apparatus finals saw Amber and Kayleigh take their girls and do extremely well.

Alena Carter and Evie Haworth showed Caron can take most girls through most elite levels as they both passed the Compulsory 2 allowing them to partake in 2024's British championships.

General gym level entries involved 27 of our girls from our oldest girls through to our youngest girls, and between them they collected an impressive medal haul.

I ran a young leaders education session for Gemma.

#### **General Overview:**

The general approach to coaching across the WAG discipline has impressed me and any issues that needed addressing have been and the individuals have responded well.

It was tricky balancing Cara's role whilst on maternity (simply due to the age of her girls and what they required) but we got through that and have respected the squad she had and worked hard to keep them involved in the club and provide them with what they needed.

Angelica Brooks was a new staff member from Luton that I have earmarked as potentially having skills in the Elite side of coaching so she has our next development girls that could go down this route. I am working on mentoring her with help from a few other members of staff.

We have had some encouraging gymnasts begin their transition from older athletes into young coaches. This is always exciting as I feel it is always healthy for a club to have home grown coaching talent. Names that stand out to me at the moment are Megan Read, Charlotte Cassidy and Jess Haycock.

Ross Falsetta, Head Women's Coach, SEGC

#### **Gym-School**

The largest section of the Club by far and very important to ensure there are young gymnasts who filter into the Men's and Women's Artistic programmes and our Rhythmic Gymnastics programme.

Our gym-school programme is run across both of our sites, ie Eversley and Basildon. The classes are an hour long and we average fifty children per class. We run sessions from 4pm-8pm, Monday to Friday and Saturdays as well from 8am to 4.30pm. We also run eleven advanced classes across both sites, they are for children who require more.

We have around fifty to sixty staff that work across both sites and around ten to twelve volunteers that help us with the sessions.

By the nature of the age of the participants there is only a limited programme of competitions since this group is principally concentrating on basic movements, courtesy, and safety of the sport. However, we run in-house competitions to motivate and encourage the young gymnasts to learn and understand the rules of competitive gymnastics. We have developed a testing and award scheme that all gymnasts at every level take part in, and the higher they go the more challenging they are.

In 2024 we are introducing out-of-house competitions for our advanced children. This is the first time the club has done this for this level of gymnast.

Kayleigh Peak, Head of GymSchool, SEGC

#### **Summary**

The Club currently offers coaching programmes for all ages and abilities in Women's Artistic Gymnastics, Men's Artistic Gymnastics, Rhythmic Gymnastics, Display Gymnastics and Circus Arts. It also offers "Pay and Play" recreational activities in Parent and Toddler Gymnastics, Pre-school Gymnastics, Adult Gymnastics, Disability and Special Needs Gymnastics, and Freestyle Gymnastics.

As a result of the successes across all disciplines, the Club continually reviews its activity programmes to meet the demand for places at all levels at the Club. The strong team at the heart of the Club, together with the tremendous support from gymnasts and their parents are driving the Club's recovery from the financial effects of the pandemic.

## **South Essex Gymnastics Club Limited**

### **Report of the Trustees** **for the Year Ended 31 May 2023**

#### **OBJECTIVES AND ACTIVITIES**

The Club is well established in the Basildon Sporting Village and the Eversley Leisure Centre, and amicable, and effective working arrangements are in place with "EveryOne Active" (SLM Ltd), from whom the Club leases both premises, and Basildon Borough Council.

#### **FINANCIAL REVIEW**

##### **Reserves policy**

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity, at a level which will be sufficient to cover the charity's expenses for the foreseeable future and to secure additional premises for the charity's operations to meet future demand. These expenses include management and administration and support costs.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

##### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

06882268 (England and Wales)

##### **Registered Charity number**

1129701

##### **Registered office**

Basildon Sporting Village  
Gloucester Park North  
Cranes Farm Road  
Basildon  
Essex  
SS14 3GR

##### **Trustees**

Mr C Fabb  
Mrs S Hibbitt  
Mr S D Smith  
Ms J A Hickton  
Mr R D Short  
Mr J S Ben-Aderet  
Mr D T O Mott  
Mr J P Davis

