

Amplitude Gymnastics Club

Report and Accounts

For the year ended 31st December 2021.

Amplitude Gymnastics Club

Legal and Administrative Information December 2021

Trustees: Natasha Gayral
 Asha Choolhun

Correspondence Address 101 Olive Road
 London
 E13 9PU

Reporting Accountant/
Independent examiner Brian Dexter
 172 Sandford Road
 East Ham
 London
 E6 3PX

Structure Charitable Incorporated Organisation CE000334
 Registered with Charity Commission on 8th April 2013
 With registration number 1151558

Amplitude Gymnastics Club

Trustees' Report 2021

The trustees of Amplitude Gymnastics Club present their annual report and accounts for the year ended 31 December 2021 and confirm they comply with the requirements of the Charities Act and the Charities SORP.

Our Objectives

As set out in the club's constitution of 15 March 2013, Amplitude Gymnastics Club has three objectives.

- a. To advance for the benefit of the public the education of children in east London by providing equipment and coaching in gymnastics, tumbling and trampoline.
- b. For the public benefit to promote the education of people under the age of 25 years through the support of coaching and leadership courses in gymnastics.
- c. The promotion of community participation in healthy recreation for the benefits of the inhabitants of Newham and neighbouring boroughs by the provision of facilities for participation in gymnastics, tumbling and trampoline

In setting our objectives and planning our activities, our Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

Amplitude Gymnastics Club was registered as a Charitable Incorporated Organisation on April 8 2013. The club has continued to grow upon its previous success and continues to meet its objectives as set out in its Constitution.

The initial board of trustees was appointed at the time of Amplitude's incorporation. The board includes:

- a. a trustee with legal expertise
- b. a trustee with financial expertise
3. a trustee with expertise in gymnastics and coaching

The Trust continues to run with the same Trustees.

All trustees give of their time freely and no remuneration or expenses were paid for the services of the trustees during the year. One of our trustees is the coaching co-ordinator for the club and is paid for these services. The remaining trustees have a documented policy on the payment of coaches and satisfied that the payments to the coaching co-ordinator met all of the conditions of the Charities Commission. In particular:

- a) There is a written agreement between the charity and the coaching co-ordinator
- b) The agreement sets out the amount to be paid
- c) The payment is reasonable in relation to the service provided
- d) The payment is in the best interests of Amplitude Gymnastics Club
- e) The coaching co-ordinator does not take part in decisions made by the trustee board about the making of the agreement, or about the acceptability of the service provided
- f) The total number of trustees who will receive payment or are connected to someone receiving payment are in the minority
- g) There is no prohibition against payment of a trustee

A Review of 2021

During 2021, post Covid, Amplitude Gymnastics Club reopened and resumed its activities. The club continued, in its best capacity, to fulfil its objectives by providing numerous sessions including:

- Curriculum PE Gymnastics Lessons (PPA Cover) (During and Post Lockdown restrictions)
- Breakfast/Lunchtime/AfterSchool Clubs
- Extra Curricular Amplitude Gymnastics Club Lessons
- Holiday Camps
- Cheerleading

All sessions provided by Amplitude coaches catered to a wide variety of children within the borough of Newham as well as the neighbouring borough of Redbridge, with classes targeting children (including those with special educational needs & development) between the age ranges of 3 – 15 years.

The club's Extra Curricular sessions, running independently from our host school, had approximately 200 children attending each week. Despite 2021 being a partial, as well as, post Covid year, this is an increase compared to 2020, showing progression and growth, as well as the continuing accessibility to and importance of the club for the children and families within Newham and Redbridge, post Covid pandemic.

THE COMMUNITY WITH AMPLITUDE

Delivery of Amplitude Gymnastics Club @ Curwen

Curwen Primary School remains one of the host venues for Amplitude Gymnastics Club's sessions. In 2021, Amplitude catered to approximately 120 gymnasts at this venue, providing training sessions 3 times a week, running in line with the Newham school calendar. The introduction of increased training times, put in place during 2020 and early 2021, to ensure the club's capability to operate inclusive of COVID 19 restrictions and guidelines, is a revision that has remained post Covid. The increase of training times from 2 – 3 hours per session, has remained, as intended, a permanent change throughout 2021 in order to facilitate club growth and expansion post COVID 19.

