



Report and financial statements  
for the year ended 31 March 2025

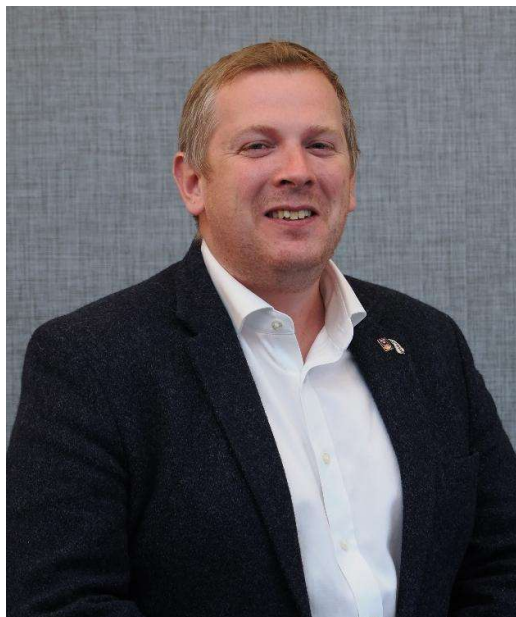
Transforming lives through gymnastics



## Chair's report

On behalf of the Board of Trustees, I am proud to present this Annual Report for the British Gymnastics Foundation, marking the end of our 10th year of operation. The year to 31st March 2025 has been one of celebration, innovation, and impact, as we continue to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need.

This year, we celebrated our 10-year anniversary, and as part of that we highlighted ten life-transforming stories from our programmes. They are just 10 of thousands of stories, but these stories, some of which are shared throughout this report, are a testament to the power of gymnastics to change lives—from supporting older adults with dementia to empowering young people from deprived communities to find employment and purpose.



Within our programmes, Love to Move continues to flourish, supporting older adults with long-term health conditions. Over the past year, we trained 175 new deliverers, reaching an estimated 3,325 new participants. The programme's impact was recognised nationally, including at our first Parliamentary Reception at the House of Commons, where MPs and NHS representatives heard firsthand how Love to Move is improving health and wellbeing across the UK. We bid farewell to an inspirational deliverer this year— Jane Thomas—whose dedication has helped shape the programme. Her legacy lives on in the thousands of lives she has touched, and we extend our uttermost gratitude to her.

Our Hardship Grants remain a vital lifeline for gymnasts in crisis, and it was fantastic to be able to open the grants back up this financial year. We awarded 97 grants totalling £21,654, with over 60% going to gymnasts in the UK's most deprived areas. We also distributed gymnastics kit to over 75 individuals thanks to the generosity of Milano Pro Sport. Stories like those of Abigail Martin, who represented Team GB at the Paris 2024 Olympics, and Isla, whose family was supported during a time of crisis, illustrate the profound impact of this programme, and you can read more about those further into the report. It is not just the financial grants that make an impact, we have Inspirational Experiences which have provided moments of joy and motivation to children facing hardship - from VIP experiences at the British Championships to personal visits with elite athletes, these opportunities help young gymnasts believe in their dreams and feel supported by the wider gymnastics community.

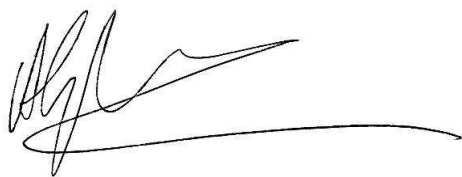
Limitless, our leadership and employability programme, ran its second cohort in July 2024, supported by the Hiscox Foundation and the FIG World Trampoline Championships legacy project. The cohort included individuals from diverse and disadvantaged backgrounds, and 9 out of 10 participants are now in coaching roles, reaching over 1,100 children weekly, demonstrating the transformative power of sport-based mentoring and training. I must extend a particular thank you to Jo Cato for the work she did to ensure this programme ran so successfully. And finally, I'm IN, our newest programme, began piloting inclusive gymnastics sessions in special schools. Early feedback has been overwhelmingly positive, with 100% of pupils reporting increased happiness and engagement. We are excited to expand this initiative in the coming year and look forward to seeing the impact it can have.

On the Governance side, we were sad to see Laura Salt leave us as an Independent Trustee, her contributions to the Board were highly valued and she will be an asset to her next appointment, where we wish her well. Coming into the Board room is Natasha Hill, who has joined as a Board Apprentice through the UK Board Apprentice Scheme.

As I wrap up and allow you to enjoy the Annual Report in full, I would like to say to our partners, funders, volunteers, and the wider gymnastics community—thank you. We are extremely grateful to everyone who support the British Gymnastics Foundation, through both funding and direct activity in delivering projects. This of course extends all the way to British Gymnastics and their CEO, Sarah Powell, who's support is invaluable to us. Without our partners and funders, our impact in helping those groups who can benefit from gymnastics would be severely reduced.

Looking ahead, as we enter our second decade, we remain committed to our mission and values: Caring, Inclusive, Ambitious, Collaborative, and Trustworthy. We will continue to innovate, expand our reach, and advocate for the power of gymnastics to transform lives.

Finally, I extend heartfelt thanks to our Executive Team, led by Patrick Bonner, whose passion and dedication drive everything we do.

A handwritten signature in black ink, appearing to read 'Alex Laybourne', with a long horizontal flourish extending to the right.

Alex Laybourne  
Chair of British Gymnastics Foundation

## Report of the trustees for the year ended 31 March 2025

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of British Gymnastics Foundation (the company) for the year ended 31 March 2025. The Trustees confirm that the Annual Report and Financial Statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

### Charitable objectives

The Charity's objectives, as set out in the Articles of Association and approved by the Charity Commission are:

- To promote community participation in healthy recreation by providing facilities for participating in gymnastics and other sports ("facilities" means land, buildings, equipment and organising sporting events);
- To provide and assist in providing facilities for sport, recreation or other leisure time occupation of such persons who have need for such facilities by reason of their youth, age, poverty or social or economic circumstance or for disabled people and the public at large in the interests of social welfare and with the object of improving their conditions of life;
- To advance the education of children and young people; and
- To advance any other purpose that is charitable in accordance with the laws of England and Wales in association with sport.

### Core purpose and values

The Trustees have agreed that the core purpose of the Charity is: **"... to create opportunities through gymnastics to bring real improvements to the lives of people and communities most in need"**, and the values of the Charity are: **Caring, Inclusive, Ambitious, Collaborative and Trustworthy.**

### Public benefit

In shaping the activities of British Gymnastics Foundation, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance "public benefit: running a charity (PB2)". The Trustees believe that the accessibility and scope of its programmes (both current and planned) demonstrates without any doubt the public benefit that the Charity's work brings to the communities it works in.

## Activities, Achievements and Operations

### Charitable Programmes

We were thrilled this year to celebrate the 10th anniversary of the British Gymnastics Foundation. Since our launch in 2014, we have been committed to using gymnastics to benefit the lives of those who need it most. Over the years, we have witnessed firsthand the transformative power of gymnastics, reaching far beyond our initial expectations and touching the lives of people at various stages of life.

At the core of our mission is the belief that every individual we support is capable of achieving amazing things. We are dedicated to standing by their side for as long as they need us, whether it's helping them secure their first job in sports, assisting those living with dementia to rejoin their communities, or supporting families in crisis to keep their children in gymnastics.