##### **Company Secretary**

Mrs S Hibbitt

##### **Auditors**

Michael Letch & Partners LLP  
Accountants and Statutory Auditors  
146 High Street  
Billericay  
Essex  
CM12 9DF



**South Essex Gymnastics Club Limited**

**Report of the Trustees**  
**for the Year Ended 31 May 2023**

**COMMENCEMENT OF ACTIVITIES**

On 31 May 2009 the unincorporated charity known as South Essex Gymnastics Club - registered charity number 297322 ceased and transferred its reserves to South Essex Gymnastics Club Limited. From 1 June 2009, South Essex Gymnastics Club Limited will continue to carry out the objects and activities previously carried out by South Essex Gymnastics Club.

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of South Essex Gymnastics Club Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

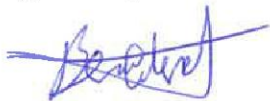
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

The auditors, Michael Letch & Partners LLP, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 27 March 2024 and signed on its behalf by:



Mr J S Ben-Aderet - Trustee

**Report of the Independent Auditors to the Members of**  
**South Essex Gymnastics Club Limited**

**Opinion**

We have audited the financial statements of South Essex Gymnastics Club Limited (the 'charitable company') for the year ended 31 May 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

**Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

**Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

**Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**Report of the Independent Auditors to the Members of**  
**South Essex Gymnastics Club Limited**

**Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

**Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Enquiry of management and the trustees relating to actual and potential litigation claims.

Enquiry of management in compliance functions to identify any instances of non-compliance with laws and regulations.

Reviewing financial statements disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

Performing audit work over the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness, evaluation of the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for evidence of bias.

On occasion we may also have determined that certain matters relating to non-compliance with laws and regulations are key audit matters, we must still include the required explanation, in our report, as to what extent the audit was considered capable of detecting irregularities, including fraud.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to misstatement in the financial statements or non compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion omission or misrepresentation.


A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

**Report of the Independent Auditors to the Members of**  
**South Essex Gymnastics Club Limited**

**Use of our report**

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 audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Michael B Letch (Senior Statutory Auditor)  
for and on behalf of Michael Letch & Partners LLP  
Accountants and Statutory Auditors  
146 High Street  
Billericay  
Essex  
CM12 9DF



28 March 2024.

**South Essex Gymnastics Club Limited**

**Statement of Financial Activities**  
**(Incorporating an Income and Expenditure Account)**  
**for the Year Ended 31 May 2023**

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2023<br>Total<br>funds<br>£ | 2022<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                             |                             |
| Donations and legacies             | 3     | 45,154                    | -                       | 45,154                      | 18,607                      |
| <b>Charitable activities</b>       | 6     |                           |                         |                             |                             |
| Gymnastics                         |       | 1,535,992                 | -                       | 1,535,992                   | 1,370,110                   |
| Other trading activities           | 4     | 76,254                    | -                       | 76,254                      | 62,531                      |
| Investment income                  | 5     | 969                       | -                       | 969                         | 11                          |
| Other income                       |       | 1,381                     | -                       | 1,381                       | 25,523                      |
| <b>Total</b>                       |       | <u>1,659,750</u>          | <u>-</u>                | <u>1,659,750</u>            | <u>1,476,782</u>            |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                             |                             |
| Raising funds                      | 7     | 10,921                    | -                       | 10,921                      | 23,806                      |
| <b>Charitable activities</b>       | 8     |                           |                         |                             |                             |
| Gymnastics                         |       | <u>1,727,311</u>          | <u>-</u>                | <u>1,727,311</u>            | <u>1,545,015</u>            |
| <b>Total</b>                       |       | <u>1,738,232</u>          | <u>-</u>                | <u>1,738,232</u>            | <u>1,568,821</u>            |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | (78,482)                  | -                       | (78,482)                    | (92,039)                    |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                             |                             |
| Total funds brought forward        |       | 575,571                   | -                       | 575,571                     | 667,610                     |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u><u>497,089</u></u>     | <u><u>-</u></u>         | <u><u>497,089</u></u>       | <u><u>575,571</u></u>       |

