

# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	1	Jan	2023		31	Dec	2023

## Section A Reference and administration details

Charity name

Lions MMA (Walsall)

Other names charity is known by

Registered charity number (if any)

1155346

Charity's principal address

2-3 Walsall Road

Willenhall

Postcode

WV13 2EH

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Harpreet Singh			
2	Mr Inderpal Singh			
3	Mr Ipinderjit Singh			
4	Mr Subeagh Singh			
5				
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7				
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18				
19				
20				

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

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation – Foundation Model dated 15 January 2016
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Trustee appointment only

### Additional governance issues (Optional information)

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

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

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## Section C Objectives and activities

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

To promote community participation in healthy recreation by providing or assisting in the provision of facilities for martial arts.  
To further such other charitable purposes for the public benefit as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.

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

The charity has been actively providing martial arts classes throughout the year, successfully holding an average of 2-3 sessions per week. These classes cater to both young children and adults who are eager to engage in healthy recreational activities. The focus is on building physical fitness, self-discipline, and mental focus, which are key benefits of martial arts training.

In addition to regular classes, the charity has organised several interclub tournaments. These events are designed to motivate participants, especially children, by giving them a platform to set and achieve goals while experiencing the thrill of competition. The tournaments also encourage a healthy lifestyle, helping young people develop strong, focused minds, and stay away from negative influences such as substance abuse. Through consistent training and the opportunity to compete, the charity aims to foster a supportive environment that promotes personal growth and well-being.

Several drug and alcohol awareness camps have been organised in Punjab, India, with the aim of preventing substance misuse and promoting a healthy lifestyle among the region's population. These camps focus on educating people about the dangers of drug and alcohol abuse, the negative impact it has on health, families, and communities, and the importance of making positive life choices.

Through these awareness programs, participants are informed about the long-term physical and mental health consequences of substance abuse, as well as the social and economic costs. The camps also provide guidance on alternative, healthier lifestyle choices, including sports, fitness, and other recreational activities. By raising awareness and offering support, these initiatives seek to reduce the prevalence of substance misuse, particularly among the youth, and help them lead healthier, more fulfilling lives.

Martial arts classes have continued to run free of charge for children in Punjab, with the primary goal of preventing substance misuse and promoting a healthy lifestyle. These classes offer children a structured and disciplined environment that helps them focus on physical fitness, mental well-being, and personal development, steering them away from negative influences such as drugs and alcohol.

To further support the progress of the students, new gym equipment was purchased, enhancing the quality of training and allowing participants to improve their skills and physical conditioning. By providing both the resources and guidance needed for continuous improvement, the initiative seeks to empower the youth with the tools and mindset necessary for a healthier, substance-free life.

An MMA (Mixed Martial Arts) tournament was recently held in Punjab, aiming to promote sports and fitness while providing a platform for local fighters to showcase their skills. This event was organised with the dual purpose of highlighting the talent present in the region and encouraging the youth to engage in productive and healthy activities like sports. The tournament aimed to steer young people away from negative influences such as drugs, alcohol, and substance abuse, which are significant challenges in many parts of Punjab.

The charity has grounded its ethics and principles in the values of Sikhi, which have been instrumental in encouraging youth to stay away from alcohol, drugs, and crime. By promoting the core tenets of Sikhi—such as discipline, service, self-respect, and community welfare—the charity has

provided moral and spiritual guidance to young people, helping them lead more purposeful lives.

These efforts have had a positive impact on the local community by offering an alternative to harmful activities and keeping the youth engaged in constructive pursuits. The focus on Sikhi's teachings has not only strengthened individual character but also fostered a sense of responsibility and belonging among the youth, contributing to a safer and healthier environment. Through this approach, the charity has helped keep young people "off the street," reducing the risk of their involvement in crime or substance abuse and promoting a culture of well-being and mutual support.

The trustees have read through the guidance on public benefit from the charity commission website and will continue to do so in the future to ensure the charity continue to work within the public benefit guidance.

### **Additional details of objectives and activities (Optional information)**

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

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

## **Section D**

## **Achievements and performance**

### **Summary of the main achievements of the charity during the year**

Over the past year, the charity has experienced a steady number of students attending its martial arts classes, reflecting growing interest and engagement within the community. In addition to the regular weekly sessions, the charity organised a special residential martial arts camp in December 2023.

Several drug and alcohol awareness camps were organised in Punjab, India, to address the pressing issue of substance misuse and to promote a healthy lifestyle. These camps focused on educating the local community, especially the youth, about the harmful effects of drug and alcohol abuse, emphasizing the long-term physical, mental, and social consequences.

The free martial arts classes for children in Punjab continued with the goal of preventing substance misuse and promoting a healthy lifestyle. The addition of new gym equipment further supported the students' progress, helping them develop both physically and mentally while staying engaged in positive activities.

The charity successfully hosted an MMA event in the West Midlands, bringing together participants from various similar organisations. The event served as a platform for showcasing martial arts talent, fostering community engagement, and encouraging healthy competition. As a highlight of the event, exceptional students were presented with recognition awards, honouring their dedication, skill development, and contributions to the program. These awards not only celebrated individual achievements but also reinforced the charity's commitment to encouraging positive growth and community involvement.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The Charity does not at this moment have a reserve policy.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

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

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

## Section F Other optional information

## Section G Declaration

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

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>	I SINGH	H SINGH
<b>Full name(s)</b>	INDERPAL SINGH	HARPREET SINGH
<b>Position (eg Secretary, Chair, etc)</b>	TRUSTEE	TRUSTEE
<b>Date</b>	18/09/2024	



Charity Name Lions MMA (Walsall)	No (if any) 1155346
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## Receipts and payments accounts

For the period from	Period start date 01-Jan-23	To	Period end date 31-Dec-23
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	10,865	-	-	10,865	-
UK Building Works - Donations	7,957	-	-	7,957	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	18,822	-	-	18,822	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	18,822	-	-	18,822	-
<b>A3 Payments</b>					
Design Work/Website	727	-	-	727	-
Punjab Projects - Camps	7,006	-	-	7,006	-
Punjab Projects - Gyms	5,517	-	-	5,517	-
UK Building Works - Gym	9,409	-	-	9,409	-
UK Camp	3,000	-	-	3,000	-
UK Gym Equipment	1,076	-	-	1,076	-
Printing	960	-	-	960	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	27,696	-	-	27,696	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	27,696	-	-	27,696	-
<b>Net of receipts/(payments)</b>	- 8,874	-	-	- 8,874	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	13,548	-	-	13,548	-
<b>Cash funds this year end</b>	4,674	-	-	4,674	-

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

I S Khalsa	INDERPAL SINGH KHALSA	18/09/2024
H S Moore	HARPREET SINGH MOORE	18/09/2024