This year, as part of our 10-year anniversary, we celebrated 10 stories of life-transforming impact which our charitable programmes have created. Some of these stories are outlined throughout this annual report.

### Our 10<sup>th</sup> Anniversary Logo



## LOVE TO MOVE

The Love to Move programme has a proven track record of supporting older adults with long-term health conditions and disabilities. The benefits and changes people are noticing range from improved physical movement and general mobility, to improved self-esteem, motivation to take part in more activities, and increased ability to independently carry out every-day tasks such as dressing, feeding themselves and walking steadily. One of the most commonly cited improvements for those living with dementia, after taking part in Love to Move sessions, is an improvement in engagement with others, increased socialising, and often we hear of people remembering their loved ones and re-engaging in life and with the people around them. Totally life changing!



This year we set out to help thousands more participants to access the Love to Move programme from all communities across the country regardless of how far advanced their condition, or where they lived.



Below are the key changes we set out to make:

From	To
Sedentary lifestyle	Regular movement and confidence to take part
Cognitive and physical decline	Improved function and independence
Isolation, depression, anxiety and withdrawal from community life	Better connected, engaged in physical activity within a supportive community, re-gained self-worth and purpose
Love to Move sessions available in pockets around the country; mainly White British participants	Love to Move sessions readily available for all older people across the country, including ethnically diverse communities

## Evidence of change

In a survey conducted in February 2025 we received 75 data sets from Love to Move participants. This was a good return for this demographic as it has been difficult over the years to deal with capacity to consent issues. The overwhelming majority of participants were over 75 years old.



Based on surveys of Love to Move deliverers, we know that the average number of participants they deliver to each week currently fluctuates between 19 and 21 participants. From this we can aggregate the number of new participants during the period based on the number of new deliverers

Over the **12 month period to 31<sup>st</sup> March 2025** we have **trained 175 new Love to Move deliverers** who are likely delivering to an average of 19 participants per deliverer: a total of **3,325 new older people living with long-term health conditions including dementia and Parkinson's**. The majority of these participants were previously inactive.

The surveys also gave us verbatim comments from participants and carers.

As a result of attending Love to Move sessions, they said they:

Talked to more people; Had more energy; Can walk or stand better; Can move hands better; Can do things I couldn't do before; Made new friends; Can remember more; Feel psychologically better.

Further participant quotes:

it gives me a sense of  
community and  
enables me to have a  
conversation



much better in myself  
both physically and  
mentally

makes me feel  
happy and we all  
laugh



given me more  
confidence with  
other people  
outside the family

feel happier,  
fitter and laugh

energised, happy,  
more positive

better physically and  
mentally

## Love to Move at Trimley St Martin, Felixstowe

Laura Lopez at ActivLives started up a new Love to Move session in Trimley St Martin, Felixstowe, and the session is already a resounding success. Laura completed her Love to Move training in September 2024 and went on to pass her assessment in record time. Her training was funded through a grant received by the British Gymnastics Foundation from Suffolk Community Foundation. Laura was already running several community sessions for ActivLives but Love to Move has offered her the opportunity to add this uniquely different session to her repertoire and she is loving it.

***"It's such a rewarding and positive session to deliver. You can see the benefits it brings, not just for participants living with various conditions but the carers get just as much out of it. It is one of my favourite sessions to deliver. It has huge potential for local communities".***



The picture to the left is of Laura with John and Doreen who are regular attendees at the Trimley St Martin session. John has run the London marathon 6 times with his fastest time being an incredible 2 hours 57 minutes. John had a dense stroke in June 2023 and has had a long road to recovery but is now seeing real benefits since starting Love to Move. One of their favourite parts of the session is the alphabet topic. When they get home after a session, they always go through the topic again (sometimes for hours!!) with pen and paper writing a list and coming up with lots more answers.

Doreen said ***"I love it. It gets you going. It makes you think for yourself, not just follow. I'm getting my husband back bit by bit. He is gaining more movement and strength in the side effected by his stroke. It's not just me who notices it but other people too".***



Sue, pictured here with Laura, is a full-time carer for her husband who suffers from acute anxiety and depression, and they have been coming to the session since it started. ***"It has helped me as a carer and done a lot for my husband's mental health and wellbeing. After a session you feel really good. This is the only activity that my husband will come to where he can be with other people."***

The Trimley St Martin session is run weekly, and participants enjoy a well-deserved cup of tea and biscuit and a chat afterwards. Having seen its success, Laura is keen to develop more Love to Move sessions and the British Gymnastics Foundation is currently liaising with ActivLives and Active Suffolk to look at how we might be able to bring more Love to Move sessions to Suffolk.

## Love to Move at West Bergholt – with Right at Home

Love to Move is an age and dementia friendly seated exercise programme developed by the British Gymnastics Foundation.

As part of an East of England Coop Community Cares Fund grant, the Foundation have been working in Essex to make Love to Move accessible for the people of Essex. Sally-Ann Hattingh from Colchester

trained to deliver Love to Move in 2024 and has already got a fantastic session up and running in West Bergholt. Right at Home clients access the community sessions. Gina Emmins, Registered Manager at Right at Home, Colchester & District told us:



‘Love to Move has been a lifeline for many of our clients and the local community. Not only have they had the chance to get out of their house and meet new people, they have also had the chance to learn simple movements which many of them have put into their daily routines at home. Love to Move is so much more than seated exercise, it brings people together as a community and really does improve wellness all round. We quickly moved from monthly to weekly sessions. We have one client who comes twice a week to them as she enjoys them so much. Each week it’s amazing to see the attendees remembering more of the routines or being able to move that little bit more freely. One family member said: “I also wanted to say what wonderful work you are doing it really has made a difference to mums’ life”. Her mum lives with Parkinson’s and visits twice a month to the group.’

“

*A big impact, we love going to these events every one of them has been fantastic.*

— Ron and Pat

“

*It made me aware that even though I’m sitting here in my armchair all day most days I can do some exercises. I have been trying to do them most mornings. I can’t remember them all but I have a good go.*

— Elizabeth

“

*Nice to get out and meet people and have a chat. I got to meet people ... I would recommend to anyone.*

— June

“

*It allowed me to interact with other people or else I would’ve been spending the day at home probably on my own until the caregivers come to visit me...the lady running it was very very good. She made me feel very welcome and at ease.*

— David

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## A Parliamentary Reception for Love to Move



On Wednesday 11th September 2024, in partnership with British Gymnastics, we hosted our first Parliamentary Reception at the House of Commons, celebrating the our Charity's 10th anniversary. The event highlighted the significant positive impact that gymnastics has on individuals, communities, and society, with a special focus on Love to Move, our age and dementia-friendly seated gymnastics programme.

The milestone event came following the launch of British Gymnastics' Leap Without Limits Strategy - A vision to create an uplifting, inclusive experience for all through sport. Central to this vision is the work of our Charity, which continues to transform lives through our innovative programmes.

The event highlighted how sport can change lives, shape communities and help take pressure off the NHS by improving health and wellbeing, with British Gymnastics Foundation Love to Move deliverers sharing personal stories demonstrating how the Love to Move programme can help people to age well and even regain functions they thought they had lost.



Among the speakers at the event were representatives from Barnsley Primary Care Network (NHS) highlighting how Love to Move is benefitting their health and social care system where they are running sessions in 29 care homes already.