**CONTINUING OPERATIONS**

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

**South Essex Gymnastics Club Limited**

**Balance Sheet**  
**31 May 2023**

|  | Notes | 2023<br>£      | 2022<br>£      |
|--|-------|----------------|----------------|
| <b>FIXED ASSETS</b>                          |       |                |                |
| Tangible assets                              | 15    | 284,060        | 341,337        |
| <b>CURRENT ASSETS</b>                        |       |                |                |
| Stocks                                       | 16    | 9,170          | 8,313          |
| Debtors                                      | 17    | 54,849         | 56,930         |
| Cash at bank                                 |       | 393,932        | 464,163        |
|  |       | <u>457,951</u> | <u>529,406</u> |
| <b>CREDITORS</b>                             |       |                |                |
| Amounts falling due within one year          | 18    | (112,536)      | (102,554)      |
| <b>NET CURRENT ASSETS</b>                    |       | <u>345,415</u> | <u>426,852</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | 629,475        | 768,189        |
| <b>CREDITORS</b>                             |       |                |                |
| Amounts falling due after more than one year | 19    | (132,386)      | (192,618)      |
| <b>NET ASSETS</b>                            |       | <u>497,089</u> | <u>575,571</u> |
| <b>FUNDS</b>                                 | 23    |                |                |
| Unrestricted funds                           |       | 497,089        | 575,571        |
| <b>TOTAL FUNDS</b>                           |       | <u>497,089</u> | <u>575,571</u> |

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

The financial statements were approved by the Board of Trustees and authorised for issue on 27 March 2024 and were signed on its behalf by:



Mr J S Ben-Aderet - Trustee



**South Essex Gymnastics Club Limited**

**Cash Flow Statement**  
**for the Year Ended 31 May 2023**

|   | Notes | 2023<br>£             | 2022<br>£             |
|---|-------|-----------------------|-----------------------|
| <b>Cash flows from operating activities</b>                               |       |                       |                       |
| Cash generated from operations  | 1     | 25,684                | (199,588)             |
| Interest paid   |       | (14,457)              | -                     |
| Net cash provided by/(used in) operating activities                       |       | <u>11,227</u>         | <u>(199,588)</u>      |
| <b>Cash flows from investing activities</b>                               |       |                       |                       |
| Purchase of tangible fixed assets   |       | (25,050)              | (55,631)              |
| Interest received   |       | 969                   | 11                    |
| Net cash used in investing activities                                     |       | <u>(24,081)</u>       | <u>(55,620)</u>       |
| <b>Cash flows from financing activities</b>                               |       |                       |                       |
| Loan repayments in year   |       | (57,377)              | -                     |
| Net cash (used in)/provided by financing activities                       |       | <u>(57,377)</u>       | <u>-</u>              |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | <u>(70,231)</u>       | <u>(255,208)</u>      |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | <u>464,163</u>        | <u>719,371</u>        |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <u><u>393,932</u></u> | <u><u>464,163</u></u> |

The notes form part of these financial statements

**South Essex Gymnastics Club Limited**

**Notes to the Cash Flow Statement**  
**for the Year Ended 31 May 2023**

**1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES**

|   | 2023<br>£     | 2022<br>£        |
|---|---------------|------------------|
| Net expenditure for the reporting period (as per the Statement of Financial Activities) | (78,482)      | (92,039)         |
| Adjustments for:  |               |                  |
| Depreciation charges  | 82,323        | 82,763           |
| Interest received   | (969)         | (11)             |
| Interest paid   | 14,457        | -                |
| Increase in stocks  | (857)         | (4,048)          |
| Decrease/(increase) in debtors  | 2,081         | (12,463)         |
| Increase/(decrease) in creditors  | 7,131         | (173,790)        |
| <b>Net cash provided by/(used in) operations</b>  | <b>25,684</b> | <b>(199,588)</b> |

