

THAMESMEAD GYM

England & Wales · Charity number 1161480

Details

Status	Registered
Legal form	CIO
Company number	CE004020
Registered	2015-04-29
Register	View on the Charity Commission register

Contact

Address	307 Wrotham Road Istead Rise Gravesend Kent DA13 9JH
Phone	01474359828
Email	staycihenry@yahoo.co.uk
Website	www.thelinkthamesmead.co.uk

Activities

Objects: THE OBJECT OF THAMESMEAD GYM IS THE PROMOTION OF COMMUNITY PARTICIPATION IN A HEALTHY RECREATION BY THE PROVISION OF A GYMNASIUM. TO PROVIDE RECREATIONAL FACILITIES IN THE INTERESTS OF SOCIAL WELFARE TO THE INHABITANTS OF THAMESMEAD, AND SURROUNDING AREAS WITH THE OBJECT OF IMPROVING THEIR CONDITION OF LIFE.

Activities: Thamesmead Gym promotes community participation in a healthy recreation by the provision of a gymnasium. Provides recreational facilities in the interests of social welfare to the inhabitants of Thamesmead, and surrounding areas with the object of improving their conditions of life.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Recreation
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Bexley
- Greenwich

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£72,037	£69,327	-	-
2024-03-31	£64,901	£63,291	-	-
2023-03-31	£63,112	£60,640	-	-
2022-03-31	£65,660	£60,520	-	-
2021-03-31	£66,836	£55,250	-	-

Trustees

Name	Role	Appointed
LEE MOSS	Chair	2014-03-26
DANNY GASKIN		2014-03-26
DEANA TOWNSEND		2014-03-26
GERRY LEWIS		2014-03-26
JEAN RAYNER		2014-03-26
JUNIOR FAIRWEATHER		2014-03-26
Kaylan Townsend		2014-03-26
MARK STARBUCK		2014-03-26

THAMESMEAD GYM

England & Wales - Charity number 1161480

Accounts

THAMESMEAD GYM

CHARITY REGISTRATION NO: 1161480

REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

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THAMESMEAD GYM **TRUSTEES' REPORT**

The trustees are pleased to present their annual report together with the receipts and payments account of the charity for the year ended 31 March 2025.

ADMINISTRATIVE DETAILS

Charity registration number	1161480
Principal address	Archway G & H Harrow Manorway Thamesmead London, SE2 9XJ
Trustees	L Moss - Chairperson K Townsend - Secretary J Fairweather D Gaskin G Lewis J Rayner M Starbuck D Townsend
Independent examiner	A Aggarwal, FCA CTA Aggarwal & Co 5 London Road Rainham Gillingham Kent, ME8 7RG
Bankers	National Westminster Bank plc

GOVERNANCE

Governing Document

The charity is a charitable incorporated organisation governed by a constitution document dated 25 March 2015.

Appointment of Trustees

The charity is administered by its trustees, all of whom must be competent persons residing or carrying on business in or near Bexley or Greenwich. A vacancy can be filled by the trustees appointing a competent person.

Induction and Training of Trustees

The charity has long-standing trustees who continue to be aware of the developments in the charity sector. Any new trustees would be assessed and trained according to their needs.

THAMESMEAD GYM

REPORT OF THE TRUSTEES

OBJECTIVES AND ACTIVITIES

Objectives

The object of the charity is the promotion of community participation in a healthy recreation by the provision of a gymnasium to the inhabitants of Thamesmead and surrounding areas to provide recreational facilities in the interests of social welfare with the object of improving their condition of life.

Public Benefit

In accordance with section 17(5) of the Charities Act 2011, the trustees have had due regard to the guidance published by the Charity Commission on the requirement that the objectives and work undertaken by the charity are in line with charitable objects and do provide benefit for the public.

The charity offers its members, through the payment of a small subscription, the opportunity to enjoy the facilities of the gymnasium, coaching and nutritional advice.

Aims and Activities

The charity's main aim currently is to operate the gymnasium in accordance with the charity's objects, to keep costs affordable, increase the number of members and to provide continuing support and guidance to the local community and surrounding areas, thus enabling the gym to run more efficiently and effectively.

ACHIEVEMENTS AND PERFORMANCE

The key achievements during the year have been:

- increased membership
- kept costs affordable for new and existing members

The trustees do not believe that the charity is facing any principal risks and uncertainties but are monitoring:

- membership retention
- rent, rates and service charges

FINANCIAL REVIEW

Review of the Financial Position

The financial position is set out on pages 5 and 6. Receipts from membership subscriptions and Gympass have increased from £64,901 last year to £67,955.

The main expenditure continues to be wages and rent. This year the charity invested £8,355 in new gym equipment which took total expenditure to £69,327 up from £63,291 last year.

The result is that payments exceeded receipts by £1,372 and cash funds have reduced from £4,082 to £2,710.

