



Trustees' Annual Report for the period

Period start date				Period end date			
From	Day	Month	Year	To	Day	Month	Year
	01	January	2021		31	December	2021

Section A

Reference and administration details

Charity name	Abbey Gym Club
Other names charity is known by	Abbey Gymnastics Club
Registered charity number (if any)	1156313
Charity's principal address	Wynwood, Perks Lane
	Prestwood
	Buckinghamshire
Postcode	HP16 0JG

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	Roger Evans	Treasurer		
2	Lorna Kynaston			
3	Miranda Scott			
4				
5				
6				
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9				
10				
11				
12				
13				
14				
15				
16				
17				
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)

Maureen Evans (Head Coach)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document

(eg. trust deed, constitution)

Constitution

How the charity is constituted

(eg. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods

(eg. appointed by, elected by)

Appointed by existing trustees

Additional governance issues (Optional information)

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

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

Abbey Gym Club is affiliated with British Gymnastics (BG) and uses the facilities provided by BG to train its trustees and coaches as appropriate. Abbey Gym Club has adopted the major policies of BG regarding the safeguarding of children in its care.

Section C Objectives and activities

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

The promotion of community participation in healthy recreation by the provision of facilities and instruction for gymnastics and related sports.

Summary of the main activities undertaken for the public benefit in relation to

Gymnastics Instruction

The major activity carried out by Abbey Gym Club is the provision of gymnastics instruction to children and young people aged 3-19 years.

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)

This activity is at the heart of the Club's charitable objects of "promotion of community participation in healthy recreation in particular by the provision of ... **instruction for gymnastics**". Classes are typically of one hour or one and a half hours' duration with participants grouped into age / ability ranges.

To improve opportunities for participation, Abbey Gym Club operates a discount scheme for children whose parents / guardians receive certain state benefits, for large families (3 or more children), and for children with disabilities. Discounts are up to 50% of normal fee rates.

The Club has been so successful at providing gymnastics instruction in a family-friendly and inclusive manner that it has around 110 members who participate each week, and a further 100+ children on its waiting list.

These numbers are down considerably from pre-COVID numbers and reflect the reduced sizes of classes caused by a reduction in the number of coaches available. We are hoping to gradually build up the number of participants as we are able to increase coaching staff.

Gymnastics Facility

The Club operates out of a local school hall which gives the Club 3 main issues:

1. The hall size is smaller than a gymnastics floor area, and is also much smaller than the minimum size recommended by British Gymnastics, so the Club can only offer a limited range of equipment for its gymnasts, and can accommodate a restricted number of gymnasts;
2. The Club can only hire the school hall two evenings per week plus Saturday mornings, thus restricting the numbers of gymnasts that can be accommodated in classes;
3. The equipment must be set up at the beginning of every session and taken down again at the end of every session; this takes 30-45 minutes for set-up and the same for put-away, and creates excess wear and tear on both the Club's equipment and its volunteers.

To overcome the above issues, the Club has actively pursued the possibility of building its own gymnastics facility.

In 2015, the Club identified a potential site on which to build a new gymnastics facility and developed drawings to test the concept. Conditional planning permission was granted in October 2015, with a revised design being granted planning permission in 2018.

Subsequently certain conditions to light that we had been unaware of that made continuing with the project unviable, so we made the decision to withdraw from the project, whilst continuing to look for alternative facilities..This is still ongoing.

Public Benefit

The trustees have all read the guidance issued by the Charity Commission on Public Benefit. In planning the Club's activities for the period, the trustees have complied with their duty to have due regard to this guidance throughout the period. The trustees believe that all activities undertaken are directly related to the Club's objects and represent benefit to the public.

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.

Following the COVID epidemic we were unable to operate, until September 2021.

During lockdown we lost several volunteers and coaches who have moved-on to other activities. However we have managed to obtain the services of one new coach.

As such we have had to cut back on the number of sessions we can offer, until we have managed to find more coaches/volunteers.

Section D

Achievements and performance

Whilst we were able to train during Autumn Term 2021, the Club ran at least 9 sessions per week of gymnastics with around 100 children and young people participating each week.

Abbey Gym Club operates the British Gymnastics (BG) badges scheme and has also developed its own awards scheme.

During the period we were unable to operate sessions we continued to post activities suitable for home practice on the Club's website.

The Trustees have decided to wait to appoint a new Trustee until 2022..

Having had to withdraw from the project to build a new facility, the Club will continue to search for a suitable facility, however we realise this means we will have to widen our search area to include other parts of southern Buckinghamshire.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Club's reserves, excluding refundable deposits, at the end of the period stood at £99,5000, However as some of this includes monies that were donated specifically for the purposes of building the new facility, the Club is in the process of contacting the donors to determine if they wish for their donations to be returned.

