



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
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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	<p>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:-</p> <p>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.</p> <p>Using sport and recreation as a fundamental part of the planning and delivery of sustainable communities.</p> <p>The development of partnership working using sport and active recreation as a 'common interest'.</p>

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

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
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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	

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THAMESMEAD GYM

CHARITY REGISTRATION NO: 1161480

REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

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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 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").

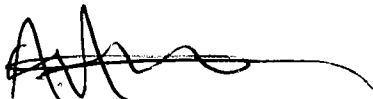
I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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
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TOTAL RECEIPTS	51,080	66,836
	<hr/>	<hr/>
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
	<hr/>	<hr/>
TOTAL PAYMENTS	60,520	55,250
	<hr/>	<hr/>
NET RECEIPTS	(9,440)	11,586
Cash funds at the beginning of the year	14,580	2,994
	<hr/>	<hr/>
CASH FUNDS AT THE END OF THE YEAR	5,140	14,580
	<hr/>	<hr/>

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.

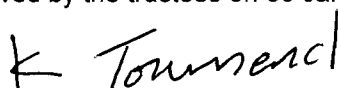
3 RELATED PARTY DISCLOSURES

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