**2. ANALYSIS OF CHANGES IN NET FUNDS**

|                                 | At 1.6.22<br>£   | Cash flow<br>£  | At 31.5.23<br>£  |
|---------------------------------|------------------|-----------------|------------------|
| <b>Net cash</b>                 |                  |                 |                  |
| Cash at bank                    | 464,163          | (70,231)        | 393,932          |
|                                 | <u>464,163</u>   | <u>(70,231)</u> | <u>393,932</u>   |
| <b>Debt</b>                     |                  |                 |                  |
| Debts falling due within 1 year | (57,382)         | (2,851)         | (60,233)         |
| Debts falling due after 1 year  | (192,618)        | 60,232          | (132,386)        |
|                                 | <u>(250,000)</u> | <u>57,381</u>   | <u>(192,619)</u> |
| <b>Total</b>                    | <b>214,163</b>   | <b>(12,850)</b> | <b>201,313</b>   |

The notes form part of these financial statements



## **South Essex Gymnastics Club Limited**

### **Notes to the Financial Statements** **for the Year Ended 31 May 2023**

#### **1. STATUTORY INFORMATION**

South Essex Gymnastics Club Limited is a private company limited by guarantee and registered as a charity with the Charities Commission. The company's registration number, registered charity number and registered office address can be found in the Report of the Trustees.

#### **2. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements and going concern**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Going concern**

After making enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably. The major source of funds is membership fees and recreation and preschool fees which represents 92% of the total income from charitable activities.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Allocation and apportionment of costs**

Costs have been allocated and apportioned in the following way:

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for the clothing resold.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services to its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of the resource. Costs relating to particular activity are allocated directly, other are apportioned on an appropriate basis as set out below:

| <b>Activity</b>         | <b>Basis of allocation</b> |
|-------------------------|----------------------------|
| Gymnasium running costs | Floor Area                 |
| Finance                 | Transaction                |
| Office staff costs      | Staff time                 |
| General overhead costs  | Usage                      |
| Sundry costs            | Usage                      |

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**2. ACCOUNTING POLICIES - continued**

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

|                          |                               |
|--------------------------|-------------------------------|
| Improvements to property | - Straight line over 18 years |
| Plant and machinery      | - at varying rates on cost    |

Tangible fixed assets under the cost model are stated at historical cost less accumulated depreciation and any accumulated losses. Historical cost includes expenditure that is directly attributable to bringing the assets to the location and condition necessary for it to be capable of operating in the manner intended by management.

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Financial instruments**

The company only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors.

The company entered into a Coronavirus Business Interruption Loan for £250,000 in May 2021. The repayment terms for the loan is over five years with an interest rate of 7%.

Debt instruments that are payable and receivable in one year, typically, trade debtors and creditors are measured initially at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short term instrument constitute a financing transaction like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not at a market rate or in the case of an outright short term loan not at market rate, the financial asset or liability is measured initially at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

**Government grants**

The company has adopted the accrual model in recognising government grants.

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**3. DONATIONS AND LEGACIES**

|                    | 2023          | 2022          |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Fundraising events | 30,579        | 7,380         |
| Grants             | 14,575        | 11,227        |
|                    | <u>45,154</u> | <u>18,607</u> |

**4. OTHER TRADING ACTIVITIES**

|                    | 2023          | 2022          |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Clothing sales     | 15,192        | 19,603        |
| Children's parties | 61,062        | 42,928        |
|                    | <u>76,254</u> | <u>62,531</u> |

**5. INVESTMENT INCOME**

|                          | 2023    | 2022    |
|--------------------------|---------|---------|
|                          | £       | £       |
| Deposit account interest | 969     | 11      |
|                          | <u></u> | <u></u> |