The funds were built-up to help fund the new facility. However as we are having to start the process again we will release some of the funds to help finance replacement equipment .

Details of any funds materially in deficit

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

Most of the Club's income is from the fees charged for gymnastics instruction. The Club currently has stopped raising funds for a new facility until we can return to active gymnastics following the COVID-19 shutdown.

The Club's major expenditure during the period was to pay costs associated with coaching; hall hire fees; and replacement equipment. These expenses are directly linked to the **provision of gymnastics instruction** as set out above.

- of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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Section F Other optional information

Abbey Gym Club is proud of its track record in developing promising gymnasts into junior coaches and beyond via a structured pathway as follows:

- From the age of 3 they work towards British Gymnastics (BG) preschool awards;
- At 5 they start working on Club and BG proficiency awards;
- From the age of 6 they are given the opportunity to take part in County competitions;
- From 12 years, they are encouraged to start helping younger gymnasts within their own classes;
- At 14 they are encouraged to attend BG Proficiency coaching courses;
- From 16 they can attend BG Level 1 Assistant Coach courses, Safeguarding and Child Protection courses and First Aid courses;
- At age 18 they are encouraged to attend BG Level 2 coaching courses.

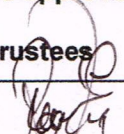
All the above courses are funded by the Club. This steady approach is great for the self-esteem of the Club's gymnasts, enabling them to build their confidence in a controlled manner and giving the younger gymnasts something to aspire to. The skills that they acquire stand them in good stead for working life.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

ROGER LEJANS	
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Position (eg Secretary, Chair, etc)

TREASURER	
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Date

30/9/22



ABBEY GYM CLUB	1156313
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Receipts and payments accounts

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For the period from	Period start date 01/01/2021	To	Period end date 31/12/2021
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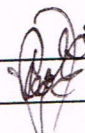
Section A Receipts and payments

	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 £
A1 Receipts					
Gymnastics Activities	8,347			8,347	49,838
Fundraising etc	34			34	4,273
Repayment	-			-	-
Interest	238			238	715
Funds Held As Agent	64			64	1,252
Member Deposits				-	3,300
	-	-	-	-	-
Sub total (Gross income for AR)	8,683	-	-	8,683	59,379
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,683	-	-	8,683	59,379
A3 Payments					
Coaching Costs	2,626			2,626	19,480
Facility Hire	4,075			4,075	13,763
Club Admin	903			903	5,050
	-			-	-
Fundraising	-			-	-
Funds Held As Agent	192			192	2,277
Equipment	-		-	-	3,966
Transfer to Member Deposits	-	-	-	-	-
	-	-	-	-	-
Sub total	7,796	-	-	7,796	44,537
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,796	-	-	7,796	44,537
Net of receipts/(payments)	887	-	-	887	14,842
A5 Transfers between funds					
A6 Cash funds last year end	98,630	3,300		101,930	68,416
Cash funds this year end	99,516	3,300		102,816	83,258

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	<table border="1"> <tr> <td>Current Account</td> <td>10,455</td> <td>-</td> <td>-</td> </tr> <tr> <td>Savings Account</td> <td>89,061</td> <td>-</td> <td>-</td> </tr> <tr> <td>Members Deposits (Agency)</td> <td></td> <td>3,300</td> <td>-</td> </tr> <tr> <td>Total cash funds</td> <td>99,516</td> <td>3,300</td> <td>-</td> </tr> </table> <p>(agree balances with receipts and payments account(s))</p>	Current Account	10,455	-	-	Savings Account	89,061	-	-	Members Deposits (Agency)		3,300	-	Total cash funds	99,516	3,300	-																							
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B2 Other monetary assets	<table border="1"> <tr><td></td><td>-</td><td>-</td><td>-</td></tr> <tr><td></td><td>-</td><td>-</td><td>-</td></tr> <tr><td></td><td>-</td><td>-</td><td>-</td></tr> <tr><td></td><td>-</td><td>-</td><td>-</td></tr> <tr><td></td><td>-</td><td>-</td><td>-</td></tr> <tr><td></td><td>-</td><td>-</td><td>-</td></tr> </table>		-	-	-		-	-	-		-	-	-		-	-	-		-	-	-		-	-	-															
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B3 Investment assets	<table border="1"> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> </table>																					Fund to which asset belongs	Cost (optional)	Current value (optional)																
B4 Assets retained for the charity's own use	<table border="1"> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> </table>																																					Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities	<table border="1"> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> </table>																					Fund to which liability relates	Amount due (optional)	When due (optional)																

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



Signature

Print Name

ROGER EVANS

Date of approval

30/9/22