Collectively, the sport and physical activity sector already saves the NHS £9.5bn every year by preventing illness, and in total generates £85bn annually in economic and social value. However, the impact of the sector and the value generated could be far greater. The potential is huge.

The event fostered productive discussions between MPs, key stakeholders, and members of the gymnastics community, highlighting the programme's potential.



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The British Gymnastics Foundation Love to Move Programme is doing fantastic work transforming the lives of people with dementia, Parkinson's disease, and other cognitive impairments.

"We want everyone to have the chance to get active for all the positive physical, mental and social benefits it brings. Love to Move is an excellent example of how sport can help kickstart our mission to address some of the country's biggest health challenges.

**Stephanie Peacock**  
Sports Minister

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The British Gymnastics Foundation Love to Move programme is an excellent example of how anyone, regardless of age or ability, can stay active. It was heartwarming to hear how even simple chair-based activities can help people with dementia transform their lives. I am pleased that the Foundation plans to expand the programme to reach more people nationwide.

**Louie French**  
Shadow Sports Minister

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It was such an honour for our Foundation to be recognised in this Parliamentary reception for its successes in transforming lives through gymnastics, and was fantastic to see so many MPs make pledges of support to raise awareness of the benefits of Love to Move and to champion the programme as part of their constituency's local Health and Adult Social Care strategy.

I hope this event is the catalyst to grow Love to Move in more areas of the UK, so that everyone who needs it, can access it.

**Patrick Bonner**  
Managing Director of the British Gymnastics Foundation

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To date, since 2014, we are extremely proud to have supported 1,286 individuals in the Hardship Grants Programme, spending a total of £420,573.

Our December 2024 Hardship Grants round had 169 complete applications with a total application value of £71,609. We held 4 review panels to assess applications and the final awarding stats are:

- 97 individual Hardship Grants were awarded with a total value of £21,654
- Average award per individual was £223.
- Over 60% of the awards were given to gymnasts living in the most deprived areas (by IMD – Indices of Multiple Deprivation)
- The funded gymnasts were across all gymnastics disciplines
- 34 funded gymnasts were recreational / Gymnastics for All gymnasts

Next year, we are looking forward to awarding even more funding to British Gymnastics members in crisis, as we will be receiving a £10,000 grant in April 2025 to support Pathway Performance gymnasts in England.

In addition to providing Hardship Grants this year, we were very proud to help out BG members experiencing significant hardship in other ways, so for the third year running, Milano Pro Sport kindly worked with us and donated leotards, and other gymnastics kit, so that we could provide members in need with items that they could use for their training. By the end of this year, this enabled us to send gymnastics kit out to over 75 hardship grant recipients and other BG members, further easing the cost of participating in gymnastics. We are incredibly thankful to Milano Pro Sport for supporting our members when they need it most.

## Success on The Big Stage for our Hardship Grant Recipients

We were thrilled to see Abigail Martin become part of Team GB for the Paris 2024 Olympic Games. Abi was part of the Women's Artistic Squad for the Games, and at just 16 years old, helped the team to a fantastic 4<sup>th</sup> place in the Women's Artistic Team event. Congratulations Abi!

Abi's Mum, Ellie said:

*"At one stage without the support from the Foundation, Abi would've had to stop gymnastics, so I am extremely grateful for the support of the British Gymnastics Foundation. It's enabled Abi to carry on and progress in the sport."*



Abigail as part of the Team GB Gymnastics squad at Lilleshall National Sports Centre, just before the Paris 2024 Olympic Games.

## Isla: My Story



### Natasha, Isla's Mum

"Gymnastics for Isla is her whole World, it's her friendship circles. She just generally loves gymnastics. Everything about it is all she talks about.

We live here in Berwick-upon-Tweed. In the house there's myself, my husband Gary, there is Isla, her younger sister Amelia, who's nine, and big brother Nathan.

Isla goes to DC Gymnastics in Berwick, and she's in the elite tumbling squad. My husband Gary was diagnosed with Alzheimer's just over two years ago. It's changed the whole dynamics of the whole family. Unfortunately, he doesn't interact with the girls the way he used to. He had to give up work just for insurance purposes, he couldn't do joinery anymore. And obviously we went from a two-income family to a one-income family. The knock-on effect has been that I couldn't afford to pay for Isla's gymnastics. When I realised I couldn't afford to pay for the gymnastics anymore, I went to Isla's coaches. They very kindly put in a 50% fund for two months, while they said to me about the hardship grant. I applied for the hardship grant, and then got the full £500 grant, which has been a godsend.



It took a huge weight off my shoulders to be able to know that our gymnastics fees were paid for the next few months. It was tough, it was really tough early days. It was panic mode, and if it hadn't had been for the help and support that we've had from the British Gymnastics Foundation, Isla would possibly have had to either quit gymnastics or reduce her hours, and she wouldn't have been in the squad anymore. Looking at the future for Isla, for me, there's never the pressure of pushing her with her gymnastics. If she's happy, we're happy. She is progressing amazingly.



She has structure. The coaches have been there to support Isla. She's been able to talk to them about her dad or things going on at home, and it's just been great to keep that routine going for her. Gary sometimes comes to the competitions. I find his anxiety now is maybe holding him back a little bit, but if she's got any competitions at home, he will still come to the DC Gymnastics competitions to watch her, and he's really proud.

The hardship grant for us as a family just took that burden away, and I just feel that if there's anybody who was struggling, apply for it. I didn't think I would be successful. With the support of the coaches to help us with my application, it was really easy, and they've just been really supportive and I'm very grateful."

**Isla said:**

"Gymnastics to me is my passion. I get to meet new people and I get to just enjoy myself. The coaches are really nice, and they're really funny, and I know that I can talk to them about anything. My biggest achievement so far is being able to go to the English qualifiers. My dream in gymnastics in the future is to be able to go to really big competitions."



Supported by



The Limitless programme is going from strength to strength. We continue to focus on areas of social deprivation in the UK and aim to develop and empower people from these communities to raise confidence, improve wellbeing and employability through gymnastics.

From previous recipients of the programme, we know that being involved has helped to develop life skills and confidence, as well as gaining qualifications which support onward employment.

## 2024 Limitless Cohort

We were grateful for the continued support of the Hiscox Foundation UK this year for our Limitless programme and for the additional support from the FIG World Trampolining Championships and its legacy programme which supported further learners from the West Midlands. We were delighted to recruit another full cohort of 10 learners to the programme.



For this group, the demographic make-up was:

- Age range from 20 to 56 years old.
- 50% are from IMD 1-3 (living in areas of the UK that are in the most deprived 30%)
- 40% declared a disability
- 40% had English as a second language
- 50% from an ethnic minority

As part of the programme, each learner is paired with a Life Mentor to help guide their onward journey over a 12 month period. Four Hiscox staff took part in the Life Mentor training with British Gymnastics. The other 6 mentors were recruited from British Gymnastics and British Gymnastics Foundation staff and most of the mentors came to the in-person launch event at Lilleshall to meet their mentees.

The week at Lilleshall was a great success. Our Tutor, Aisha started the week by creating a safe space for people to speak up and ask questions. – when asked in the ‘end of week’ survey, ‘How do you think this week has changed how you feel about your future?’, answers included, ‘I feel much more positive and able to share ideas and have a voice’, ‘It’s made me so much more confident about my abilities..’, ‘I feel more optimistic’, ‘More confident’.

