

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2020**

**BETHNAL GREEN
WEIGHTLIFTING CLUB**

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1163424

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

CONTENTS

Page 3 Legal and Administrative Information

Pages 4 to 7 Trustee's Report

Page 8 Statement of Financial Activities

Page 9 Balance Sheet

Pages 10 to 15 Notes to the Accounts

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1163424
WORKING NAMES	BGWLC
DATE OF REGISTRATION	4th September 2015
START OF FINANCIAL YEAR	1st January 2020
END OF FINANCIAL YEAR	31st December 2020
TRUSTEES AT 31ST DECEMBER 2020	Mr A.D. Docker Mr M.R. Bass Mr M.J. Roach Mrs O.M. De Kaye Mr T. Adair Mr E.H. Parkes Mr M.S. Bass Mr N. Harvey

The existing trustees appoint any new trustees following the provisions of the CIO's governing instrument.

LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 4th September 2015

OBJECTS

- I.** TO ADVANCE AMATEUR SPORT FOR THE PUBLIC BENEFIT IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING FACILITIES AND COACHING FOR STRENGTH SPORTS.
- II.** TO RELIEVE THOSE IN NEED BY REASON OF OLD AGE BY PROVIDING FACILITIES AND INSTRUCTION IN MOVEMENT AND STRENGTH RETENTION.
- III.** TO RELIEVE THOSE IN NEED BY REASON OF ILL HEALTH BY PROVIDING FACILITIES AND INSTRUCTION IN MOVEMENT AND STRENGTH REHABILITATION.
- IV.** TO PROMOTE HEALTH BY PROVIDING PRACTICAL INSTRUCTION TO THE HEALTH COMMUNITY IN STRENGTH DEVELOPMENT PRACTICES.
- V.** TO PROMOTE THE PHYSICAL EDUCATION AND DEVELOPMENT OF YOUNG PEOPLE BY PROVIDING FACILITIES AND INSTRUCTION IN STRENGTH TRAINING.

CORRESPONDENCE ADDRESS	35 Redcliffe Gardens Ilford London IG1 3HG
BANKERS	HSBC Bank Plc 465 Bethnal Green Road Bethnal Green E2 9QW

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

TRUSTEES REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2020

Introduction

The Trustees present their report and financial statement for the period ending 31 December 2020.

This report is presented in accordance with the Charities SORP (FRS 102) issued in July 2014 and Update Bulletin 1 issued in February 2016. The financial statements have been prepared in accordance with the accounting policies set out on page 6 and comply with the Charity's Constitution.

The Charity is a Charitable Incorporated Organisation (CIO) governed according to the Constitution registered on 4 September 2015. The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2005;
- make judgments and accounting estimates that are reasonable and prudent;
- departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to do so.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011.

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.

Objectives and Activities

Purposes of the CIO

- To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports.
- To relieve those in need by reason of Old Age by providing facilities and instruction in movement and strength retention.
- To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation.
- To promote health by providing practical instruction to the health community in strength development practices.
- To promote the physical education and development of young people by providing facilities and instruction in strength training.

Main Activities

The majority of the CIO's activities are concerned with providing training and maintaining the facility in which we provide the training.

Policy on Grant Making

The CIO does not make grants.

Some travel expenses are reimbursed for coaches who accompany club members to competitions.

Policy on Social Investment

The CIO does not make social investments.

Contribution made by Volunteers

Numerous members of the CIO volunteer to help with our activities.

We have several well-qualified volunteer coaches who act in a supporting capacity to our professional coaches. We have members who have qualified as referees in the primary strength sports and who supervise competitions to national standard.

We also rely on volunteers for all management and administration functions.

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

TRUSTEES REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

Achievements and Performance

As a consequence of the COVID-19 pandemic, we were obliged to close our facility for most of the year – indoor gyms were considered a high risk environment and were subject to longer restrictions than many other services.

During lockdown, the Trustees decided that we could best continue to meet our goals by providing free remote coaching to members who were training independently. Although there is no substitute for in-person training, we were able to maintain a high level of engagement which carried over to the reopening phase.

When the restrictions were lifted we introduced a range of protective measures in line with government best practice recommendations and we were pleased to see so many of our users return. We also took the opportunity to establish a cashless payment processing system and with the reopening later in the year we were able to transition to this model which offers greater convenience and less risk. However, as will be seen in the financial review, the loss of the majority of training fees due to the pandemic and the end of the Mainstream grants programme have had a serious impact on our reserves.

Financial Review

Position at End of Financial Year

The results for the year and financial position are set out in the Profit and Loss Account on page 8 and the Balance Sheet on page 9 of the accounts provided.