THAMESMEAD GYM
REPORT OF THE TRUSTEES

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the account in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare an account for each financial year which gives a true and fair view of the receipts and payments of the charity for that period. In preparing this account, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the account complies with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 29 October 2025 and signed on their behalf

K Townsend
Trustee

THAMESMEAD GYM
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
RECEIPTS		
Receipts from charitable activities		
Membership subscriptions	64,971	62,418
Gympass	2,625	2,483
Refunds and credit adjustments	359	-
TOTAL RECEIPTS	67,955	64,901
PAYMENTS		
Charitable activities		
Wages	38,436	32,731
National Insurance	-	824
Pension	705	463
Insurance	2,084	1,786
Rent	12,544	12,544
Business rates	1,173	1,128
Telephone, TV licence and subscriptions	3,045	3,113
Maintenance and utilities	2,171	761
Gym equipment	8,355	9,068
Charitable donations	34	93
Accountancy	780	780
TOTAL PAYMENTS	69,327	63,291
NET RECEIPTS/(PAYMENTS)	(1,372)	1,610
Cash funds at the beginning of the year	4,082	2,472
CASH FUNDS AT THE END OF THE YEAR	2,710	4,082

All receipts and payments derive from continuing activities.

THAMESMEAD GYM
STATEMENT OF ASSETS AND LIABILITIES
AT 31 MARCH 2024

	2025 £	2024 £
UNRESTRICTED CASH FUNDS		
National Westminster Bank	<u>2,710</u>	<u>4,082</u>

ASSETS RETAINED FOR THE CHARITY'S OWN USE

Gymnasium equipment at Archway G & H, Harrow Manorway, Thamesmead, SE2 9XJ.
 CCTV Camera System
 Computer system

LIABILITIES

Independent examiner's fee
 Utilities

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) Basis of accounting

The accounts have been prepared on the receipts and payments basis under the historical cost convention and in accordance with the Charities Act 2011 and the Charities Statement of Recommended Practice (FRS 102).

(b) Funds structure

All funds are unrestricted income funds.

2 TRUSTEE REMUNERATION

There were no trustees' remuneration or other benefits for the year ended 31 March 2025.

There were no trustees' expenses paid for this or the previous year.

3 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

4 TAXATION

The charity is a registered charity and no provision is considered necessary for taxation.

Approved by the trustees on 29 October 2025 and signed on their behalf

K Townsend
 Trustee

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
THAMESMEAD GYM**

I report to the trustees on my examination of the accounts of Thamesmead Gym ("the Charity") for the year ended 31 March 2025, which are set out on pages 5 and 6.

Responsibilities and basis of report

As the Charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

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.

A Aggarwal, FCA CTA
Aggarwal & Co
Chartered Accountants
29 October 2025

5 London Road
Rainham
Gillingham
Kent, ME8 7RG

THAMESMEAD GYM

England & Wales - Charity number 1161480

Accounts

THAMESMEAD GYM
TRUSTEES' REPORT

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Charity registration number	1161480
Principal address	Archway G & H Harrow Manorway Thamesmead London, SE2 9XJ
Trustees	G Lewis K Townsend J Fairweather D Gaskin L Moss J Rayner M Starbuck D Townsend
Independent examiner	A Aggarwal, FCA CTA Aggarwal & Co Ltd 5 London Road Rainham Gillingham Kent, ME8 7RG
Bankers	National Westminster Bank plc

GOVERNANCE

Governing Document

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Appointment of Trustees

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Induction and Training of Trustees

The charity has long-standing trustees who continue to be aware of the developments in the charity sector. Any new trustees would be assessed and trained according to their needs.

THAMESMEAD GYM REPORT OF THE TRUSTEES

OBJECTIVES AND ACTIVITIES

Objectives

The object of the charity is the promotion of community participation in a healthy recreation by the provision of a gymnasium to the inhabitants of Thamesmead and surrounding areas to provide recreational facilities in the interests of social welfare with the object of improving their condition of life.

Public Benefit

In accordance with section 17(5) of the Charities Act 2011, the trustees have had due regard to the guidance published by the Charity Commission on the requirement that the objectives and work undertaken by the charity are in line with charitable objects and do provide benefit for the public.

The charity offers its members, through the payment of a small subscription, the opportunity to enjoy the facilities of the gymnasium, coaching and nutritional advice.

Aims and Activities

The charity's main aim currently is to operate the gymnasium in accordance with the charity's objects, to keep costs affordable, increase the number of members and to provide continuing support and guidance to the local community and surrounding areas, thus enabling the gym to run more efficiently and effectively.

ACHIEVEMENTS AND PERFORMANCE

The key achievements during the year have been:

- increased membership
- kept costs affordable for new and existing members

The trustees do not believe that the charity is facing any principal risks and uncertainties but are monitoring:

- membership retention
- rent, rates and service charges

FINANCIAL REVIEW

Review of the Financial Position

The financial position is set out on pages 5 and 6. Receipts from membership subscriptions and Gympass have increased from £57,972 last year to £64,901.

The main expenditure continues to be wages and rent. This year the charity invested £9,067 in new gym equipment which took total expenditure to £63,290, up from £60,640 last year.

The result is that receipts exceeded payments by £1,611 and cash funds have increased from £2,472 to £4,082.

THAMESMEAD GYM REPORT OF THE TRUSTEES

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the account in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare an account for each financial year which gives a true and fair view of the receipts and payments of the charity for that period. In preparing this account, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the account complies with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 11 December 2024 and signed on their behalf

K Townsend
Trustee

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
THAMESMEAD GYM**

I report to the trustees on my examination of the accounts of Thamesmead Gym ("the Charity") for the year ended 31 March 2024, which are set out on pages 5 and 6.

