

# DISABILITY AWARENESS WITH SPORT

England & Wales · Charity number 1175151

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-10-13

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** c/o 22 Cotleigh Avenue  
Hackenthorpe  
Sheffield  
S12 4HQ

**Phone** 07527118968

**Email** [daws.sheffield@gmail.com](mailto:daws.sheffield@gmail.com)

**Website** [www.dawssheffield.co.uk](http://www.dawssheffield.co.uk)

## Activities

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**Objects:** THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH AMONGST DISABLED OR IMPAIRED INDIVIDUALS OF ANY AGE IN THE SOUTH YORKSHIRE AREA FOR THE PUBLIC BENEFIT BY MAKING AVAILABLE GYM ACTIVITIES AND PHYSICAL FITNESS TRAINING.

**Activities:** We have a number of disability exercise programmes running in the local community of Sheffield, catering for the long term ill health and disabled, this particularly includes provision for wheelchair bound individuals who want to improve their health. We have structured sessions for Boccia, Curling and Safe Play Sports for younger children.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

- Derbyshire
- Sheffield City

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£25,821	£26,856	-	-
2024-03-31	£26,279	£28,271	-	-
2023-03-31	£26,521	£30,747	-	-
2022-03-31	£30,336	£29,555	-	-
2021-03-31	£21,671	£13,041	-	-

## Trustees

Name	Role	Appointed
IAN DAVIES	Chair	2017-03-23
Angela Susan Brothwell		2021-07-30
DAVID WILLIAM MORRIS		2017-03-23
Ian Barry Thackeray		2018-09-05
LORRAINE TRACEY BIRKBY		2018-09-05
SUE DAVIES		2017-03-23
TRACEY DIANE MORRIS		2017-03-23

**DISABILITY AWARENESS WITH SPORT**

England & Wales - Charity number 1175151

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# Accounts

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**Registered Charity Number: 1175151**

**Disability Awareness with Sport**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2025**

## Disability Awareness with Sport

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## **Disability Awareness with Sport**

### **Legal and administrative information for the year ended 31 March 2025**

#### **Other names known by**

D.A.W.S Community Gym

#### **Trustees**

Ian Davies	Chair of Trustee
David Morris	Trustee/ Social Media
Sue Davies	Trustee/ Fund Raising
Tracey Morris	Trustee/ Admin & Finance / Sport Assistant
Ian Thackeray	Trustee/Council Liaison
Lorraine Tracey Birkby	Trustee/ Safeguarding Officer
Angela Brothwell	Trustee

#### **Other key personnel**

Stephen Birkby	Founder and Director of D.A.W.S Community Gym
Ann Davies	Fitness Instructor, GP Referral Practitioner
Shelby Birkby	Assistant Coach

#### **Registered Charity number - Charitable Incorporated Organisation**

1175151

#### **Principal address**

c/o 22 Cotleigh Avenue  
Hackenthorpe  
Sheffield  
S12 4HQ

#### **Accountants**

Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

## **Disability Awareness with Sport**

### **Trustees' annual report For the year ended 31 March 2025**

The trustees submit their annual report and the financial statements for the year ended 31 March 2025.

#### **Structure, governance and management**

Disability Awareness with Sport is a Charitable Incorporated Organisation which registered with the Charity Commission on 13 October 2017. Disability Awareness with Sport is governed by the rules and regulations set down in its governing document as last updated on 21 May 2018.

The organisation started operating April 2014 as a sole trader business and reformed to a Charity Incorporated Organisation (CIO) on 1 March 2017, gaining Charity Status on 13 October 2017.

No conflicts of interest or related party transactions occurred during the accounting period.

#### **Method of Recruitment and Appointment of Trustees**

Trustees are chosen from those people who have a special empathy with its members' requirements whilst also having the ability and acumen to contribute towards the successful operation of this charitable organisation.

These people are invited to a Trustee meeting to meet the other trustees, after which a discussion is held to see if both parties are happy for a new appointment to take place. Trustees will be appointed for a term of three years.

#### **Charitable objectives and activities**

The object of the charity is the preservation and protection of good physical and mental health amongst disabled or impaired individuals of any age in the South Yorkshire area for the public benefit by making available specialist gym activities and physical fitness training.

#### ***The activities we do to meet our objectives are:***

- 1) One to one personal gym sessions improving strength and wellbeing.
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- 5) Wheelchair safety sessions (inside and outside).
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- 12) We use a state-of-the-art gym with dedicated wheelchair fitness equipment and dedicated wheelchair access throughout the centre, with ample car parking spaces.
- 13) Safe Zone Archery, and mainstream archery.