During the week, all 10 learners completed their Activity Instructors Award and passed their on-course assessment. As well as the course there were some optional extra-curricular activities. One evening ‘Battle Back’, (the Royal British Legion) provided the group with a laser shooting session. The whole group took part and thoroughly enjoyed it. This was a major step forward for some in the group, as they arrived at the start of the week with severe anxiety.



**‘...my health has suffered which forced me to give up coaching and severely knocked my confidence, but getting on this course will help me get back some of the confidence and knowledge that I have lost since being away as well as learn something new’**

**“Thanks to The British Gymnastics Foundation and the Limitless programme I was able to grow in confidence and realise my potential”**

**“The course was brilliant but exhausting. I felt really supported by the Foundation team while I was at Lilleshall, Aisha was a brilliant tutor”**

**‘Felt so welcomed and supported. Confidence has increased SO much’**

9 out of 10 learners from the class of 2024 are in coaching positions and the 10<sup>th</sup> learner has recently trained to deliver our Love to Move programme for older adults and is now delivering to asylum seekers in Scotland.

8 months on from joining the Limitless programme, the 2024 learners are reaching a total of 1,182 children per week in a coaching capacity!

It is truly remarkable to see the positive change in the learners throughout their time with us.

We hope to be in a position to continue our support to all the Limitless cohorts to date as well as bringing through another 10-12 learners in 2025.

**With thanks to Hiscox Foundation UK for their generous support of the Limitless Programme in 2024 and the FIG World Trampoline Championships which contributed to the 2024 Limitless cohort and supported the West Midlands based learners.**

## I'm IN – (SPECIAL SCHOOLS & COMMUNITY PROGRAMME)

The 'I'm IN' programme aims to increase the accessibility of gymnastics to young disabled people and to support the integration of these young people from school into their communities. It is hoped that the programme will also lead to opportunities through the Limitless programme into coaching and Leadership for disabled people.

Key to the programme is the co-creation with young disabled people, their parents, teachers and coaches of session plans, music and resources.

This year we started to test and develop exercises and activities in our first step to make Gymnastics accessible to all children attending Special Schools in the UK.

Taking an adapted version of our seated Love to Move programme we ran sessions initially for 13–16-year-olds at Limington House School.

We started with a seated only version of the programme for 45 minutes per session and built it up to an hour after 6 weeks. To begin with, the teachers were concerned that the children would not be able to sit and concentrate for 45 minutes, but the sessions were designed to engage people in many ways and after 6 weeks the children were focussing for the whole hour.

Alexandria has been leading the sessions and said:

***“During the sessions we are hoping to achieve inclusion through movement, any child should be able to enjoy the benefits of movement to music through the programme and feel great about themselves. I believe the children feel relaxed and more focused after completing the programme. Everyone, teachers included, leave the session with a smile on their faces, and a bouncier attitude. Music has a huge impact and allows children to express themselves. With the Fine Motor Skills & Bilateral Asymmetrical Patterns, the children are using both sides of the brain which, for them, helps keep them stimulated and engaged.”***

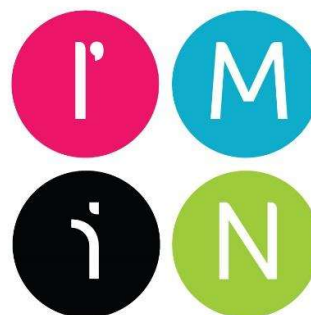
A Learning Support Assistant (LSA) said:

***“Alexandria was not only easy to work with, but her communication was also excellent. After only a few sessions we noticed a difference in the students; some managed to sit for longer periods of time, many engaged with the exercises and students followed Alexandria’s instructions with ease. The students look forward to coming each week and get excited. She meets the needs of the children.”***

Children in the school with some of the most complex needs were able to access the sessions and some joined in with a physical group activity for the first time.

The Teacher from one class reported:

***“The team have said that the children have all increased in their confidence and gained a better understanding of what gymnastics entails (i.e. co-ordinating mind and body). When I supported students in one session, I was so impressed with the sustained concentration of all of the students, particularly those with complex needs. Equally, the children always come back from gymnastics buzzing!”***





Throughout the sessions we have been asking for feedback from staff and the young people themselves. Below are some quotes and results of surveys from the children.

***“Brain gymnastics is my favourite part”***

***“I love the stamping and clapping because I like to be a soldier”***

- 100% of the pupils said the sessions made them feel Happy
- 100% said they enjoyed the sessions
- 100% said they would like to do more of this activity

We would like to thank the Peter Harrison Foundation for supporting this programme and making it possible to co-create resources and training which will eventually enable all disabled children to access the benefits of gymnastics and movement.

## INSPIRATIONAL EXPERIENCES

Our Inspirational Experiences programme gives children experiencing hardship, family crisis, or life changing situations a motivational experience to help them through hard times. For most of the beneficiaries, their circumstances are such that we cannot disclose details about them or their situation, however the experiences offered this year have included funding children who have had particularly difficult times in their lives, to access local gymnastics clubs, and some visits to gymnastic squad sessions and 'Best Seats In The House' at the British Championships. Below are just a couple of these stories.



### Meet Charlotte: A Little Gymnast with Big Dreams



This smiley little face belongs to Charlotte. She's 8 years old.

Charlotte comes from a low-income family, she lives with her Mum, big sister and big brother. Charlotte was nominated for an Inspirational Experience with the British Gymnastics Foundation. We've had the privilege of supporting her gymnastics journey by covering her initial training fees; and what a journey it's becoming! [See Charlotte's story here](#)

Thanks to her hard work and determination, Charlotte has recently been moved up to a higher-level gymnastics class. Her favourite apparatus is the **beam**, and she has big dreams. One day, she hopes to represent her country at the **Olympics**, but for today, she dreams of simply mastering new skills on the beam.

Although she's watched gymnastics events on TV, Charlotte had never experienced anything live or met elite athletes in person; until recently. Thanks to the generosity and kindness of **Barry Collie, Head National Coach (MAG)**, we arranged for Charlotte to visit the **Men's Senior Team** during a training session at **Lilleshall National Sports Centre**.

Barry welcomed Charlotte with open arms. Not only did she get to watch the team train, but she was invited to join them in the gym, sharing the space and soaking in the experience. The team made her feel truly special, taking time to speak with her, encourage her, and even sign a photo frame that now hangs proudly on her bedroom wall.

Charlotte couldn't wait to get back to her club to share all she had seen and done. Her mum says the visit made a huge impact. It helped Charlotte believe that her dreams are not only valid but possible.

Charlotte now says, ***"Barry is the coach that makes dreams come true."***

We're so thankful to Barry and the Men's Senior Team for showing such kindness and making this young gymnast feel seen, heard, and inspired. This one visit made Charlotte's big dreams even bigger and that's the kind of magic we'll never forget.



## Fun at the British Championships: A Day to Remember



This year at the British Championships in Liverpool, we were thrilled to welcome two very special families for a day filled with joy, inspiration, and unforgettable memories.

