

The Lion Strength and Fitness Academy

Charity number 1170725

A company limited by guarantee number 09437429

Annual Report and Financial Statements **for the year ended 28 February 2022**



West Yorkshire Community Accounting Service

The Lion Strength and Fitness Academy

Annual Report and Financial Statements for the year ended 28 February 2022

Contents	Page
Trustees' report	2 to 4
Examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8 to 9

Prepared by West Yorkshire Community Accountancy Service CIO

The Lion Strength and Fitness Academy

Trustees' report for the year ended 28 February 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Mohammed Khalil Alam		
Nazaim Hussain		
Barktali Rajabali Walji		

Charity number	1170725	Registered in England and Wales
-----------------------	---------	---------------------------------

Company number	09437429	Registered in England and Wales
-----------------------	----------	---------------------------------

Registered and principal address

Robin Mills
Leeds Road
Bradford
West Yorkshire
BD10 9TE

Bankers

National Westminster Bank PLC
1 Market Street
Bradford
BD1 1EG

HSBC Bank Plc
47 Market St
Bradford
BD1 1LW

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a company limited by guarantee and was formed on 12th February 2015. It is governed by a memorandum and articles of association as amended by special resolution on 7 December 2016. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees

The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

The Lion Strength and Fitness Academy

Trustees' report (continued) for the year ended 28 February 2022

Objectives and activities

The charity's objects

The promotion of community participation in healthy recreation for the benefit of the inhabitants of Thackley, Eccleshill and the surrounding areas of East Bradford by the provision of a community gym and opportunities to participate in boxing.

The charity's main activities

Provision of gym and boxing facilities and coaching.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

Achievements and performance

The aims for this year have been following covid-19 to improve the health and wellbeing of the participants as the gym has been closed due to covid19 closures and people are coming back to normal life and where the gym is fully open again. It has given us time to improve our fitness and boxing through a programme of instructed fitness training which includes awareness of diet and the potential damage of chemical substances to physical and mental health. Coach Michelle Dean who is part of the staff and level 3 fitness instructor has been busy using her existing knowledge to devise such programmes.

We envisage a positive outcome by encouraging young people to come to a place of safety under a professionally controlled environment to participate actively to the betterment of their own wellbeing.

All those in positions of authority working with the organisation are doing so in a totally voluntary capacity at the moment but we as trustees have considered having an employed person in the future and on the books even though we shall keep Michelle the free lance worker who is responsible for her own personal taxation.

We also hope to continue developing and keeping active young people and adults from the community of Greengates and Bradford who participate in the programme. There should, in the longer term, also be a benefit to the wider community as a consequence of the youth gaining more confidence, discipline and respect for themselves and others through our work and we would like more involvement from the Police and Council who can see the benefits that our club is providing to the community and maybe work with us on projects.

We are an amateur boxing club and in the future will continue to encourage young people to participate through fitness training and healthy lifestyle projects. We will continue to develop the free lance staff by sending them on training courses so they can effectively deliver the core fitness of the gym activities like skipping, spin bags, running machines/treadmills, rowing machines, punch bags. hand-pads and sparring for those who are more advanced - We are hoping Michelle becomes a level 2 boxing coach that will lessen the burden on the other level 2 coach who oversees all of the sparring and competition at the moment . The young people also learn social skills

through meeting other people at the club and travelling to shows and competitions. Many of our members have gone on to compete in amateur contests as far away as London and we hope to encourage more competitions in the future including our own boxing shows.

The Lion Strength and Fitness Academy

Trustees' report (continued) for the year ended 28 February 2022

Financial review

The net income for the year was £23,072.

Reserves policy

The charity's free reserves, excluding fixed assets, at the year end were £76,552.

The charity currently doesn't have a reserves policy.