**6. INCOME FROM CHARITABLE ACTIVITIES**

|                               | Activity   | 2023             | 2022             |
|-------------------------------|------------|------------------|------------------|
|                               |            | £                | £                |
| Membership fees               | Gymnastics | 617,516          | 538,257          |
| Recreation & preschool fees   | Gymnastics | 795,017          | 721,565          |
| Mother & toddler fun sessions | Gymnastics | 64,311           | 39,179           |
| Adult session fees            | Gymnastics | 11,277           | 9,111            |
| Freestyle                     | Gymnastics | 27,571           | 22,811           |
| Miscellaneous fees            | Gymnastics | 6,004            | 16,801           |
| Special needs fees            | Gymnastics | 14,296           | 22,386           |
|                               |            | <u>1,535,992</u> | <u>1,370,110</u> |

**7. RAISING FUNDS**

**Other trading activities**

|               | 2023          | 2022          |
|---------------|---------------|---------------|
|               | £             | £             |
| Opening stock | 8,313         | 4,265         |
| Purchases     | 11,778        | 27,854        |
| Closing stock | (9,170)       | (8,313)       |
|               | <u>10,921</u> | <u>23,806</u> |

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**8. CHARITABLE ACTIVITIES COSTS**

|            | Direct<br>Costs (see<br>note 9)<br>£ | Support<br>costs (see<br>note 10)<br>£ | Totals<br>£      |
|------------|--------------------------------------|--|------------------|
| Gymnastics | <u>1,078,419</u>                     | <u>648,892</u>                         | <u>1,727,311</u> |

**9. DIRECT COSTS OF CHARITABLE ACTIVITIES**

|                                | 2023<br>£        | 2022<br>£      |
|--------------------------------|------------------|----------------|
| Staff costs                    | 879,015          | 757,503        |
| B.G. affiliation               | 45,665           | 37,615         |
| Competition fees               | 26,943           | 15,817         |
| Training costs                 | 6,000            | 15,134         |
| Sundry equipment & maintenance | 5,681            | 5,087          |
| Travelling contributions       | 18,272           | 18,315         |
| Sponsorship fees               | 14,520           | 20,025         |
| Depreciation                   | 82,323           | 82,763         |
|                                | <u>1,078,419</u> | <u>952,259</u> |

**10. SUPPORT COSTS**

|            | Management<br>£                   | Finance<br>£         | Office<br>staff<br>costs<br>£   |
|------------|-----------------------------------|----------------------|---------------------------------|
| Gymnastics | <u>285,469</u>                    | <u>19,388</u>        | <u>317,727</u>                  |
|            | General<br>overhead<br>costs<br>£ | Sundry<br>costs<br>£ | Governance<br>costs<br>£        |
| Gymnastics | <u>14,325</u>                     | <u>1,043</u>         | <u>10,940</u>                   |
|            |                                   |                      | <u>Totals<br/>£<br/>648,892</u> |

**11. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|                             | 2023<br>£     | 2022<br>£     |
|-----------------------------|---------------|---------------|
| Auditors' remuneration      | 7,828         | 6,614         |
| Depreciation - owned assets | <u>82,327</u> | <u>82,763</u> |

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**12. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 May 2023 nor for the year ended 31 May 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 May 2023 nor for the year ended 31 May 2022.

**13. STAFF COSTS**

|                       | 2023             | 2022             |
|-----------------------|------------------|------------------|
|                       | £                | £                |
| Wages and salaries    | 1,118,384        | 990,707          |
| Social security costs | 53,864           | 48,738           |
| Other pension costs   | 24,494           | 21,242           |
|                       | <u>1,196,742</u> | <u>1,060,687</u> |

The average monthly number of employees during the year was as follows:

|  | 2023      | 2022      |
|--|-----------|-----------|
|  | 95        | 79        |
| Charitable activities and general office | <u>95</u> | <u>79</u> |

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

|                   | 2023     | 2022     |
|-------------------|----------|----------|
|                   | 1        | 1        |
| £80,001 - £90,000 | <u>1</u> | <u>1</u> |