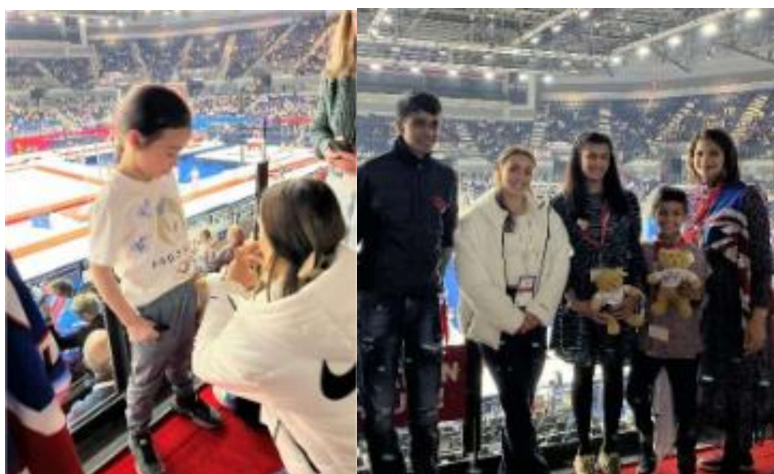
Both families are part of the City of Preston Gymnastics Club, a club known not only for its athletic excellence, but for its deep commitment to supporting gymnasts and their families, especially during tough times.

Piper (aged 9) and Guari (aged 13) were nominated for an Inspirational experience with the British Gymnastics Foundation, and we discovered two resilient young gymnasts who have each faced incredibly difficult personal challenges. Piper's mum has been very unwell, which has understandably made home life different for her. Guari sadly and suddenly lost her father last year.

We wanted to give these gymnasts and their families a carefree day full of fun, where the only thing they needed to focus on was enjoying the moment.

From the moment they arrived at the M&S Bank Arena, they were treated like VIPs, seated in a private, cordoned-off section with the best views in the house. Goodie bags bursting with gymnastics merchandise were handed out, and their area was stocked with drinks and snacks for their exclusive use.

Throughout the day, they were visited by key figures from the world of gymnastics; current athletes, ex-gymnasts, and sporting icons who stopped by to sign t-shirts, flags, and take photos, creating lasting memories for both girls and their families.



Tracy, the club's Welfare Officer, who accompanied the families, shared this heartfelt message:

***"On behalf of our families, I wanted to extend our deepest gratitude to the British Gymnastics Foundation for the incredibly generous and thoughtful gesture of arranging for two of our families to experience the British Championships from the very best seats in the house. It was truly a day to remember, one that has created lasting memories for all involved.***

***We are beyond appreciative of how special the day was, and we can't express enough how much it meant to the families who were able to attend. The experience went far beyond what anyone could have expected."***

It was an honour to bring a little bit of joy to these incredible young girls and their families. Their strength and resilience are an inspiration, and we hope this day reminded them that they are supported, celebrated, and never alone.



## Fundraising

This year we have increased the diversity of our fundraising income streams, which has led to a better fundraising outcome across the year. To the year ending 31<sup>st</sup> March 2025, we raised £63,654 (not including grant income)

We had a busy start to the year leading up to a successful summer of fundraising from the gymnastics community – highlights included:

- The Milano Prize Draw for a framed and signed set of GBR Squad leotards raised a fantastic total of £2,730.
- Individual fundraising, with a fantastic stand out fundraising effort from Amelia, who held a fundraising day at her school for the Foundation. Amelia organised a day full of fun for the pupils in her school, preparing activities for all the year groups. Amelia raised an outstanding £1,631.
- The auctioned some donated gymnastics equipment and raised almost £9,000.



Later in the year James, Stacy, Andy, and Eva from British Gymnastics, took on the Shropshire Mud Run to celebrate our 10th anniversary! Not only did they conquer the mud, but they also raised an impressive £463 to support our programmes.



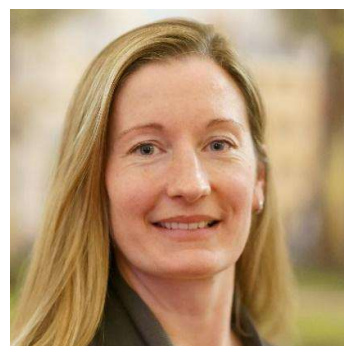
As part of our fundraising development this year, we have worked closely with British Gymnastics to integrate a donation opportunity for our Charity within the British Gymnastics membership renewal process. British Gymnastics members have been incredibly generous helping us raise over £20,000 this year from donations added to their memberships.



Finally, in the lead up to the Artistic Gymnastics British Championships We have raffled off tickets for the Best Seats of the House at the British Championships and raised £1,910 through raffle sales. At the British Championships, we also held a prize draw for an Olympic Leotard signed by the Great Britain Team, which raised £3,735.

### Governance

In May we were very sad to lose Laura Salt from our Board of Trustees. Having served nearly three years with us as an Independent Trustee, Laura made a huge contribution to our Charity, most notably leading on our thinking around important governance changes for our Hardship Grants programme, serving as an active member of our Hardship Grants Review Panel, and providing excellent leadership and guidance in the area of fundraising. We will miss Laura and wish her all the very best in the future.



During the year, British Gymnastics Foundation continued to maintain all relevant governance requirements sufficiently to comply with tier 2C of the Code for Sports Governance. This means that although our Foundation is deemed to be a 'Small Charity' by the Charity Commission, our governance is such, that it satisfies the requirements of 'Large Charities.' In a period where there continues to be low confidence in the charity sector, our extra rigour in governance compliance will stand us in good stead, particularly when receiving future government funding. Being extremely passionate about our good governance, our Board continued to work through its plan to achieve tier 3 of the Code for Sports Governance.

Towards the end of 2024, our Charity engaged in the 2025 UK Boardroom Apprentice programme update Developed by the Ministry of Housing, Communities and Local Government (MHCLG). As a host Board for the programme, which aims to support and develop new Board leaders of the future, we were very pleased to welcome Natasha Hill to our Board as a Board Apprentice from January to December 2025. As part of the apprentice scheme Board Apprentices are not required to be registered as a Director of the company on Companies House.

### Operations

This year, BGF has entered its third year delivering enhanced communications to its 80,000 supporters who have signed up to hear from us. We have had some very positive feedback from fans and supporters this year as we connect as many people as possible with the good work of our charity. In particular, this year has seen our Foundation nearly double its presence on social media and in external communications.

In January 2025, our amazing Love to Move deliverer, Jane Thomas retired from working in our Charity's Love to Move Team. Before working for our Charity, Jane was a volunteer for the Love to Move Programme at her local session in Brampton. Jane was such a passionate advocate for the programme, that she wanted to make even more positive impact, so she took the opportunity to start working for our Charity in 2018. Jane worked in the Cambridge area of the UK in our Love to Move Team and in her 6 years with our Charity, she made an enormous contribution to the development of our programme and to the lives of the participants she worked with. Although Jane has left our Charity Team, she is still volunteering at her local Love to Move session at Brampton Memorial Centre making a difference to so many people's lives. We are so grateful to Jane for her excellent work over the past 6 years and for her continued voluntary support of Love to Move.



Our Charity has been working closely with British Gymnastics on the membership CRM system, and we are excited to say that we have now incorporated a donation facility as part of the British Gymnastics Membership renewal process, enabling us to collect voluntary donations at the point of sale on British Gymnastics membership this year. We are hoping that in future years, we will be able to collect donations on other products, further diversifying our charitable income.