Delivery of Amplitude Gymnastics Club @ The Jack Carter Center (Frenford Clubs)

Amplitude Gymnastics Club continued to solidify its presence as the sole permanent provider of gymnastics classes at our Frenford Venue throughout 2021. Previously catering for approximately 35 children a week in 2020, Amplitude was able to reach approximately 80 gymnasts per week throughout 2021, displaying that despite it being a post covid year, the club continued to significantly grow and expand on the gymnastics provisions it provided to children in the borough of Redbridge.

The club was also able to offer one weekly SEND lesson, increasing the inclusivity and accessibility of the lessons available. It was an intention of the club in 2021 to be able to offer multiple lessons per week of SEND gymnastics, as well as lessons tailored to homeschooled children, in the aim to continue to reach more minority grouped children within Redbridge and the surrounding boroughs, however, this would require an extension in the clubs running hours, something which due to hall unavailability at our Frenford Venue, Amplitude was unable to expand further this year.

Delivery of Holiday Camps

Due to remaining post Covid restrictions in place throughout 2021, Amplitude were unable to deliver collaborative holiday club camps with Curwen Primary School, nor host any of our own independent holiday schemes until the late summer.

However, as of July/August 2021 the club was able to successfully host five independent Summer Holiday Camp Days at our Curwen Primary School venue. The five camp days together had a total of 167 bookings, a large uptake in a post Covid year, a success for the club.

Competitions

Winter Wonderland (External) – Amplitude entered 10 gymnasts into the Winter Wonderland inter-club competition in December 2021. However, due to the loss of two members of the coaching team as a result of the Covid pandemic year, the club was left short staffed and unable to enter as intended.

Summer & Winter Club Competitions 2020 (Internal) – Amplitude was able to host two competitions in 2021, both a summer and winter internal competition, involving a total of 117 children across both competitions with children from both our Curwen & Frenford venues. This is a decline in the number of competition attendees prior to Covid 19, however, this is an unfortunate, expected outcome post Covid.

Delivery of Amplitude Gymnastics Club @ Keir Hardie Venue

Due to a shortage in coaches, a direct result of the Covid pandemic, Amplitude was unfortunately unable to resume back at our Keir Hardie venue, and due to such, no longer offer parent and toddler gymnastics sessions or carnival inspired dance workshops.

SCHOOLS WITH AMPLITUDE

Delivery of Schools Program – The Curriculum programme provided by Amplitude Gymnastics Club, where by Amplitude coaches deliver gymnastics lessons as part of a regular PE curriculum continued to run in 2021, initially at a limited capacity due to COVID 19 restrictions in place, only supporting two schools within Newham. Due to such restrictions upon schools accepting external

contractors, and the temporary reduction in the number of schools being worked with, the club regrettably no longer required the role of “schools coordinator”.

However, by March 21, Amplitude’s delivery of its schools programme was no longer restricted, working again with a total of 8 partner schools within Newham. While this is a reduction from the 11 schools worked with prior to Covid 19, this is again an unfortunate result of the pandemic.

Delivery of Schools Competitions - Due to certain COVID 19 limitations remaining in place still throughout 2021, Amplitude was not able to host any inter school competitions.

CLUB DEVELOPMENT

Fundraising: Amplitude began a fundraising campaign to acquire the funds to buy a new Vaulting Table. For this we created a Go Fund Me page, to which we encouraged donations from our Amplitude parents and families as well as the general public.

A new piece of equipment such as a Gymnova Vaulting Table would allow coaches to develop the gymnasts attending the club to a much better standard, allowing the gymnasts to achieve higher level skills and have access to a better quality of coaching and training, thus developing and expanding the coaching knowledge and level within the club.