Total incoming resources were £22,504 (2019: £52,582).
Resources expended were £49,810 (2019: £59,020).
The net deficit for this year was £27,306 (2019: £6,437).
Funds Carried Forward were £18,510 (2019: £44,816).

Reserves

Brief Statement of the CIO's Policy on Reserves

The Trustees review the policy on reserves and set targets at least once per annum with reference to the guidance and terminology published by the Charity Commission. The policy is also reviewed, when warranted by changes in risk assessment or business plans. The review includes unrestricted funds, designated funds and tangible fixed assets. Transfers to and from funds are authorised by the Trustees acting as a whole.

Such reserves as we hold are principally concerned with the CIO's ability to maintain properly equipped Gym premises in which to conduct our activities.

A general reserve equal to at least 6 months of operating expenditure is appropriate to bridge short term effects and/or negotiate alternative sources of resourcing. The General Reserve is that part of unrestricted funds that are freely available to spend, i.e. excluding designated funds and tangible fixed assets.

Funding Sources

Grants and Donations

With the ending of the Tower Hamlets Mainstream Grants (MSG) programme, we are no longer in receipt of grants.

Income from Charitable Trading

Members who choose to make use of the CIO's training facilities pay daily or monthly training fees. This is our principal source of operating income.

Employees

The CIO has no employees.

The majority of coaching is provided by suitably qualified independent subcontractors (as is conventional practice in the fitness industry). Some (suitably qualified) members provide additional coaching on a volunteer basis.

All management and administration functions are provided by volunteer members.

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

TRUSTEES REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

Principal Risks

The CIO maintains a gym (229 Bethnal Green Road, London, E2 6AB) where our activities are principally conducted. As a result of a change in the way that Tower Hamlets Borough Council manages their property portfolio, the lease for the premises is under negotiation. While there is every reason to expect that the final agreement will reflect the non-commercial nature of the CIO, the worst-case scenario is that a full commercial lease will be required. This would pose a serious financial threat to the CIO's ongoing viability.

The COVID-19 pandemic has seriously impacted the CIO's main current source of income – training and membership fees. Should pandemic conditions and their associated lockdowns continue, the Trustees will have to assess whether it is even possible for the CIO to continue providing services.

Accounting Policies

The accounts provided have been prepared in accordance with

- UK Generally Accepted Accounting Practice
- The Charities SORP (FRS 102) (July 2014) and Update Bulletin 1 (February 2016)
- The Charities Act 2011

The CIO was registered on 04 September 2015, to take forward the work of an existing unincorporated organisation. Assets, liabilities and funds were transferred.

Material Future Commitments

The Trustees have no material future commitments as at 31 December 2020 other than those shown in the accounts.

Structure, Governance and Management

Bethnal Green Weightlifting Club is constituted as a CIO on the Association Model. The governing document is registered with the Charity Commission and is also available directly from the Club.

The affairs of the CIO are managed by the Charity Trustees. There must be at least 3 and not more than 12 Trustees. Trustees are selected by election to a 3-year term. All members of the CIO are eligible to vote on Trustees. The Members or Trustees may appoint new Trustees at any time provided that new Trustees appointed by Trustees must retire (and may be re-appointed) at the next AGM.

Decisions are made by simple majority of votes at a meeting of Trustees or by resolution made in writing or in electronic form and agreed by all Trustees.

Induction of Trustees is overseen by the Secretary.

Reference and Administrative Details

The CIO's full name is "Bethnal Green Weightlifting Club" - which is also sometimes abbreviated to BGWLC.

The Charity Number is: 1163424

The Principal Contact Address of the Charity is:

Mr M.S. Bass
35 Redcliffe Gardens
Ilford
London
IG1 3HG

Trustees

Mr A.D. Docker
Mr M.R. Bass
Mr M.J. Roach
Mrs O.M. De Kaye
Mr T. Adair
Mr E.H. Parkes
Mr M.S. Bass
Mr N. Harvey

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

TRUSTEES REPORT (Continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

Trustees Responsibilities

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

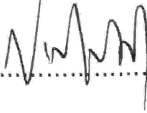
- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements.
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for publication is reliable
- the charity complies with the relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees on 2/5/23

Signed on their behalf by Trustee 

Printed Name: NEAL HARVEY

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2020**

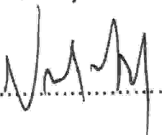
	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £
INCOMING RESOURCES				
Incoming Resources from Generated Funds				
Donations, Legacies and Similar Income	3a	0	-	0
Charitable Activities	3b	22,504	-	22,504
TOTAL INCOMING RESOURCES		22,504	-	22,504
RESOURCES EXPENDED				
Costs of Generating Funds				
Cost of Charitable Activities	4a	48,649	-	48,649
Governance Costs	4b	1,161	-	1,161
TOTAL RESOURCES EXPENDED		49,810	-	49,810
NET INCOMING (OUTGOING) RESOURCES		(27,306)	-	(27,306)
Funds Brought Forward		45,816	-	45,816
TOTAL FUNDS CARRIED FORWARD		18,510	-	18,510