### **Risk management**

The Trustees understand that identifying and managing risks, both positive and negative, aids good decision making and ensures that the strategic priorities are delivered. The Charity's policy on Risk Management sets out the Trustees' commitment to addressing risk management, both as part of the overall planning and implementation of British Gymnastics Foundation's strategy, and also to support its system of internal controls, as detailed in its policies, including its Financial Regulations.

## Financial review

### a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

During the year to 31 March 2025:

- The Charity received total income of £365,823 consisting of restricted income of £100,132 and other unrestricted income of £265,691 (including a grant of 150,000; from Gymnastics Enterprises Ltd).
- The Charity spent £406,052 (2024: £377,855) consisting of fundraising costs of £15,633 (2024:£32,777) and expenditure on charitable activities of £390,419 (2024: £345,078).

At the end of March 2025:

- The Charity had total charity funds of (£9,823) (2024: £30,406)

### b. Reserves policy

British Gymnastics Foundation has a Reserves Policy. The Reserves Policy specifies that there is a need for British Gymnastics Foundation to have reserves of unrestricted funds. These reserves are needed to:

- Ensure that all the Charity's liabilities can be met in the event that the Charity ceases to operate;
- Finance growth and development;
- Absorb any short-term setbacks.

The Trustees have determined that the Charity should aim to hold reserves of unrestricted funds of £130,000. As at 31st March 2025, the Charity's unrestricted reserves total (£10,749) (2024: £30,406) which represents the free reserves. The approved budget for the year ending 31st March 2025 records unrestricted reserves of (£10,749), which is £140,749 below the target of £130,000. The deficit this financial year has resulted from an increase in expenditure on charitable programmes (costs of running programmes has increased and the extent of our programme reach has also increased). Although our income to support the delivery of charitable programmes has increased considerably compared to last year, the levels of income that we have been able to generate has fallen short of our expectations. In particular, we had an expectation of receiving corporate sponsorship which did not materialise this financial year but is now expected in the next financial year.

Gymnastics Enterprises Ltd has indicated its intention to pay a £150,000 donation to British Gymnastics Foundation to cover the 12 months to 31 March 2026. The Trustees are of the view that this donation secures the immediate future of the charity for the next 12 months and that on this basis the assessment of the trustees is that the charity is a going concern.

## Structure, Governance and Management

### a. Constitution

British Gymnastics Foundation is registered as a charitable company limited by guarantee and was set up by a Trust deed.

### b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

### c. Structure and governing document

British Gymnastics Foundation was incorporated on 28th May 2014, a company limited by guarantee and having no share capital. It was registered by the Charity Commission as a charity on 7th July 2014.

The Charity is governed by its Memorandum and Articles of Association, as amended most recently on 13th November 2023.

### d. Appointment of Trustees

As set out in the Articles of Association, the Trustees are appointed by the sole member of the Charity. In certain circumstances, the Trustees may co-opt further Trustees. Trustees serve for a term of up to three years and retire at the relevant annual retirement meeting, unless reappointed for a second term of up to three years. Trustees may in exceptional circumstances be reappointed for a third term of up to three years.

## Reference and administrative details of the Company, its trustees and advisers

<b>Trustees</b>	Alexander Laybourne, Chair
	Esther Ashman
	Daniel Booth
	Jessica Cook
	Louise Fawcett
	David Marshall
	Chisara Nwabara
	Laura Salt
	Gary Tolometti

<b>Company registered number</b>	09060595
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<b>Charity registered number</b>	1157747
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**Registered office** Lilleshall National Sports Centre  
Lilleshall  
Newport  
Shropshire  
TF10 9AT

**Accountants** WR Partners  
Chartered Accountants  
Belmont House  
Shrewsbury Business Park  
Shrewsbury  
Shropshire  
SY2 6LG

**Bankers** CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....  
**Alex Laybourne**  
(Chair of Trustees)

Date: 27<sup>th</sup> October 2025

**STATEMENT OF TRUSTEES' RESPONSIBILITIES  
FOR THE YEAR ENDED 31 MARCH 2025**

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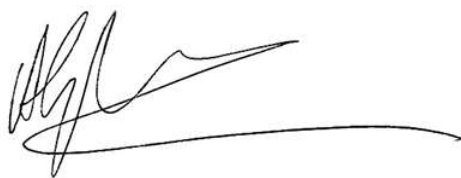
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



.....  
**Alex Laybourne**  
(Chair of Trustees)

Date: 27<sup>th</sup> October 2025

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**BRITISH GYMNASTICS FOUNDATION**

**(A company limited by guarantee)**

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**INDEPENDENT EXAMINER'S REPORT  
FOR THE YEAR ENDED 31 MARCH 2025**

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**Independent Examiner's Report to the Trustees of British Gymnastics Foundation ('the Company')**

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

**Responsibilities and Basis of Report**

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

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**BRITISH GYMNASTICS FOUNDATION**

**(A company limited by guarantee)**

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**INDEPENDENT EXAMINER'S REPORT (CONTINUED)  
FOR THE YEAR ENDED 31 MARCH 2025**

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**Independent Examiner's Statement**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's 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 Company and the Company's Trustees as a body, for my work or for this report.

Signed:



Dated:

27 November 2025

S J Tweedie

BSc FCA DChA

WR Partners  
Chartered Accountants  
Belmont House  
Shrewsbury Business Park  
Shrewsbury  
SY2 6LG

**BRITISH GYMNASTICS FOUNDATION**

**(A company limited by guarantee)**

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>					
Donations and legacies	2	48,655	-	48,655	30,289
Charitable activities	3	214,132	100,132	314,264	259,336
Other trading activities	4	865	-	865	773
Investments	5	2,039	-	2,039	2,941
<b>Total income</b>		<b>265,691</b>	<b>100,132</b>	<b>365,823</b>	<b>293,339</b>
<b>Expenditure on:</b>					
Raising funds	6	15,633	-	15,633	32,777
Charitable activities	8	291,213	99,206	390,419	345,078
<b>Total expenditure</b>		<b>306,846</b>	<b>99,206</b>	<b>406,052</b>	<b>377,855</b>
<b>Net movement in funds</b>		<b>(41,155)</b>	<b>926</b>	<b>(40,229)</b>	<b>(84,516)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		30,406	-	30,406	114,922
Net movement in funds		(41,155)	926	(40,229)	(84,516)
<b>Total funds carried forward</b>		<b>(10,749)</b>	<b>926</b>	<b>(9,823)</b>	<b>30,406</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 39 to 56 form part of these financial statements.

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**BRITISH GYMNASTICS FOUNDATION**

(A company limited by guarantee)  
REGISTERED NUMBER: 09060595

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**BALANCE SHEET  
AS AT 31 MARCH 2025**

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	Note	2025 £	2024 £
<b>Fixed assets</b>		<hr/>	<hr/>
		-	-
<b>Current assets</b>			
Stocks	13	1,111	1,386
Debtors	14	16,431	13,738
Cash at bank and in hand		204,688	118,783
		<hr/>	<hr/>
		222,230	133,907
<b>Current liabilities</b>			
Creditors: amounts falling due within one year	15	(232,053)	(103,501)
		<hr/>	<hr/>
<b>Net current liabilities / assets</b>		(9,823)	30,406
<b>Total assets less current liabilities</b>		<hr/>	<hr/>
		(9,823)	30,406
<b>Total net assets</b>		<hr/>	<hr/>
		(9,823)	30,406

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**BRITISH GYMNASTICS FOUNDATION**

(A company limited by guarantee)  
REGISTERED NUMBER: 09060595

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**BALANCE SHEET (CONTINUED)  
AS AT 31 MARCH 2025**

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		2025	2024
	Note	£	£
<b>Charity funds</b>			
Restricted funds	17	926	-
Unrestricted funds	17	(10,749)	30,406
<b>Total funds</b>		<u>(9,823)</u>	<u>30,406</u>

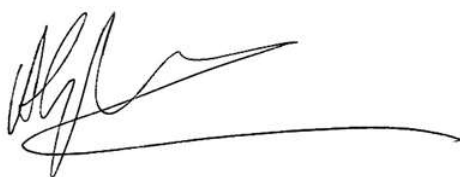
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....  
**Alexander Laybourne**  
(Chair of Trustees)

Date: 27<sup>th</sup> October 2025

The notes on pages 39 to 56 form part of these financial statements.