Responsibilities and basis of report

As the Charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

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.

A Aggarwal, FCA CTA
Aggarwal & Co Ltd
Chartered Accountants

5 London Road
Rainham
Gillingham
Kent, ME8 7RG

[illegible]

THAMESMEAD GYM
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

2024		2023	
£		£	
RECEIPTS			
Receipts from charitable activities			
Membership subscriptions			
Gympass			
62,418		2,483	
56,153		1,819	
57,972			
TOTAL RECEIPTS		64,901	
PAYMENTS			
Charitable activities			
Wages			
National Insurance			
Pension			
Insurance			
Rent			
Business rates			
Telephone, TV licence and subscriptions			
Maintenance and utilities			
Gym equipment			
Charitable donations			
Accountancy			
32,731		1,786	
824		463	
1,578		624	
1,676		12,654	
2,099		1,128	
2,392		3,113	
440		761	
8,092		9,068	
55		93	
780		780	
60,640		63,291	
NET RECEIPTS (2023 : PAYMENTS)		1,610	
		(2,668)	
5,140		2,472	
2,472			
CASH FUNDS AT THE END OF THE YEAR		4,082	
		2,472	

All receipts and payments derive from continuing activities.

THAMESMEAD GYM
STATEMENT OF ASSETS AND LIABILITIES
AT 31 MARCH 2024

	2024	2023
UNRESTRICTED CASH FUNDS		
National Westminster Bank	4,082	2,472
ASSETS RETAINED FOR THE CHARITY'S OWN USE		
Gymnasium equipment at Archway G & H, Harrow Manorway, Thamesmead, SE2 9XJ.		
CCTV Camera System		
Computer system		
LIABILITIES		
Independent examiner's fee		
Utilities		

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) Basis of accounting
The accounts have been prepared on the receipts and payments basis under the historical cost convention and in accordance with the Charities Act 2011 and the Charities Statement of Recommended Practice (FRS 102).

(b) Funds structure
All funds are unrestricted income funds.

2 TRUSTEE REMUNERATION

There were no trustees' remuneration or other benefits for the year ended 31 March 2024.

There were no trustees' expenses paid for this or the previous year.

3 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

4 TAXATION

The charity is a registered charity and no provision is considered necessary for taxation.

Approved by the trustees on 11 December 2024 and signed on their behalf

K Townsend

K Townsend
Trustee

THAMESMEAD GYM

England & Wales - Charity number 1161480

Accounts

Thamesmead Gym
Archway G & H
Harrow Manorway
Thamesmead
London
SE2 9BS

Charity registration 1161480

Aggarwal & Co
5 London Road
Rainham
Gillingham
ME8 7RG

Dear Sirs

The following representations are made on the basis of enquiries of management and staff with relevant knowledge and experience such as we consider necessary in connection with your independent examination of the charity's account for the year ended 31 March 2023. These enquiries have included inspection of supporting documentation where appropriate and are sufficient to satisfy ourselves that we can make each of the following representations. All representations are made to the best of our knowledge and belief.

General

1. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.
2. We confirm that the charity was entitled to exemption under section 144 of the Charities Act 2011 the requirement to have its financial statements for the financial year ended 31 March 2023 audited.
3. We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter dated 20 December 2019, under the Charities Act 2011 for preparing the account in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and for making accurate representations to you.
4. All the transactions undertaken by the charity have been properly reflected and recorded in the accounting records. In particular, all income has been recorded.
5. All the accounting records have been made available to you for the purpose of your independent examination. We have provided you with unrestricted access to all appropriate persons within the charity, and with all other records and related information requested, including minutes of all management and trustee meetings and correspondence with The Charity Commission.
6. The account is free of material misstatements, including omissions.
7. There are no uncorrected misstatements and if there were they are immaterial both individually and in total.

Assets and liabilities

8. The charity has satisfactory title to all assets and there are no liens or encumbrances on the charity's assets, except for those that are disclosed in the notes to the account.
9. All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as appropriate.
10. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the account.

Accounting estimates

11. Significant assumptions used by us in making accounting estimates, including those measured at fair value, are reasonable.

Legal claims

12. We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for, and disclosed in, the account.

Laws and regulations

13. We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the account.

Related parties

14. Related party relationships and transactions have been appropriately accounted for and disclosed in the account. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with legislative and accounting standards requirements.

Subsequent events

15. All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.

Going concern

16. We believe that the charity's account should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charity's needs. We have considered a period of twelve months from the date of approval of the account. We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the account.

Grants and donations

17. All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income. There are no restricted grants or donations.

Yours faithfully


.....
Signed on behalf of the trustees

Date: 20 January 2024

THAMESMEAD GYM
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
RECEIPTS		
Donations, legacies and grants		
COVID-19 government and council grants	-	12,663
Receipts from charitable activities		
Membership subscriptions	56,153	36,766
Gympass	1,819	1,507
Other receipts	-	144
TOTAL RECEIPTS	57,972	51,080
PAYMENTS		
Charitable activities		
Wages, national insurance and pension costs	32,452	30,542
Insurance	1,676	1,514
Rent	12,654	13,733
Business rates	2,099	1,000
Telephone, TV licence and subscriptions	2,392	1,331
Maintenance and utilities	440	2,003
Gym equipment	8,092	9,469
Charitable donations	55	148
Accountancy	780	780
TOTAL PAYMENTS	60,640	60,520
NET RECEIPTS	(2,668)	(9,440)
Cash funds at the beginning of the year	5,140	14,580
CASH FUNDS AT THE END OF THE YEAR	2,472	5,140

All receipts and payments derive from continuing activities.

