



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	January	2023		31	December	2023

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				
7				
8				
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.

Two of the Trustees have declared their intention to resign at end of next year.

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 120 members who participate each week, and a further 150+ 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 30-60 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.

Section D Achievements and performance

During School Term times the Club ran at least 9 sessions per week of gymnastics with around 120 children and young people participating each week.

Abbey Gym Club operates its own awards schemes for children at different stages of development and ages. These are Pre-School awards, basic awards and proficiency awards.

During the year we were able to start an advanced “squad” for children who were showing a wish to advance their gymnastics.

During the Summer Holidays the Club run a Summer Training week, which was well attended.

The Club continues to search for a suitable training facility.

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 £100,000,

The funds were built-up to help fund the new facility. We have contacted those who donated specifically for the facility, and returned them to those who requested it. We will release some of the funds to help finance replacement equipment, and to reduce the impact of coaching cost increases and facility hire costs.

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 of the charity;
- investment policy and

Most of the Club’s income is from the fees charged for gymnastics instruction. The Club currently has stopped raising funds until we can reduce the reserves.

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.

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 EVANS	
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Position (eg Secretary, Chair, etc)

TREASURER	
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Date

7/10/24



Charity Name ABBEY GYM CLUB	Charity No 1156313
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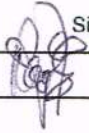
Receipts and payments accounts

For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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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	27,690			27,690	27,714
Fundraising etc	90			90	44
Transfer From Savings	-			-	-
Savings Account Interest	850			850	393
Funds Held As Agent	120			120	372
Member Deposits		525		525	510
Transferred to Savings		-	-	-	4,000
	-	-	-	-	-
Sub total (Gross income for AR)	28,750	525	-	29,275	32,522
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	28,750	525	-	29,275	32,522
A3 Payments					
Coaching Costs	9,671			9,671	9,124
Facility Hire	9,141			9,141	10,493
Club Admin	980			980	1,887
Equipment	3,641			3,641	4,484
Transfer to savings	-			-	4,000
Funds Held As Agent	2,872			2,872	4,086
	-	-	-	-	-
	-	-	-	-	-
Sub total	26,305	-	-	26,305	34,074
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	26,305	-	-	26,305	34,074
Net of receipts/(payments)	2,445	525	-	2,970	- 1,552
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	100,043	1,800		101,843	98,630
Cash funds this year end	102,488	2,325	-	104,813	97,077

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	Current Account	7,140	-	-
	Savings Account	95,348	2,325	-
			-	-
	Total cash funds	102,488	2,325	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	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	Date of approval
			ROGER EVANS	7/10/24

Independent Examiner's Report to the Trustees of Abbey Gym Club

I report on the financial statements of the charitable incorporated organisation for the year ended 31 December 2023

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of financial statements. The charity's 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.

It is my responsibility to:

- examine the financial statements under section 145 of the 2011 Act;
- 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
- 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as 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 financial statements 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:
- to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;
- have not been met; or
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Independent Examiner's Name:

DAVID LAY

Relevant professional qualification or body:


retired NatWest Bank Mgr.

Address:

**6 STOCKLANDS WAY,
PRESTWOOD,
GREAT MISSENDEN,
BUCKS.
HP16 0SJ**

Date:

6/10/24