PLANS FOR 2022:

While there is still a level of uncertainty for the future ahead due to COVID 19, Amplitude Gymnastics has never the less achieved its aims for the year 2021, and has almost returned back to full working capacity successfully. Our aims as a club for 2022 is to continue to work unrestrictedly, and maintain the growth of the club within both Newham and Redbridge.

We aim to bring interconnectivity back to the communities in which we work by hosting several inter school competitions, community events and partaking in several fundraising opportunities.

We aim to continue reaching as many children as possible within our boroughs, and to make gymnastics even more accessible to both SEND & homeschooled children by being able to offer more specifically tailored classes.

We also aim to officially set up our “Amplitude Leadership Academy” , a project which will involve young leaders within our club partaking in several different voluntary roles and activities, in a bid to inspire and develop the next generation of coaches & judges, a programme which when established, will hugely increase the sustainability and longevity of Amplitude as a club.

Risk

The trustees have given due consideration to the major risks to which the charity is exposed, and are satisfied that systems, policies and procedures are in place to mitigate exposure to major risks.

Reserves

The trustees acknowledge the need to keep reserves in order to be able to financially manage unexpected events, such as Covid pandemic, and to be able to respond to new opportunities. The trustees seek to hold three months of operating costs in free reserves; based on the current year required free reserves total £9,000. Currently held free reserves are £, calculated as Total reserves £ less restricted reserves (£nil) less reserves held in Fixed Assets (£) and the trustees are satisfied with progress towards the target level in the current pandemic situation

Financial Review/Going Concern

The Charity's financial transactions during the year and the financial situation at the end of the year are set out in the following accounts. The trustees have plans to address the limited level of reserves and are confident that they will be able to continue operations for the foreseeable future.

Natasha Gayral

Trustee

Date 25th October 2022

Amplitude Gymnastics Club

Independent Examiner's Report

To the Trustees.

I report on the accounts of the CIO for the year ended 31st December 2021, which are set out in the following pages.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011, "the 2011 Act", and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- i) Examine the accounts under section 145 of the 2011 Act;
- ii) To follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- iii) To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) Which gives me reasonable cause to believe that in any material respect the requirements:
 - a. To keep accounting records in accordance with section 386 of the companies Act 2006; and
 - b. To prepare accounts which accord with the accounting records, comply with the Charities Act 2011 and the SORP (FRS102) "Accounting and Reporting by Charities" issued in March 2021.
have not been met; or
- (b) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bj Dexter

Brian Dexter
Chartered Management Accountant
172 Sandford Road
East Ham
London
E6 3PX
Dated.....25/10/2022

Amplitude Gymnastics Club

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2021

Unrestricted	Restricted Funds	Total Funds	Total 2021	2020
<u>Income and Endowments from:</u>				
Donations and legacies	£ 0	£ 0	£ 0	£ 0
Charitable Activities	£ 61,988	£ 0	£ 61,988	£ 35,393
Other Trading Activities	£ 0	£ 0	£ 0	£ 0
Investments	£ 0	£ 0	£ 0	£ 0
Total Incoming Resources	<u>£ 61,988</u>	<u>£ 0</u>	<u>£ 61,988</u>	<u>£ 35,393</u>
<u>Expenditure On:</u>				
Raising Funds	£ 0	£ 0	£ 0	£ 0
Charitable activities				
Coaching and Training activities	£ 45,541	£ 0	£45,541	£ 35,720
Total charitable expenditure	<u>£ 45,541</u>	<u>£ 0</u>	<u>£45,541</u>	<u>£ 35,720</u>
Other costs	£ 100	£ 0	£ 100	£ 100
Total resources expended	<u>£ 45,641</u>	<u>£ 0</u>	<u>£45,641</u>	<u>£ 35,820</u>
Net expenditure for the year/ Net movement in funds	<u>£ 16,347</u>	<u>£ 0</u>	<u>£ 16,347</u>	<u>£ (427)</u>
Fund balances 1 st January 2021	£ 13,029	£ 0	£ 13,029	£ 13,456
Fund balances 31st December 2021	<u>£ 29,376</u>	<u>£ 0</u>	<u>£ 29,376</u>	<u>£ 13,029</u>