THAMESMEAD GYM
STATEMENT OF ASSETS AND LIABILITIES
AT 31 MARCH 2023

	2023 £	2022 £
UNRESTRICTED CASH FUNDS		
National Westminster Bank	<u>2,472</u>	<u>5,140</u>

ASSETS RETAINED FOR THE CHARITY'S OWN USE

Gymnasium equipment at Archway G & H, Harrow Manorway, Thamesmead, SE2 9XJ.
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LIABILITIES

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2 TRUSTEE REMUNERATION

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There were no trustees' expenses paid for this or the previous year.

3 RELATED PARTY DISCLOSURES

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4 TAXATION

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Approved by the trustees on 20 January 2024 and signed on their behalf

K Townsend

K Townsend
Trustee

THAMESMEAD GYM

CHARITY REGISTRATION NO: 1161480

REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

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Principal address	Archway G & H Harrow Manorway Thamesmead South East London, SE2 9BS
Trustees	G Lewis - Chairperson K Townsend - Secretary J Fairweather D Gaskin L Moss J Rayner M Starbuck D Townsend
Independent examiner	A Aggarwal - FCA, CTA Aggarwal & Co Ltd 5 London Road Rainham Gillingham Kent, ME8 7RG
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THAMESMEAD GYM

REPORT OF THE TRUSTEES

OBJECTIVES AND ACTIVITIES

Objectives

The object of the charity is the promotion of community participation in a healthy recreation by the provision of a gymnasium to the inhabitants of Thamesmead and surrounding areas to provide recreational facilities in the interests of social welfare with the object of improving their condition of life.

Public Benefit

In accordance with section 17(5) of the Charities Act 2011, the trustees have had due regard to the guidance published by the Charity Commission on the requirement that the objectives and work undertaken by the charity are in line with charitable objects and do provide benefit for the public.

The charity offers its members, through the payment of a small subscription, the opportunity to enjoy the facilities of the gymnasium, coaching and nutritional advice.

Alms and Activities

The charity's main aim currently is to operate the gymnasium in accordance with the charity's objects, to keep costs affordable, increase the number of members and to provide continuing support and guidance to the local community and surrounding areas, thus enabling the gym to run more efficiently and effectively.

ACHIEVEMENTS AND PERFORMANCE

The key achievements during the year have been:

- Increased membership
- kept costs affordable for new and existing members

The trustees do not believe that the charity is facing any principal risks and uncertainties but are monitoring:

- membership retention
- rent, rates and service charges

FINANCIAL REVIEW

Review of the Financial Position

The financial position is set out on pages 5 and 6. Receipts have increased from £51,080 last year to £57,972. Income from membership subscriptions is on an upward trend increased significantly from £36,766 last year to £56,153 due to re-opening of gym after COVID-19 restrictions.

The charity was able to continue to invest in new gym equipment spending £8,092. £9,469 last year. Since re-opening of the gym after COVID-19 rents, rates and service charges have stabilised, so the payments slightly increased from £60,520 to £60,640, due to a significant drop in maintenance charges.

The result is that payments exceeded receipts by £2,668 and cash funds have decreased from £5,140 to £2,472.

THAMESMEAD GYM
REPORT OF THE TRUSTEES

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the account in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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Approved by the trustees on 20 January 2024 and signed on their behalf


K Townsend
Trustee

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
THAMESMEAD GYM**

I report to the charity trustees of Thamesmead Gym ("the Charity") on my examination of their receipts and payments account for the year ended 31 March 2023, which are set out on pages 5 and 6.

Responsibilities and basis of report

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I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement - matter of concern identified

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

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

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.

A Aggarwal FCA, CTA
Aggarwal & Co Ltd
Chartered Accountants

20 January 2024

5 London Road
Rainham
Gillingham
Kent, ME8 7RG

THAMESMEAD GYM

England & Wales - Charity number 1161480

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From **01/04/2021** Period start date To **31/04/2022** Period end date

Charity name: **Thamesmead Gym**

Charity registration number: **1161480**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Our purpose is to allow the local community and its surroundings to enjoy and achieve in an activity that is beneficial, both physically and mentally.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To provide recreational facilities in the interests of social welfare to the inhabitants of Thamesmead and surrounding areas, with the object of improving their condition of life.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting our objectives and planning our activities, our Trustees have given careful consideration to the Charity Commission Public Benefit guidance.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/a
Policy on social investment including program related investment	Para 1.38	N/a
Contribution made by volunteers	Para 1.38	Our volunteers have an enormous impact on the way Thamesmead gym is run. They enable us to keep costs low to our members. It also allows us to give others an opportunity to test a desired interest/career in Sports Fitness/Personal Training etc All trustees give their time freely and incur no expenses.