**14. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                   | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | Total<br>funds<br>£ |
|-----------------------------------|---------------------------|-------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                           |                         |                     |
| Donations and legacies            | 18,607                    | -                       | 18,607              |
| <b>Charitable activities</b>      |                           |                         |                     |
| Gymnastics                        | 1,370,110                 | -                       | 1,370,110           |
| Other trading activities          | 62,531                    | -                       | 62,531              |
| Investment income                 | 11                        | -                       | 11                  |
| Other income                      | 25,523                    | -                       | 25,523              |
| <b>Total</b>                      | <u>1,476,782</u>          | <u>-</u>                | <u>1,476,782</u>    |
| <b>EXPENDITURE ON</b>             |                           |                         |                     |
| Raising funds                     | 23,806                    | -                       | 23,806              |
| <b>Charitable activities</b>      |                           |                         |                     |
| Gymnastics                        | 1,545,015                 | -                       | 1,545,015           |
| <b>Total</b>                      | <u>1,568,821</u>          | <u>-</u>                | <u>1,568,821</u>    |
| <b>NET INCOME/(EXPENDITURE)</b>   | (92,039)                  | -                       | (92,039)            |
| Transfers between funds           | 100,000                   | (100,000)               | -                   |

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

|   |                                     |                             |                     |
|---|-------------------------------------|-----------------------------|---------------------|
| <b>14. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b> |                                     |                             |                     |
|   | Unrestricted<br>fund<br>£           | Restricted<br>fund<br>£     | Total<br>funds<br>£ |
| Net movement in funds   | 7,961                               | (100,000)                   | (92,039)            |
| <b>RECONCILIATION OF FUNDS</b>  |                                     |                             |                     |
| Total funds brought forward   | 567,610                             | 100,000                     | 667,610             |
| <b>TOTAL FUNDS CARRIED FORWARD</b>  | <b>575,571</b>                      | <b>-</b>                    | <b>575,571</b>      |
| <b>15. TANGIBLE FIXED ASSETS</b>  |                                     |                             |                     |
|   | Improvements<br>to<br>property<br>£ | Plant and<br>machinery<br>£ | Totals<br>£         |
| <b>COST</b>   |                                     |                             |                     |
| At 1 June 2022  | 230,868                             | 862,833                     | 1,093,701           |
| Additions   | -                                   | 25,050                      | 25,050              |
| At 31 May 2023  | 230,868                             | 887,883                     | 1,118,751           |
| <b>DEPRECIATION</b>   |                                     |                             |                     |
| At 1 June 2022  | 45,960                              | 706,404                     | 752,364             |
| Charge for year   | 12,826                              | 69,501                      | 82,327              |
| At 31 May 2023  | 58,786                              | 775,905                     | 834,691             |
| <b>NET BOOK VALUE</b>   |                                     |                             |                     |
| At 31 May 2023  | 172,082                             | 111,978                     | 284,060             |
| At 31 May 2022  | 184,908                             | 156,429                     | 341,337             |
| <b>16. STOCKS</b>   |                                     |                             |                     |
|   | 2023<br>£                           | 2022<br>£                   |                     |
| Stocks  | 9,170                               | 8,313                       |                     |
| <b>17. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>                       |                                     |                             |                     |
|   | 2023<br>£                           | 2022<br>£                   |                     |
| Trade debtors   | 7,553                               | 14,546                      |                     |
| Prepayments   | 47,296                              | 42,384                      |                     |
|   | 54,849                              | 56,930                      |                     |

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                             | 2023           | 2022           |
|-----------------------------|----------------|----------------|
|                             | £              | £              |
| Other loans (see note 20)   | 60,233         | 57,382         |
| Trade creditors             | 5,185          | 1,861          |
| Other creditors             | -              | 571            |
| Accruals and prepaid income | 47,118         | 42,740         |
|                             | <u>112,536</u> | <u>102,554</u> |

**19. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

|                           | 2023           | 2022           |
|---------------------------|----------------|----------------|
|                           | £              | £              |
| Other loans (see note 20) | <u>132,386</u> | <u>192,618</u> |