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. 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;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;

- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. 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.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Approved by the board of trustees on 22/11/2022

Mohammed Khalil Alam (Trustee)

The Lion Strength and Fitness Academy

Independent examiner's report to the trustees of The Lion Strength and Fitness Academy

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 28 February 2022, which are set out on pages 6 to 9.

Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

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:

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

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

Simon Bostrom FCIE

22/11/2022

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

The Lion Strength and Fitness Academy
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 28 February 2022

	Notes	2022 Total funds £	2021 Total funds £
Income from:			
Grants and donations	(2)	29,647	56,197
Gym income		16,904	7,215
Other income		4,974	453
Total income		51,525	63,865
Expenditure on:			
Rent		9,550	3,184
Freelance workers		3,795	1,250
Advertising		1,627	206
Licences and insurance		540	-
Materials and resources		3,138	4,250
Membership fees		305	94
Rates		223	76
Office and admin		57	-
Independent examination		420	420
Training		35	78
Bank charges		941	711
Telephone and internet		662	190
Repairs and maintenance		912	6,570
Depreciation		2,018	2,018
Travel		320	-
Events		3,910	-
Total expenditure		28,453	19,047
Net income / (expenditure)		23,072	44,818
Fund balances brought forward		57,264	12,446
Fund balances carried forward		80,336	57,264

All incoming resources and resources expended derive from continuing activities.

The Lion Strength and Fitness Academy

Balance sheet

as at 28 February 2022

		2022	2021
		Total	Total
		£	£
Fixed assets			
Tangible assets	(3)	3,784	5,802
Total fixed assets		<u>3,784</u>	<u>5,802</u>
Current assets			
Cash at bank and in hand	(4)	76,972	51,882
Total current assets		<u>76,972</u>	<u>51,882</u>
Current liabilities:			
amounts falling due within one year			
Accruals		420	420
Total current liabilities		<u>420</u>	<u>420</u>
Net current assets / (liabilities)		<u>76,552</u>	<u>51,462</u>
Net assets		<u>80,336</u>	<u>57,264</u>
Funds			
Unrestricted funds		80,336	57,264
Restricted funds		-	-
Total funds		<u>80,336</u>	<u>57,264</u>

For the year ending 28 February 2022 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 22/11/2022

Mohammed Khalil Alam (Trustee)

The Lion Strength and Fitness Academy

Notes to the accounts

for the year ended 28 February 2022

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. 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 (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

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

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Equipment: over 4 years

Fixtures and Fittings: over 4 years

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

The Lion Strength and Fitness Academy
Notes to the accounts continued
for the year ended 28 February 2022

2 Grants and donations	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City of Bradford Met. Dist. Council	26,096	-	26,096	56,197
Community Foundation	2,021	-	2,021	-
Other donations	1,530	-	1,530	-
	<u>29,647</u>	<u>-</u>	<u>29,647</u>	<u>56,197</u>

3 Tangible assets	Equipment	Fixture and fittings	Total
	£	£	£
<u>Cost</u>			
At 1 March 2021	12,054	4,480	16,534
Additions	-	-	-
At 28 February 2022	<u>12,054</u>	<u>4,480</u>	<u>16,534</u>
<u>Depreciation</u>			
At 1 March 2021	8,352	2,380	10,732
Charge for year	1,318	700	2,018
At 28 February 2022	<u>9,670</u>	<u>3,080</u>	<u>12,750</u>
<u>Net book value</u>			
At 28 February 2022	<u>2,384</u>	<u>1,400</u>	<u>3,784</u>
At 28 February 2021	<u>3,702</u>	<u>2,100</u>	<u>5,802</u>

4 Cash at bank and in hand	2022	2021
	£	£
Cash at bank	76,839	51,749
Cash in hand	133	133
	<u>76,972</u>	<u>51,882</u>

Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

Operating leases

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment falls due:	2022	2021
	£	£
Within one year	8,973	9,976
In the second to fifth years inclusive	-	8,364
Over five years from the balance sheet date	-	-
	<u>8,973</u>	<u>18,340</u>