Other		N/a
-------	--	-----

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Thamesmead gym promotes a planned approach to the provision of facilities and opportunities to participate in sport. In doing so we help to deliver sustainable goals through:- We recognise and take full advantage of the unique role of active recreation in contributing to a wide array of community aspirations including leisure, health and education. Using sport and recreation as a fundamental part of the planning and delivery of sustainable communities. The development of partnership working using sport and active recreation as a 'common interest'.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Our key objectives remain to keep costs affordable, increase members and to provide continuing support and guidance to the local community and surrounding areas.
Performance of fundraising activities against objectives set	Para 1.41	N/a
Investment performance against objectives	Para 1.41	N/a
Other		N/a

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The financial statement shows an income of (including grants) £65660 and outgoings of £60520. Profits of £5140
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	At present Thamesmead gym has no policy in force for holding reserves.
Amount of reserves held	Para 1.22	zero
Reasons for holding zero reserves	Para 1.22	Thamesmead gym is sustainable and therefore feels no need to hold any reserves at this present time.
Details of fund materially in deficit	Para 1.24	N/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Our principle source of funds remains from recruiting new members and retaining present members. We regularly invest funds back into the gym to update existing equipment to meet the demands from our members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/a
A description of the principal risks facing the charity	Para 1.46	N/a
Other		N/a

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document <i>Chartered royal charter</i>	Para 1.25	Constitution
How is the charity constituted? <i>Charitable Incorporated Organisation (CIO)</i>	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	N/a
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/a
Relationship with any related parties	Para 1.51	N/a
Other		N/a

Reference and Administrative details

Charity name	Thamesmead Gym
Other name the charity uses	N/a
Registered charity number	1161480
Charity's principal address	Archway G&H Harrow Manorway Thamesmead South East London SE2 9BS

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	Gerry Lewis	Chairperson		
2	Kaylan Townsend	Secretary/Head Coach		
3	Junior Fairweather	Welfare Officer		
4	Jean Raynel	Welfare Officer		
5	Danny Gaskin	Volunteer		
6	Deana Townsend	Volunteer		
7	Lee Moss	Volunteer		
8	Mark Starbuck	Volunteer		
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

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

n/

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/a

Other optional information

N/a

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	K Townsend	Gerry Lewis
Full name(s)	Kaylan Townsend	Gerry Lewis
Position (eg Secretary, Chair, etc)	SECRETARY	CHAIR PERSON
Date	7th January 2023	

[illegible]

THAMESMEAD GYM

CHARITY REGISTRATION NO: 1161480

REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

CONTENTS	PAGE
Trustees' Report	1 - 3
Independent Examiner's Report	4
Receipts and Payments Account	5
Statement of Assets and Liabilities	6

THAMESMEAD GYM **TRUSTEES' REPORT**

The trustees are pleased to present their annual report together with the receipts and payments account of the charity for the year ended 31 March 2022.

ADMINISTRATIVE DETAILS

Charity registration number	1161480
Principal address	Archway G & H Harrow Manorway Thamesmead South East London, SE2 9BS
Trustees	G Lewis - Chairperson K Townsend - Secretary J Fairweather D Gaskin L Moss J Rayner M Starbuck D Townsend
Independent examiner	A Aggarwal - FCA, CTA Aggarwal & Co Ltd 5 London Road Rainham Gillingham Kent, ME8 7RG
Bankers	National Westminster Bank plc

GOVERNANCE

Governing Document

The charity is a charitable incorporated organisation governed by a constitution document dated 25 March 2015.

Appointment of Trustees

The charity is administered by its trustees, all of whom must be competent persons residing or carrying on business in or near Bexley or Greenwich. A vacancy can be filled by the trustees appointing a competent person.

Induction and Training of Trustees

The charity has long-standing trustees who continue to be aware of the developments in the charity sector. Any new trustees would be assessed and trained according to their needs.

THAMESMEAD GYM

REPORT OF THE TRUSTEES

OBJECTIVES AND ACTIVITIES

Objectives

The object of the charity is the promotion of community participation in a healthy recreation by the provision of a gymnasium to the inhabitants of Thamesmead and surrounding areas to provide recreational facilities in the interests of social welfare with the object of improving their condition of life.

Public Benefit

In accordance with section 17(5) of the Charities Act 2011, the trustees have had due regard to the guidance published by the Charity Commission on the requirement that the objectives and work undertaken by the charity are in line with charitable objects and do provide benefit for the public.

The charity offers its members, through the payment of a small subscription, the opportunity to enjoy the facilities of the gymnasium, coaching and nutritional advice.

Aims and Activities

The charity's main aim currently is to operate the gymnasium in accordance with the charity's objects, to keep costs affordable, increase the number of members and to provide continuing support and guidance to the local community and surrounding areas, thus enabling the gym to run more efficiently and effectively.

ACHIEVEMENTS AND PERFORMANCE

The key achievements during the year have been:

- increased membership
- kept costs affordable for new and existing members

The trustees do not believe that the charity is facing any principal risks and uncertainties but are monitoring:

- membership retention
- rent, rates and service charges

FINANCIAL REVIEW

Review of the Financial Position

The financial position is set out on pages 5 and 6. Due to post COVID-19 the grants received from government and local council has been of £12,663, receipts decreased from £66,836 last year to £51,080. Income from membership subscriptions increased significantly from £11,544 last year to £36,766 due to re-opening of gym after COVID-19 restrictions.