**20. LOANS**

An analysis of the maturity of loans is given below:

|   | 2023          | 2022           |
|---|---------------|----------------|
|   | £             | £              |
| Amounts falling due within one year on demand:  |               |                |
| Other loans                                     | <u>60,233</u> | <u>57,382</u>  |
| Amounts falling between one and two years:      |               |                |
| Other loans - 1-2 years                         | <u>64,622</u> | <u>60,233</u>  |
| Amounts falling due between two and five years: |               |                |
| Other loans - 2-5 years                         | <u>67,764</u> | <u>132,385</u> |

**21. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

|                         | 2023           | 2022           |
|-------------------------|----------------|----------------|
|                         | £              | £              |
| In more than five years | <u>115,184</u> | <u>104,765</u> |

**22. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

|                       | Unrestricted fund | Restricted fund | 2023 Total funds | 2022 Total funds |
|-----------------------|-------------------|-----------------|------------------|------------------|
|                       | £                 | £               | £                | £                |
| Fixed assets          | 284,060           | -               | 284,060          | 341,337          |
| Current assets        | 457,951           | -               | 457,951          | 529,406          |
| Current liabilities   | (112,536)         | -               | (112,536)        | (102,554)        |
| Long term liabilities | (132,386)         | -               | (132,386)        | (192,618)        |
|                       | <u>497,089</u>    | <u>-</u>        | <u>497,089</u>   | <u>575,571</u>   |

**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**23. MOVEMENT IN FUNDS**

|                           | At 1.6.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.23<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 575,571        | (78,482)                         | 497,089            |
| <b>TOTAL FUNDS</b>        | <u>575,571</u> | <u>(78,482)</u>                  | <u>497,089</u>     |

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 1,659,750                  | (1,738,232)                | (78,482)                  |
| <b>TOTAL FUNDS</b>        | <u>1,659,750</u>           | <u>(1,738,232)</u>         | <u>(78,482)</u>           |

**Comparatives for movement in funds**

|                           | At 1.6.21<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.5.22<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 567,610        | (92,039)                         | 100,000                            | 575,571            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Charitable reserve        | 100,000        | -                                | (100,000)                          | -                  |
| <b>TOTAL FUNDS</b>        | <u>667,610</u> | <u>(92,039)</u>                  | <u>-</u>                           | <u>575,571</u>     |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 1,476,782                  | (1,568,821)                | (92,039)                  |
| <b>TOTAL FUNDS</b>        | <u>1,476,782</u>           | <u>(1,568,821)</u>         | <u>(92,039)</u>           |



**South Essex Gymnastics Club Limited**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 May 2023**

**23. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

|                           | At 1.6.21<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.5.23<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 567,610        | (170,521)                        | 100,000                            | 497,089            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Charitable reserve        | 100,000        | -                                | (100,000)                          | -                  |
| <b>TOTAL FUNDS</b>        | <u>667,610</u> | <u>(170,521)</u>                 | <u>-</u>                           | <u>497,089</u>     |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 3,136,532                  | (3,307,053)                | (170,521)                 |
| <b>TOTAL FUNDS</b>        | <u>3,136,532</u>           | <u>(3,307,053)</u>         | <u>(170,521)</u>          |