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31 DECEMBER 2020

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £
Fixed Assets				
Tangible Assets	2	-	-	-
Investments	6	-	-	-
Total Fixed Assets		<u>-</u>	<u>-</u>	<u>-</u>
Current Assets				
Debtors & Prepayments	8	-	-	-
Cash at Bank and in Hand	7	18,510	-	18,510
Total Current Assets		<u>18,510</u>	<u>-</u>	<u>18,510</u>
Creditors: amounts falling due within one year	9	0	-	0
NET CURRENT ASSETS		18,510	-	18,510
Total Assets less current liabilities		<u>18,510</u>	<u>-</u>	<u>18,510</u>
Creditors: amounts falling due in more than one year	10	-	-	-
NET ASSETS		<u>18,510</u>	<u>-</u>	<u>18,510</u>
Funds of the Charity				
General Funds		18,510	-	18,510
Restricted Funds	5	-	-	-
Total Funds		<u>18,510</u>	<u>-</u>	<u>18,510</u>

Approved by the Trustees on 2/5/23

Signed on their behalf by Trustee 

Printed Name:

NEAL HARVEY

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

1. ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

Basis of preparation:

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The CIO meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the CIO's ability to continue as a going concern.

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Incoming Resources with Related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the CIO or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the CIO.

Gifts in kind for use by the CIO are included in the SOFA as income receivable.

Volunteer Help

The value of any voluntary help received is not included in the accounts and is described in the Report of the Trustees.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the CIO is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the CIO of the service or facility received.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the CIO to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the CIO gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the CIO.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Pensions

Pension contributions are charged to the Statement of Financial Activities as they become payable.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings & Equipment	25% - Reducing Balance Basis
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There has been no change to the accounting policies (Variation rules and methods of accounting) since last year.

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets investments during this or the previous financial period.

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	Total 2020 £
a) Donations, Legacies & Similar Income			
Grants Received	0	-	0
	0	-	0
b) Charitable Activities			
Membership & Training Fees	22,170	-	22,170
Hire Fees	0	-	0
Competition Fees	334	-	334
BP Subsidy	0	-	0
	22,504	-	22,504

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	Total 2020 £
a) Cost of Charitable Activities			
Competition Costs	4,705	-	4,705
Equipment Costs	1,117	-	1,117
Licenses & Subscriptions	45	-	45
Merchandising Costs	894	-	894
Printing, Postage & Stationery	0	-	0
Repairs & Maintenance	3,700	-	3,700
Sub Contractor Costs	37,610	-	37,610
Sundry Expenses	0	-	0
Telephone & Internet	64	-	64
Travel & Subsistence	0	-	0
Volunteer Training Costs	0	-	0
Insurance	514	-	514
	<u>48,649</u>	<u>-</u>	<u>48,649</u>
b) Governance Costs			
Banking & Accountancy Fees	1,161	-	1,161
	<u>1,161</u>	<u>-</u>	<u>1,161</u>

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

5. RESTRICTED FUNDS

The CIO held no restricted funds during this financial period.

6. INVESTMENTS

The CIO held no fixed assets investments during this financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Funds £	Restricted Funds £	Total 31-Dec-20 £	Total 31-Dec-19 £
Current Account – HSBC	17,156	-	17,156	43,916
PayPal	1,353	-	1,353	845
Petty Cash	0	-	0	1,056
	<u>18,510</u>	<u>-</u>	<u>18,510</u>	<u>45,817</u>

8. DEBTORS AND PREPAYMENTS

The CIO held no debtors during this financial period

9. CREDITORS AND ACCRUALS AMOUNTS FALLING DUE WITHIN ONE YEAR

The CIO held no relevant liabilities during this financial period.

10. CREDITORS AND ACCRUALS AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this financial period.

11. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

12. TRUSTEES AND OTHER RELATED PARTIES

Trustee, Martin Bass received payment for professional coaching services of £26,000 in 2020.
No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

BETHNAL GREEN WEIGHTLIFTING CLUB
(Charitable Incorporated Organisation)

NOTES TO THE ACCOUNTS (continued)
FOR THE YEAR ENDED 31ST DECEMBER 2020

13. RISK ASSESSMENT

The Trustees actively review the major risks which the CIO faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.