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

BALANCE SHEET
AS AT 31 DECEMBER 2021

2021	2020	
Fixed Assets		
Tangible Fixed Assets	<u>£ 8,059</u>	<u>£ 10,166</u>
Current Assets		
Debtors	£ 0	£ 0
Cash at bank or in hand	<u>£ 22,616</u>	<u>£ 3,063</u>
	£ 22,616	£ 3,063
Creditors: amounts due within		
One year	<u>£ 1,300</u>	<u>£ 200</u>
Net Current Assets	<u>£ 21,316</u>	<u>£ 2,863</u>
Creditors: amounts falling due after		
more than one year.	<u>£ 0</u>	<u>£ 0</u>
Net Assets	<u>£ 29,375</u>	<u>£ 13,029</u>
Income Funds		
Restricted Funds	£ 0	£ 0
General Funds	<u>£ 29,375</u>	<u>£ 13,029</u>
Total Funds	<u>£ 29,375</u>	<u>£ 13,029</u>

The accounts were approved by the Trustees on..

And signed on their behalf byNatasha Gayral
Trustee.

Date 25/10/2022

Amplitude Gymnastics Club

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31st December 2021.

1. Accounting Policies

a. Basis of preparation

The accounts have been prepared on a cash basis. The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice: Accounting and Reporting by Charities issued March 2005 and updated May 2008, and the Companies Act 2006.

b. Incoming Resources

Incoming resources are credited in the accounts when they are received, except that income tax recoverable on Gift Aid donations is credited at the same time as the related donation.

c. Resources expended

Liabilities are recognised in the accounts at the time when a commitment to make payment is incurred.

d. Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the costs less estimated residual value of each asset over its expected useful life, as follows:

Gymnastics Equipment	10% p.a on cost
Office Equipment and Furniture	20% p.a on cost.

2. Incoming resources from charitable activities

	Unrestricted	Restricted	Total	2020
Grants and Fees	£ 20,766	£ 0	£ 20,766	£ 20,766
Subscriptions	£ 14,627	£ 0	£ 14,627	£ 14,627
Total	£ 35,393	£ 0	£ 35,393	£ 35,393

3. Trustees

One Trustee received payment for professional gymnastics training services.

Amplitude Gymnastics Club

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31st December 2021.

4. Other Costs

Other costs include accountancy and independent examination fees £100

5. Employees

The average monthly number of employees during the year was nil. The employment costs for the year were: Wages and Salaries, nil, pension costs, nil.

6. Tangible Fixed Assets	Office Equipment	Gym Equipment	Total
Cost			
As at 1 st January 2021	£ 2,290	£ 19,593	£ 21,883
Additions	£ 0	£ 0	£ 0
Disposals	£ 0	£ 0	£ 0
<u>As at 31st December 2021</u>	<u>£ 2,290</u>	<u>£ 19,593</u>	<u>£ 21,883</u>
Accumulated Depreciation			
As at 1 st January 2021	£ 2,142	£ 9,575	£ 11,717
Charge for year	£ 148	£ 1,959	£ 2,107
On disposals	£ 0	£ 0	£ 0
<u>As at 31st December 2021</u>	<u>£ 2,290</u>	<u>£ 11,534</u>	<u>£ 13,824</u>
Net Book Value			
<u>As at 31st December 2021</u>	<u>£ 0</u>	<u>£ 8,059</u>	<u>£ 8,059</u>
<u>As at 31st December 2020</u>	<u>£ 148</u>	<u>£ 10,018</u>	<u>£ 10,166</u>

7. Debtors	2021	2020
Gift Aid Recoverable	£ 0	£ 0

8. Creditors: amounts falling due within one year

	2021	2020
Accountancy Fee	£ 200	£ 200

9. Capital commitments

At 31st December 2021 the Charity had no capital commitments.