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### **Legal and administrative information for the year ended 31 March 2025**

All the above activities are delivered by a highly specialised sympathetic instructor and team, who help to improve your health with tailored exercise sessions relating to your individual needs. If you have a mental or physical disability, health condition, or just require exercise guidance, we have dedicated staff with a passion to help you succeed.

#### **Public Benefit Statement**

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. This report illustrates the activities undertaken to support the public benefit requirement.

#### **Achievements and performance**

Massive achievement for Stephen Birkby who was awarded the Move More Lifetime Achievement Award on 28<sup>th</sup> March 2025. This was followed up by being a finalist for Coach of the Year' Award at the Disability Sport Yorkshire Annual Awards on 25<sup>th</sup> April 2025. Along with this the Inaugural Sported Awards have informed Stephen that he has been highly commended in the Unsung Hero of the Year Category Award taking place on 11<sup>th</sup> June 2025.

Since D.A.W.S Community Gym successfully linked up with the Sheffield Physical Activity Referral Scheme (SPARS) in January 2020, referrals still steadily increase. SPARS is being updated with a triage service being incorporated within Sheffield City Council and D.A.W.S has been involved with this from its initial concept. The new scheme will be known as Move Well and referrals will go to a central point through the following app. - thejoyapp.com – where referrals will be sent from here to the most appropriate health and fitness provider. At present D.A.W.S has not signed up to the scheme due to financial restrictions but still accepts referrals from different professionals such as doctors, physio's, social prescribers, and some clients even refer themselves.

D.A.W.S is seeing more Stroke Survivors and the charity continues to work with Stroke Survivors on a regular 1:1 basis. Through the Stroke Association D.A.W.S has been invited to attend one of their centres to deliver Indoor Inclusive Games Sessions.

D.A.W.S still attends focus groups and delivers consumer opinionated consumer sessions, in the form of questionnaires and online media. We are in the publication for the People Keeping Well Project, initiated by GP's and Social Prescribers.

D.A.W.S has delivered sporting activities in several schools and at school holiday camps held at the English Institute of Sport with regular bookings being taken. D.A.W.S delivered After School Clubs in safe zone archery and football, with volunteers who are registered football coaches, assisted with the after-school football sessions. Funding of £1000 has been applied by us to run amputee football which we will know if we are successful by 31.08.2025.

Participants taking part in safe zone archery have now made the transition to mainstream archery and we have regular monthly mainstream archery sessions.

The University of Sheffield approached D.A.W.S to take two 3<sup>rd</sup> year medical students on a work experience placement. It was very successful with our students gaining a valuable insight into how exercise is both mentally and physically beneficial. We will be looking at hosting students again at the end of 2025.

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2025**

The charity has also reached out to the community of amputees and has started a monthly chat support group. The aim is to make this support group self-sufficient with its own website.

Our monthly membership at Leisure United was 36 members as at March 2024 and has steadily grown to 42 as at 31<sup>st</sup> March 2025 and our Pay As You Go Members are also on the increase.

Regular charity events such as D.A.W.S's Social Get Togethers, and various raffles taking place during the accounting period have brought funds into the charity, as well as allowing much needed social interaction for many of our members, friends and family.

Further donations through Jon Wall a supporter of D.A.W.S who ran the Sheffield Half Marathon on 23<sup>rd</sup> March 2025, raised £321 through donations and gift aid and this was paid to the charity in April and May 2025.

Supporting The Mavericks Disabled Sports Group is ongoing, with these sessions going from strength to strength with numbers growing considerably for the weekly game's sessions held at Ponds Forge.

Doncaster Deaf Trust Specialised College have acknowledged our participation in student placement for work experience with glowing reports from the student and accompanying chaperone leading to D.A.W.S being mentioned in their publications which go out to families and other organisations. A further placement will be offered when the time is right as we meet their strict criteria.

Below is an extensive list of some of organisations who support and or refer clientele to D.A.W.S Community Gym:-

- Move Well, thejoyapp.com – Referral Scheme – on hold until further notice
- Sheffield Health Trainers & South East Sheffield Social Prescribers
- Local GP surgeries (9 in total)
- Alzheimer's Society – We are Dementia Friends
- Woodhouse and District Community Forum
- People Keeping Well Sheffield South East Initiative
- Irwin Mitchell LLP
- Limbpower Association
- NGH Prosthetic Centre
- Midland Amputee Society
- Limbless Association
- Sheffield & Hallamshire County Football Association

To monitor our performance and that of our members, we ask members to fill out Testimonial and Evaluation Forms on a regular basis. These will help support new bids for funding as well as allowing D.A.W.S to take on board suggestions and make changes as and when necessary.