With the grant support of £12,663 the charity was able to invest in new gym equipment spending £9,469. Since re-opening of the gym after COVID-19 rents, rates and service charges were increased, so the payments increased from £55,250 to £60,520.

The result is that payments exceeded receipts by £9,440 and cash funds have decreased from £14,580 to £5,140.

THAMESMEAD GYM
REPORT OF THE TRUSTEES

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the account in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare an account for each financial year which gives a true and fair view of the receipts and payments of the charity for that period.

In preparing this account, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the account complies with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 05 January 2023 and signed on their behalf



K Townsend
Trustee

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
THAMESMEAD GYM**

I report to the charity trustees of Thamesmead Gym ("the Charity") on my examination of their receipts and payments account for the year ended 31 March 2022, which are set out on pages 5 and 6.

Responsibilities and basis of report

As the Charity's trustees, you are responsible for the preparation of the account in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement - matter of concern identified

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

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

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.


A Aggarwal FCA, CTA
Aggarwal & Co Ltd
Chartered Accountants

05 January 2023

5 London Road
Rainham
Gillingham
Kent, ME8 7RG

THAMESMEAD GYM
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
RECEIPTS		
Donations, legacies and grants		
COVID-19 government and council grants	12,663	54,963
Receipts from charitable activities		
Membership subscriptions	36,766	11,544
Gympass	1,507	303
Other receipts	144	26
TOTAL RECEIPTS	51,080	66,836
PAYMENTS		
Charitable activities		
Wages, national insurance and pension costs	30,542	24,207
Insurance	1,514	1,363
Rent	13,733	4,066
Business rates	1,000	389
Telephone, TV licence and subscriptions	1,331	1,977
Maintenance and utilities	2,003	1,463
Gym equipment	9,469	20,994
Charitable donations	148	47
Accountancy	780	744
TOTAL PAYMENTS	60,520	55,250
NET RECEIPTS	(9,440)	11,586
Cash funds at the beginning of the year	14,580	2,994
CASH FUNDS AT THE END OF THE YEAR	5,140	14,580

All receipts and payments derive from continuing activities.

THAMESMEAD GYM
STATEMENT OF ASSETS AND LIABILITIES
AT 31 MARCH 2021

	2022 £	2021 £
UNRESTRICTED CASH FUNDS		
National Westminster Bank	<u>5,140</u>	<u>14,580</u>

ASSETS RETAINED FOR THE CHARITY'S OWN USE

Gymnasium equipment at Archway G & H, Harrow Manorway, Thamesmead, SE2 9XJ.
 CCTV Camera System
 Computer system

LIABILITIES

Independent examiner's fee
 Utilities

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) Basis of accounting

The accounts have been prepared on the receipts and payments basis under the historical cost convention and in accordance with the Charities Act 2011 and the Charities Statement of Recommended Practice (FRS 102).

(b) Funds structure

All funds are unrestricted income funds.

2 TRUSTEE REMUNERATION

There were no trustees' remuneration or other benefits for the year ended 31 March 2022.

There were no trustees' expenses paid for this or the previous year.

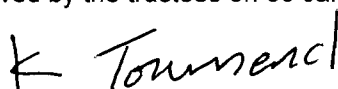
3 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

4 TAXATION

The charity is a registered charity and no provision is considered necessary for taxation.

Approved by the trustees on 05 January 2023 and signed on their behalf



K Townsend
 Trustee

THAMESMEAD GYM

England & Wales - Charity number 1161480

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 01/04/2020 **Period start date** **To**
31/03/2021 **Period end date**

Charity name: THAMESMEAD GYM

Charity registration number: 1161480

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The promotion of community participation in a healthy recreation by the provision of a gymnasium.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To provide recreational facilities in the interests of social welfare to the inhabitants of Thamesmead and surrounding areas, with the object of improving their condition of life.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting our objectives and planning our activities, our Trustees have given careful consideration to the Charity Commission Public Benefit guidance.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a

Contribution made by volunteers	Para 1.38	Our volunteers have an enormous impact on the way Thamesmead gym is run. They enable us to keep costs low to our members. It also allows us to give others an opportunity to test a desired interest/career in Sports Fitness/Personal Training etc All trustees give their time freely and incur no expenses.
Other		n/a

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Thamesmead gym promotes a planned approach to the provision of facilities and opportunities to participate in sport. In doing so we help to deliver sustainable goals through:- We recognise and take full advantage of the unique role of active recreation in contributing to a wide array of community aspirations including leisure, health and education. Using sport and recreation as a fundamental part of the planning and delivery of sustainable communities. The development of partnership working using sport and active recreation as a 'common interest'.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Our key objectives remain to keep costs affordable, increase members and also to provide continuing support and guidance to the local community and surrounding areas.
Performance of fundraising activities against objectives set	Para 1.41	n/a

Investment performance against objectives	Para 1.41	n/a
Other		n/a

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The financial statement shows an income of £66,836 and outgoings of £55,250.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	At present Thamesmead gym has no policy in force for holding reserves.
Amount of reserves held	Para 1.22	zero
Reasons for holding zero reserves	Para 1.22	Thamesmead gym is sustainable and therefore feels no need to hold any reserves at this present time.
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Our principle source of funds remains from recruiting new members and membership retention. We regularly invest funds back into the gym to update existing equipment to meet the demands from our members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	n/a
Other		n/a

