



Trustees' Annual Report for the period

| | | | | | | | |
|-------------|-------------------|------------------|--------------|-----------|-----------------|-------------------|--------------|
| | Period start date | | | | Period end date | | |
| From | Day 01 | Month January | Year 2024 | To | Day 31 | Month December | Year 2024 |

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 | | | |
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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)

| | |
|--|---|
| <p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • 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. | <p>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.</p> <p>Two of the Trustees have declared their intention to resign at end of this year.</p> |
|--|---|

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.

The Club is still continuing to look for alternative facilities in the area..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.

We also hold a “squad” for children who show a wish to advance their gymnastics.

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

During the Summer Term the Club held an internal competition, which was well received.

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 £108000,

The funds were built-up to help fund the new facility. Having paid back all monies that were raised specifically for the building we were unable to continue with, we have started to use some of the reserves to reduce the financial burden for p.arents when increased hire fees and coach payments happen

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 objectives including any ethical investment policy adopted.

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.

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:


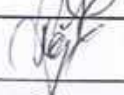
- a. From the age of 3 they work towards British Gymnastics (BG) preschool awards;
- b. At 5 they start working on Club and BG proficiency awards;
- c. From the age of 6 they are given the opportunity to take part in County competitions;
- d. From 12 years, they are encouraged to start helping younger gymnasts within their own classes;
- e. At 14 they are encouraged to attend BG Proficiency coaching courses;
- f. From 16 they can attend BG Level 1 Assistant Coach courses, Safeguarding and Child Protection courses and First Aid courses;
- g. 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) |  |  |
| Full name(s) | MIRANDA SCOTT | ROGER LEWIS |
| Position (eg Secretary, Chair, etc) | | TREASURER |
| Date | 16/10/25 | |



| | |
|---------------------------------------|-------------------------------|
| Charity Name ABBEY GYM CLUB | No (if any) 1156313 |
|---------------------------------------|-------------------------------|

Receipts and payments accounts

CC16a

| | | | |
|------------------------|--|----|--------------------------------------|
| For the period from | Period start date 01/01/2024 | To | Period end date 31/12/2024 |
|------------------------|--|----|--------------------------------------|

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 | 27,744 | | | 27,744 | 27,690 |
| Fundraising etc | - | | | - | 90 |
| Transfer From Savings | - | | | - | - |
| Savings Account Interest | 1,467 | | | 1,467 | 970 |
| Funds Held As Agent | 18 | | | 18 | 120 |
| Member Deposits | | 330 | | 330 | 525 |
| Transferred to Savings | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 29,229 | 330 | - | 29,559 | 29,395 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 29,229 | 330 | - | 29,559 | 29,395 |
| A3 Payments | | | | | |
| Coaching Costs | 11,078 | | | 11,078 | 9,671 |
| Facility Hire | 11,729 | | | 11,729 | 9,141 |
| Club Admin | 346 | | | 346 | 980 |
| Equipment | 397 | | | 397 | 3,641 |
| Transfer to savings | - | | | - | - |
| Funds Held As Agent | 2,543 | | | 2,543 | 2,872 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 26,093 | - | - | 26,093 | 26,305 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 26,093 | - | - | 26,093 | 26,305 |
| Net of receipts/(payments) | 3,136 | 330 | - | 3,466 | 3,090 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 103,118 | 1,815 | | 104,933 | 101,843 |
| Cash funds this year end | 106,253 | 2,145 | - | 108,398 | 104,933 |

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 | 9,138 | - | - |
| | Savings Account | 97,115 | 2,145 | - |
| | | | - | - |
| | Total cash funds | 106,253 | 2,145 | - |
| (agree balances with receipts and payments account(s)) | | | | |

| | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|--------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|----------------------|---------|-----------------------------|-----------------|--------------------------|
| 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 liability relates | Amount due (optional) | When due (optional) |
|----------------|---------|---------------------------------|-----------------------|---------------------|
| B5 Liabilities | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |

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

| Signature | Print Name | Date of approval |
|---|---------------|------------------|
|  | MIRANDA SCOTT | 16.10.25 |
| | ROGER LUNN | 16/10/25 |

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 2024.

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:

A handwritten signature in blue ink, appearing to read 'David Lay', with a stylized, cursive script.

DAVID LAY

Relevant professional qualification or body:

Retired Nat. West Bank Manager

Address:

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

Date: 03/04/2025