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## BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

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### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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#### 1. Accounting policies

##### 1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

British Gymnastics Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

##### 1.2 Going concern

Gymnastics Enterprises Ltd has paid £150,000 to British Gymnastics Foundation post year end to cover the 12 months to 31st March 2026. The trustees are of the view that this donation secures the immediate future of the Charity for the next 12 months and that on this basis the assessment of the trustees is that the Charity is a going concern.

##### 1.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

##### 1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure. All expenditure is inclusive of irrecoverable VAT.

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## BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

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### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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#### 1. Accounting policies (continued)

##### 1.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

##### 1.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £NIL or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Computer equipment	- 25%
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##### 1.7 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

##### 1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

##### 1.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

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## BRITISH GYMNASTICS FOUNDATION

(A company limited by guarantee)

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### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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#### 1. Accounting policies (continued)

##### 1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

##### 1.11 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

##### 1.12 Staff costs and pensions

The administration of the Charity is carried out by employees from British Gymnastics whose costs are recharged to the Charity. These staff members belong to a defined contribution scheme. The recharge from British Gymnastics includes the employer contributions to that scheme.

##### 1.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

**BRITISH GYMNASTICS FOUNDATION**

**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

**2. Income from donations and legacies**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
<b>Donations</b>				
BGF Fundraising	48,655	-	<b>48,655</b>	8,289
BGF Leadership/ Limitless	-	-	-	22,000
<b>Subtotal detailed disclosure</b>				
	<u>48,655</u>	<u>-</u>	<u><b>48,655</b></u>	<u>30,289</u>
	<u>48,655</u>	<u>-</u>	<u><b>48,655</b></u>	<u>30,289</u>
<i>Total 2024</i>	<u>3,289</u>	<u>27,000</u>	<u><b>30,289</b></u>	

**3. Income from charitable activities**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
BGF Love to Move	64,132	59,108	<b>123,240</b>	152,336
BGF Leadership / Limitless	-	25,000	<b>25,000</b>	7,000
BGF Hardship grants	-	132	<b>132</b>	-
BGF Fundraising	150,000	-	<b>150,000</b>	75,000
BFG Operational Support	-	892	<b>892</b>	25,000
BGF I'm in	-	15,000	<b>15,000</b>	-
	<u>214,132</u>	<u>100,132</u>	<u><b>314,264</b></u>	<u>259,336</u>
<i>Total 2024</i>				

**BRITISH GYMNASTICS FOUNDATION**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

155,615   103,721   259,336

**4. Income from other trading activities**

**Income from fundraising events**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
BGF Fundraising	-	-	500
BGF Love 2 Move	865	<b>865</b>	273
	<u>865</u>	<u><b>865</b></u>	<u>773</u>
<i>Total 2024</i>			
	<u>773</u>	<u>773</u>	

**5. Investment income**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Bank interest	<u>2,039</u>	<u><b>2,039</b></u>	<u>2,941</u>
<i>Total 2024</i>			
	<u>2,941</u>	<u>2,941</u>	

**BRITISH GYMNASTICS FOUNDATION**

(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

**6. Expenditure on raising funds**

**Costs of raising voluntary income**

	<b>Unrestricted funds 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Travel and accommodation	-	-	88
Miscellaneous	1,186	<b>1,186</b>	155
IT and telephones	375	<b>375</b>	1,222
Wages and salaries	12,262	<b>12,262</b>	27,368
Employers national insurance	740	<b>740</b>	2,624
Employers pension costs	1,070	<b>1,070</b>	1,320
	<u>15,633</u>	<u><b>15,633</b></u>	<u>32,777</u>
<i>Total 2024</i>			
	<u>32,777</u>	<u><b>32,777</b></u>	

**7. Analysis of grants**

	<b>Grants to Individuals 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Grants to individuals	<u>21,654</u>	<u><b>21,654</b></u>	<u>7,030</u>
<i>Total 2024</i>			
	<u>7,030</u>	<u><b>7,030</b></u>	

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**8. Analysis of expenditure on charitable activities****Summary by fund type**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total 2025 £</b>	<i>Total 2024 £</i>
Direct costs	<u>291,213</u>	<u>99,206</u>	<u><b>390,419</b></u>	<u>345,078</u>
<i>Total 2024</i>	<u>122,385</u>	<u>222,693</u>	<u><b>345,078</b></u>	

**9. Analysis of expenditure by activities**

	<b>Activities undertaken directly 2025 £</b>	<b>Grant funding of activities 2025 £</b>	<b>Support costs 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Direct costs	<u>8,208</u>	<u>21,654</u>	<u>360,557</u>	<u><b>390,419</b></u>	<u>345,078</u>
<i>Total 2024</i>	<u>252,114</u>	<u>7,030</u>	<u>85,934</u>	<u><b>345,078</b></u>	

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**9. Analysis of expenditure by activities (continued)**

**Analysis of direct costs**

	<b>Activities 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Staff costs	-	-	212,815
Advertising and promotions	1,804	<b>1,804</b>	1,351
Bank charges	-	-	30
Clothing	911	<b>911</b>	163
Events and venue expense	3,796	<b>3,796</b>	3,956
Motor expense	-	-	2,068
IT and telephones	-	-	7,891
Printing, postage and office costs	1,697	<b>1,697</b>	1,610
Travel and accommodation	-	-	7,929
Professional services	-	-	13,873
Miscellaneous	-	-	428
	<u>8,208</u>	<u><b>8,208</b></u>	<u>252,114</u>
<i>Total 2024</i>			
	<u>252,114</u>	<u>252,114</u>	

During the year the charity decided to reallocate the expenditure on staff to support costs. Total expenditure for 2024 has not changed.

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**9. Analysis of expenditure by activities (continued)****Analysis of support costs**

	<b>Activities 2025 £</b>	<b>Total funds 2025 £</b>	<i>Total funds 2024 £</i>
Staff costs	306,364	<b>306,364</b>	64,872
Depreciation	-	-	2,666
Motor expense	-	-	5,674
Travel & accommodation	18,260	<b>18,260</b>	4,691
IT services	7,406	<b>7,406</b>	2,189
Events and venue expenses	-	-	408
Office costs	984	<b>984</b>	632
Governance	22,523	<b>22,523</b>	4,716
Bank charges	4,855	<b>4,855</b>	30
Miscellaneous	165	<b>165</b>	56
	<u>360,557</u>	<u><b>360,557</b></u>	<u>85,934</u>
<i>Total 2024</i>			
	<u>85,934</u>	<u><b>85,934</b></u>	

During the year the charity decided to reallocate the expenditure on staff to support costs. Total expenditure for 2024 has not changed.