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Charitable incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	n/a
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	n/a
Other		n/a

Reference and Administrative details

Charity name	THAMESMEAD GYM
Other name the charity uses	n/a
Registered charity number	1161480

Charity's principal address	ARCHWAY G & H HARROW MANORWAY THAMESMEAD SOUTH EAST LONDON SE2 9BS

Names of the charity trustees who manage the charity			
	Trustee name	Office (if any)	Dates acted if not for whole year
1	KAYLAN TOWNSEND	HEAD COACH/SECRETARY	N/A
2	GERRY LEWIS	CHAIRPERSON	N/A
3	JUNIOR FAIRWEATHER	WELFARE OFFICER	N/A
4	JEAN RAYNEL	WELFARE OFFICER	N/A
5	DANNY GASKIN		N/A
6	DEANA TOWNSEND		N/A
7	LEE MOSS		N/A
8	MARK STARBUCK		N/A
9			
10			
11			
12			
13			
14			
15			

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)		
Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		
n/a		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

n/a

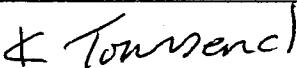
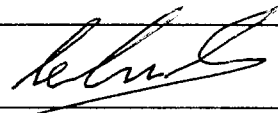
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	KAYLAN TOWNSEND	GERRY LEWIS
Position (eg Secretary, Chair, etc)	SECRETARY	CHAIRMAN
Date	11/11/21	

	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-21	Jan-21	Feb-21	Mar-21	TOTAL
Opening Balance	2993.6												2993.6
Takings					531	2927.28	3755	3070	1260.04				11543.32
Grants	1862.68	26717.68	1807.91	1521.83				1521.92	892.16	13874.84	1679.36	5084.76	54963.14
Gympass	75				15	57	57	66	6	27			303
Other Income			0.01	25.95									25.96
Wages	1748.89	1622	1655.32	1837.32	2044.45	2098.9	2164.4	1776.91	2043.3	1665.52	1621.97	1857.6	22136.58
Tax	236.32			212.48		63.46	480.99			462	87.98		1543.23
Pensions					108.16	68.61	73.86	73.86	49.73	64.42	46.58	42.37	527.59
Insurance	127.58			159.48	134.48	134.48	134.48	134.48	134.48	134.48	134.48	134.48	1362.9
Rent/service Charges							2361.95			1704.19			4066.14
Council Tax	388.8												388.8
Charity													47
Maintenance			474	406.66									880.66
Tv Licence/BT etc	263.8	70	227.5	271.84	71.08	189.88	269.8	71.08	71.08	269.8	71.08	129.88	1976.82
Misc Deductions			300	1				754					1055
Equipment				15275.2		258.48	4935	215.04					20683.72
Utilities				155.8	350.77		75.79						582.36
Total	2993.6	-827.71	25025.68	-848.9	-16772	-2162.94	123.47	-6684.27	1632.55	-140.39	9601.43	-282.73	2920.43
Grand Total	14578.22												14578.22

revis-

THAMESMEAD GYM

CHARITY REGISTRATION NO: 1161480

REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

CONTENTS	PAGE
Trustees' Report	1 - 3
Independent Examiner's Report	4
Receipts and Payments Account	5
Statement of Assets and Liabilities	6

THAMESMEAD GYM TRUSTEES' REPORT

The trustees are pleased to present their annual report together with the receipts and payments account of the charity for the year ended 31 March 2021.

ADMINISTRATIVE DETAILS

Charity registration number	1161480
Principal address	Archway G & H Harrow Manorway Thamesmead South East London, SE2 9BS
Trustees	G Lewis - Chairperson K Townsend - Secretary J Fairweather D Gaskin L Moss J Rayner M Starbuck D Townsend
Independent examiner	A Aggarwal Aggarwal & Co Ltd 5 London Road Rainham Gillingham Kent, ME8 7RG
Bankers	National Westminster Bank plc

GOVERNANCE

Governing Document

The charity is a charitable incorporated organisation governed by a constitution document dated 25 March 2015.

Appointment of Trustees

The charity is administered by its trustees, all of whom must be competent persons residing or carrying on business in or near Bexley or Greenwich. A vacancy can be filled by the trustees appointing a competent person.

Induction and Training of Trustees

The charity has long-standing trustees who continue to be aware of the developments in the charity sector. Any new trustees would be assessed and trained according to their needs.

THAMESMEAD GYM REPORT OF THE TRUSTEES

OBJECTIVES AND ACTIVITIES

Objectives

The object of the charity is the promotion of community participation in a healthy recreation by the provision of a gymnasium to the inhabitants of Thamesmead and surrounding areas to provide recreational facilities in the interests of social welfare with the object of improving their condition of life.

Public Benefit

In accordance with section 17(5) of the Charities Act 2011, the trustees have had due regard to the guidance published by the Charity Commission on the requirement that the objectives and work undertaken by the charity are in line with charitable objects and do provide benefit for the public.

The charity offers its members, through the payment of a small subscription, the opportunity to enjoy the facilities of the gymnasium, coaching and nutritional advice.