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2025**

#### **Additional information**

Stephen Birkby who is the Founder of D.A.W.S Community Gym as well as being its Principal Fitness Instructor, has had articles published in 'The Star' – Unique Gym Brings Health and Fitness to All-Comers! As well as an article in a local magazine called Image and Gym owner monthly.

The Principal Fitness Instructor (Stephen Birkby) is a qualified Level 3/4 Personal Trainer, GP Referral Exercise Instructor and specialist Disability Gym and Exercise Instructor. Stephen is a member of The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Stephen is also a member of Coaching UK and is a Disability Practitioner. There is a Safeguarding Policy and staff who are involved with the deliverance of the fitness/exercise sessions are DBS checked, hold a Safeguarding Certificate as well as First Aid Certificates.

These are renewed in line with statutory requirements. In regard to Continuous Professional Development – Both Stephen Birkby and Tracey Morris have passed their Coach Bowls Level 1 and Tracey Morris passed Level 2 in Food Safety and Hygiene for Catering.

Stephen Birkby, Tracey Morris, Ann Davies and Shelby Birkby will always undertake further training as and when necessary and in 2020 Stephen gained a qualification in - Mental Health and Wellbeing in the workplace L1 and Mental Health L1/L2.

Stephen Birkby in December 2021 passed the Archery GB Instructor Training Course and became a Boccia Referee and Games Initiator.

Ann Davies passed the Active IQ L4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients 601/4932/2. In June 2022 Ann passed the Lower Back and Pain Management Level 4 Course. As part of Ann's volunteering role, Ann is now taking referral clients, interviewing and producing exercise programs to meet the needs of the individuals.

Stephen Birkby, Tracey Morris and Tracey Birkby passed the Abbeydale Archery Introduction to Archery in August 2021.

In November 2025 Stephen Birkby and Tracey Morris completed an online course called - Parkinsons Physical Activity and Exercise course .

#### **Acknowledgements**

D.A.W.S Community Gym would like to thank all the personnel involved in the Charity who gave their time voluntarily, especially Ann Davies who is a Fitness Instructor and GP Referral Practitioner.

Special thanks to the following organisations for Grants, Funding and Donations during 2024/2025:

- Sheffield City Council Ward Pot - £680.00
- Sheffield Town Trust - £2000.00
- Jon Wall - Marathan Runner - £321 monies received in April and May 2025
- Sheffield University Medical Faculty

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2025**

#### **Plans for the future**

Our plans for the future are to carry on building up a clientele where we can offer tailor made exercise and health programmes to meet the needs of individuals at Leisure United and D.A.W.S has been in negotiations since October 2024 with Leisure United for a new service agreement with better remunerations which would help us to secure more substantial funding.

D.A.W.S had been invited to offer guidance and assistance to Seven Hills College in regard to making the gym an inclusive centre for all abilities, unfortunately this did not materialise at the college but students from Seven Hills did attend Leisure United for several sessions of studio and gym exercise under D.A.W.S supervision.

D.A.W.S did investigate the option of having an outside venue for mainstream archery and discussions with Sheffield City Council, GB Archery, Leisure United and Yorkshire Sport. Unfortunately, GB Archery said the range stipulations of the site were not deemed suitable and also, funding was turned down for D.A.W.S due to not being financially sustainable.

To obtain funding to run a GP Referral Scheme. This is something D.A.W.S is still hoping to happen, but presently we haven't been able to source funding.

#### **Financial/Reserves policy**

The trustees have set target reserves of £2,000. Free reserves as at 31 March 2025 were £8,008.

A further £3,482 was held in restricted funds.

Approved by the trustees on 23 June 2025 and signed on their behalf by:



Angela Brothwell  
Trustee

## **Independent Examiner's Report to the Trustees of Disability Awareness with Sport ("the CIO")**

I report to the trustees on my examination of the accounts of the CIO for the year ended 31 March 2025.

### **Responsibilities and basis of report**

As the charity trustees of the CIO 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 CIO's accounts carried out under section 145 of the 2011 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 which gives me cause to believe that, in any material respect:

1. accounting records were not kept as required by section 130 of the Act; or
2. 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.