**10. Independent examiner's remuneration**

The independent examiner's remuneration amounts to an independent examiner fee of £2,616 (2024 - £1,500), and accounts preparation and tax returns of £2,184 (2024 - £2,400).

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**11. Staff costs**

The Charity does not have any employees. The administration of the Charity is carried out by employees from British Gymnastics. The employees' salary and related costs are recharged to the Charity from British Gymnastics. These are analysed as follows:

	2025 £	2024 £
Wages and salaries	263,236	260,023
Social security costs	25,270	26,612
Contribution to defined contribution pension schemes	31,930	22,364
	<u>320,436</u>	<u>308,999</u>

The average number of persons employed by the Company during the year was as follows:

	2025 No.	2024 No.
Average number of recharged employees	<u>9</u>	<u>9</u>

The number of recharged employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	2024 No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	1	1

Key management personnel received remuneration of £168,460 (2024: £158,241)

**12. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL-).

During the year ended 31 March 2025, expenses totalling £2,308 were reimbursed or paid directly to 7 Trustees (2024 - £798 to 4 Trustees). These related to reimbursements of travel costs.

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FOR THE YEAR ENDED 31 MARCH 2025**

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**13. Stocks**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Finished goods and goods for resale	<u><b>1,111</b></u>	<u><b>1,386</b></u>

**14. Debtors**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Due within one year</b>		
Trade debtors	<b>16,207</b>	<b>13,593</b>
Prepayments and accrued income	<b>224</b>	<b>145</b>
	<u><b>16,431</b></u>	<u><b>13,738</b></u>

**15. Creditors: Amounts falling due within one year**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Bank overdrafts	<b>42</b>	<b>-</b>
Other loans (from British Gymnastics)	<b>205,962</b>	<b>88,085</b>
Trade creditors	<b>4,405</b>	<b>4,106</b>
Other taxation and social security	<b>54</b>	<b>45</b>
Accruals and deferred income	<b>21,590</b>	<b>11,265</b>
	<u><b>232,053</b></u>	<u><b>103,501</b></u>

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### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

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#### 16. Restricted funds

Love to Move – This is a scientifically designed seated exercise programme for people living with dementia and other forms of cognitive decline. The programme trains and develops education and learning resources to train a workforce which delivers the exercise programme across the UK and beyond and is proven to significantly improve the quality of life for participants.

Limitless – This programme engages beneficiaries by delivering a residential coaching leadership programme at Lilleshall National Sports Centre, followed by wrap around mentoring and developmental support and support towards employment in the sports sector. This support is to benefit individuals from deprived backgrounds, whose life circumstances have made it difficult to start their journey in sports coaching.

I'm IN – This programme works with specialist disability gymnastics clubs and connects them with special educational needs schools to develop and deliver a bespoke disability gymnastics programme which engages disabled children in gymnastics for the first time. The programme works with disabled children, their teachers and family, to co-create the gymnastics programme which is delivered, empowering the children to join their community gymnastics club as a route to life-long participation in sport.

BGF Operational Support includes the core costs of the Charity which are not directly involved in delivering restricted public benefit programming. Examples of costs include IT software licencing, staff salaries and expenditure related to the day to day running of the Charity's administration.

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**BRITISH GYMNASTICS FOUNDATION**

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**NOTES TO THE FINANCIAL STATEMENTS  
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**17. Statement of funds****Statement of funds - current year**

	Balance at 1 April 2024 £	Income £	Expenditure £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>				
General Funds	<u>30,406</u>	<u>265,691</u>	<u>(306,846)</u>	<u>(10,749)</u>
<b>Restricted funds</b>				
BGF Operational Support	-	892	(892)	-
BGF Love to Move	-	59,108	(59,108)	-
BGF I'm IN	-	15,000	(14,074)	926
BGF Leadership / Limitless	-	25,000	(25,000)	-
BGF Hardship grants	-	132	(132)	-
	<u>-</u>	<u>100,132</u>	<u>(99,206)</u>	<u>926</u>
<b>Total of funds</b>	<u><u>30,406</u></u>	<u><u>365,823</u></u>	<u><u>(406,052)</u></u>	<u><u>(9,823)</u></u>

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**BRITISH GYMNASTICS FOUNDATION****(A company limited by guarantee)**

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**NOTES TO THE FINANCIAL STATEMENTS  
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**18. Summary of funds (continued)****Statement of funds - prior year**

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2024 £</i>
<b>Unrestricted funds</b>					
General Funds	<u>114,888</u>	<u>162,618</u>	<u>(155,162)</u>	<u>(91,938)</u>	<u>30,406</u>
<b>Restricted funds</b>					
BGF Operational Support	-	5,000	(49,814)	44,814	-
BGF Love to Move	34	96,721	(106,154)	9,399	-
BGF I'm IN	-	-	(20,275)	20,275	-
BGF Leadership / Limitless	-	29,000	(46,450)	17,450	-
	<u>34</u>	<u>130,721</u>	<u>(222,693)</u>	<u>91,938</u>	<u>-</u>
<b>Total of funds</b>	<u>114,922</u>	<u>293,339</u>	<u>(377,855)</u>	<u>-</u>	<u>30,406</u>

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

**18. Summary of funds (continued)**

**18. Summary of funds**

**Summary of funds - current year**

	<b>Balance at 1 April 2024 £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Balance at 31 March 2025 £</b>
General funds	30,406	265,691	(306,846)	(10,749)
Restricted funds	-	100,132	(99,206)	926
	<u>30,406</u>	<u>365,823</u>	<u>(406,052)</u>	<u>(9,823)</u>

**Summary of funds - prior year**

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2024 £</i>
General funds	114,888	162,618	(155,162)	(91,938)	30,406
Restricted funds	34	130,721	(222,693)	91,938	-
	<u>114,922</u>	<u>293,339</u>	<u>(377,855)</u>	<u>-</u>	<u>30,406</u>

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**NOTES TO THE FINANCIAL STATEMENTS  
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**18. Summary of funds (continued)****19. Analysis of net assets between funds****Analysis of net assets between funds - current year**

	<b>Unrestricted funds 2025 £</b>	<b>Restricted funds 2025 £</b>	<b>Total funds 2025 £</b>
Current assets	221,304	926	<b>222,230</b>
Creditors due within one year	(232,053)	-	<b>(232,053)</b>
<b>Total</b>			
	<u>(10,749)</u>	<u>926</u>	<u><b>(9,823)</b></u>

**Analysis of net assets between funds - prior year**

	<i>Unrestricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Current assets	133,907	133,907
Creditors due within one year	(103,501)	(103,501)
<b>Total</b>		
	<u>30,406</u>	<u>30,406</u>

## **20. Related party transactions**

British Gymnastics is the governing body of gymnastics in Great Britain, and the sole member of British Gymnastics Foundation.

Under a grant agreement signed in 2021, Gymnastics Enterprises Ltd (a wholly-owned subsidiary of British Gymnastics) confirmed its intension to make a grant of £150,000 to the charity for the year to 31 March 2025. During the year ended 31 March 2025, the Charity received £150,000 in respect of this grant.

British  
Gymnastics  
Foundation   
10 years of transforming lives

Transforming lives through gymnastics 