Aims and Activities

The charity's main aim currently is to operate the gymnasium in accordance with the charity's objects, to keep costs affordable, increase the number of members and to provide continuing support and guidance to the local community and surrounding areas, thus enabling the gym to run more efficiently and effectively.

ACHIEVEMENTS AND PERFORMANCE

COVID-19 restrictions meant that the gym was closed to the public from March 2020 to July 2020 only to close again, from November 2020 to March 2021.

Now that COVID-19 restrictions have been lifted, the trustees do not believe that the charity is facing any principal risks and uncertainties but are monitoring:

- membership retention
- rent, rates and service charges

FINANCIAL REVIEW

Review of the Financial Position

The financial position is set out on pages 5 and 6. Due to the grants received from government and local council of £54,963, receipts increased from £50,931 last year to £66,836. Income from membership subscriptions fell significantly from £50,127 last year to £11,544, due to the gym's closure for many months.

With the grant support and £17,358 reduction in rent, the charity was able to invest in new gym equipment spending £20,994. As a result, total payments increased from £49,401 last year to £55,250.

The result is that receipts exceeded payments by £11,586 and cash funds have increased from £2,992 to £14,578.

Reserves Policy

The current level of cash reserves are considered adequate for normal expenditure and are sufficient for general operation of the gymnasium.

THAMESMEAD GYM
REPORT OF THE TRUSTEES

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the account in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

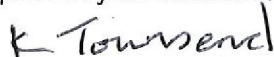
The law applicable to charities in England & Wales requires the trustees to prepare an account for each financial year which gives a true and fair view of the receipts and payments of the charity for that period.

In preparing this account, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2015;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the account complies with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 11 October 2021 and signed on their behalf



K Townsend
Trustee

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
THAMESMEAD GYM**

I report to the charity trustees of Thamesmead Gym ("the Charity") on my examination of their receipts and payments account for the year ended 31 March 2021, which are set out on pages 5 and 6.

Responsibilities and basis of report

As the Charity's trustees, you are responsible for the preparation of the account in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement - matter of concern identified

I have completed my examination. In my report on the accounts for the year ended 31 March 2020, I identified a matter of concern in that there was material expenditure which appeared not to be in accordance with the Charity's constitution.

Note 2 to the account discloses payments of £8,413 to T Jeanes, a trustee, for the work she has carried out for the Charity in the previous year. She resigned as a trustee on 1 October 2019.

The Charity's constitution states that no Charity trustee or connected person, which the constitution defines as including a child of a trustee, may be employed by or receive any remuneration from the Charity, except in certain specific instances. The Charity does not appear to have complied with the requirements to make the payments be in accordance with the Charity's constitution.

I confirm that no other matters have come to my attention giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

I confirm that there are 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.



A Aggarwal
Aggarwal & Co Ltd
Chartered Accountants

11 October 2021

5 London Road
Rainham
Gillingham
Kent, ME8 7RG

THAMESMEAD GYM
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
RECEIPTS		
Donations, legacies and grants		
COVID-19 government and council grants	54,963	-
Receipts from charitable activities		
Membership subscriptions	11,544	50,127
Gympass	303	753
Other receipts	26	51
TOTAL RECEIPTS	66,836	50,931
PAYMENTS		
Charitable activities		
Wages, national insurance and pension costs	24,207	19,064
Insurance	1,363	1,287
Rent	4,066	21,424
Business rates	389	3,856
Telephone, TV licence and subscriptions	1,977	1,945
Maintenance and utilities	1,463	407
Gym equipment	20,994	530
Charitable donations	47	198
Accountancy	744	690
TOTAL PAYMENTS	55,250	49,401
NET RECEIPTS	11,586	1,530
Cash funds at the beginning of the year	2,992	1,462
CASH FUNDS AT THE END OF THE YEAR	14,578	2,992

All receipts and payments derive from continuing activities.

THAMESMEAD GYM
STATEMENT OF ASSETS AND LIABILITIES
AT 31 MARCH 2021

	2021 £	2020 £
UNRESTRICTED CASH FUNDS		
National Westminster Bank	<u>14,578</u>	<u>2,992</u>
ASSETS RETAINED FOR THE CHARITY'S OWN USE		
Gymnasium equipment at Archway G & H, Harrow Manorway, Thamesmead, SE2 9XJ.		
CCTV Camera System		
Computer system		
LIABILITIES		
Independent examiner's fee		
Utilities		

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) Basis of accounting

The accounts have been prepared on the receipts and payments basis under the historical cost convention and in accordance with the Charities Act 2011 and the Charities Statement of Recommended Practice (FRS 102).

(b) Funds structure

All funds are unrestricted income funds.

2 TRUSTEE REMUNERATION

There were no trustees' remuneration or other benefits for the year ended 31 March 2021. T Jeanes, who was one of the trustees until 1 October 2019, was paid remuneration of £8,413 for her work at the charity's gym during the year ended 31 March 2020. There was no authority under which the payment had been made.

There were no trustees' expenses paid for this or the previous year.

3 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

4 TAXATION

The charity is a registered charity and no provision is considered necessary for taxation.

Approved by the trustees on 11 October 2021 and signed on their behalf

K Townsend

K Townsend
Trustee