**24. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2023.

**South Essex Gymnastics Club Limited**

**Detailed Statement of Financial Activities**  
**for the Year Ended 31 May 2023**

|                                 | 2023<br>£       | 2022<br>£       |
|---------------------------------|-----------------|-----------------|
| <b>INCOME AND ENDOWMENTS</b>    |                 |                 |
| <b>Donations and legacies</b>   |                 |                 |
| Fundraising events              | 30,579          | 7,380           |
| Grants                          | 14,575          | 11,227          |
|                                 | <hr/> 45,154    | <hr/> 18,607    |
| <b>Other trading activities</b> |                 |                 |
| Clothing sales                  | 15,192          | 19,603          |
| Children's parties              | 61,062          | 42,928          |
|                                 | <hr/> 76,254    | <hr/> 62,531    |
| <b>Investment income</b>        |                 |                 |
| Deposit account interest        | 969             | 11              |
| <b>Charitable activities</b>    |                 |                 |
| Membership fees                 | 617,516         | 538,257         |
| Recreation & preschool fees     | 795,017         | 721,565         |
| Mother & toddler fun sessions   | 64,311          | 39,179          |
| Adult session fees              | 11,277          | 9,111           |
| Freestyle                       | 27,571          | 22,811          |
| Miscellaneous fees              | 6,004           | 16,801          |
| Special needs fees              | 14,296          | 22,386          |
|                                 | <hr/> 1,535,992 | <hr/> 1,370,110 |
| <b>Other income</b>             |                 |                 |
| Room & equipment hire           | 1,381           | 60              |
| Job retention scheme grants     | -               | 18,330          |
| Government grants               | -               | 7,133           |
|                                 | <hr/> 1,381     | <hr/> 25,523    |
| <b>Total incoming resources</b> | <hr/> 1,659,750 | <hr/> 1,476,782 |
| <b>EXPENDITURE</b>              |                 |                 |
| <b>Other trading activities</b> |                 |                 |
| Opening stock                   | 8,313           | 4,265           |
| Clothing costs                  | 11,778          | 27,854          |
| Closing stock                   | (9,170)         | (8,313)         |
|                                 | <hr/> 10,921    | <hr/> 23,806    |
| <b>Charitable activities</b>    |                 |                 |
| Coaching fees                   | 800,657         | 687,523         |
| Social security                 | 53,864          | 48,738          |
| Carried forward                 | 854,521         | 736,261         |

This page does not form part of the statutory financial statements

**South Essex Gymnastics Club Limited**

**Detailed Statement of Financial Activities**  
**for the Year Ended 31 May 2023**

|                                   | 2023<br>£            | 2022<br>£            |
|-----------------------------------|----------------------|----------------------|
| <b>Charitable activities</b>      |                      |                      |
| Brought forward                   | 854,521              | 736,261              |
| Pensions                          | 24,494               | 21,242               |
| B.G. affiliation                  | 45,665               | 37,615               |
| Competition fees                  | 26,943               | 15,817               |
| Training costs                    | 6,000                | 15,134               |
| Sundry equipment & maintenance    | 5,681                | 5,087                |
| Travelling contributions          | 18,272               | 18,315               |
| Sponsorship fees                  | 14,520               | 20,025               |
| Improvements to property          | 12,826               | 12,826               |
| Plant and machinery               | 69,497               | 69,937               |
|                                   | <hr/> 1,078,419      | <hr/> 952,259        |
| <b>Support costs</b>              |                      |                      |
| <b>Management</b>                 |                      |                      |
| Rent & other hall costs           | 201,166              | 189,855              |
| Buildings insurance               | 5,233                | 4,541                |
| Building maintenance              | 5,578                | 5,667                |
| Computer maintenance & software   | 73,492               | 65,796               |
|                                   | <hr/> 285,469        | <hr/> 265,859        |
| <b>Finance</b>                    |                      |                      |
| Bank charges                      | 4,931                | 4,549                |
| Bank loan interest                | 14,457               | -                    |
|                                   | <hr/> 19,388         | <hr/> 4,549          |
| <b>Office staff costs</b>         |                      |                      |
| General office staff              | 317,727              | 303,184              |
| <b>General overhead costs</b>     |                      |                      |
| Advertising                       | 806                  | 7                    |
| Postage and stationery            | 11,404               | 5,471                |
| Clothing                          | 2,115                | 986                  |
|                                   | <hr/> 14,325         | <hr/> 6,464          |
| <b>Sundry costs</b>               |                      |                      |
| Sundries                          | 1,043                | 948                  |
| <b>Governance costs</b>           |                      |                      |
| Auditors' remuneration            | 7,828                | 6,614                |
| Accountancy and professional fees | 3,112                | 5,138                |
|                                   | <hr/> 10,940         | <hr/> 11,752         |
| Total resources expended          | <hr/> 1,738,232      | <hr/> 1,568,821      |
| <b>Net expenditure</b>            | <hr/> <hr/> (78,482) | <hr/> <hr/> (92,039) |

This page does not form part of the statutory financial statements

