

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

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