*S Cochrane*

Signed: Susan Cochrane, FCA, DChA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

25 Jun 2025

Date:

Disability Awareness with Sport

Receipts & payments account  
For the year ended 31 March 2025

	Notes	Unrestricted fund £	Restricted funds £	Total 2025 £	Unrestricted fund £	Restricted funds £	Total 2024 £
<b>Receipts</b>							
Grants & donations	2	81	2,680	2,761	82	6,920	7,002
Fundraising		302	-	302	506	-	506
Membership subscriptions		1,308	-	1,308	1,281	-	1,281
Session subscriptions		6,914	-	6,914	10,139	-	10,139
Class instructor fees		9,440	-	9,440	7,351	-	7,351
Other income		5,096	-	5,096	-	-	-
<b>Total receipts</b>		<b>23,141</b>	<b>2,680</b>	<b>25,821</b>	<b>19,359</b>	<b>6,920</b>	<b>26,279</b>
<b>Payments</b>							
Fundraising costs		253	-	253	171	-	171
Gym and games equipment		27	668	695	9	594	603
Instructors fees and expenses		12,717	1,071	13,788	11,574	3,857	15,431
Sport Assistant		4,683	455	5,138	3,624	2,035	5,659
Venue hire		488	871	1,359	271	1,325	1,596
Administration		1,570	-	1,570	1,105	-	1,105
Professional and other fees		110	-	110	40	-	40
Insurance		486	-	486	441	-	441
Training		-	-	-	188	-	188
Office and storage equipment		414	-	414	397	100	497
Printing, postage and stationery		204	-	204	286	-	286
Telephone		282	-	282	256	-	256
Refreshments		149	202	351	81	169	250
Volunteer costs		-	57	57	-	-	-
Independent examination fee		570	-	570	474	-	474
Travel costs		178	-	178	-	-	-
Vehicle running costs		-	1,401	1,401	32	1,242	1,274
<b>Total payments</b>		<b>22,131</b>	<b>4,725</b>	<b>26,856</b>	<b>18,949</b>	<b>9,322</b>	<b>28,271</b>
<b>Net receipts/(payments) for the year</b>		<b>1,010</b>	<b>(2,045)</b>	<b>(1,035)</b>	<b>410</b>	<b>(2,402)</b>	<b>(1,992)</b>
Total funds brought forward		6,998	5,527	12,525	6,588	7,929	14,517
<b>Total funds carried forward</b>		<b>8,008</b>	<b>3,482</b>	<b>11,490</b>	<b>6,998</b>	<b>5,527</b>	<b>12,525</b>

## Disability Awareness with Sport

### Statement of assets and liabilities As at 31 March 2025

	2025	2024
	£	£
<b>Cash assets</b>		
Balances at bank:		
Current account	11,490	12,525
<b>Total</b>	<u>11,490</u>	<u>12,525</u>
	<b>2025</b>	2024
	£	£
<b>Other monetary assets</b>		
Other debtors	321	-
	<u>321</u>	<u>-</u>
	<b>2025</b>	2024
	£	£
<b>Liabilities</b>		
Independent examination fee	585	570
	<u>585</u>	<u>570</u>

These Financial Statements are approved by the trustees on 23 June 2025 and signed on their behalf by:



Angela Brothwell  
Trustee

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2025

#### 1 Receipts & payments account

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

#### 2 Grants & donations

	Unrestricted funds	Restricted funds	2025 Total	Unrestricted funds	Restricted funds	2024 Total
	£	£	£	£	£	£
South Yorkshire Community Foundation	-	-	-	-	4,920	4,920
Barclays Community Football Fund - Football	-	-	-	-	500	500
Sheffield Town Trust	-	2,000	2,000	-	-	-
SCC South East LAC	-	-	-	-	1,500	1,500
SCC Ward pot	-	680	680	-	-	-
Donations	81	-	81	82	-	82
	<b>81</b>	<b>2,680</b>	<b>2,761</b>	<b>82</b>	<b>6,920</b>	<b>7,002</b>

#### 3 Restricted funds

Funder	Opening balance 1-Apr-24	Receipts	Payments	Transfers	Closing balance 31-Mar-25
	£	£	£	£	£
SCC Ward pot	-	680	-	-	680
Vehicle fund	1,541	-	(1,401)	-	140
Derbyshire County Council	500	-	(500)	-	-
SCC South East LAC	467	-	(467)	-	-
Barclays Community Football Fund	500	-	(500)	-	-
Sheffield Town Trust	-	2,000	-	-	2,000
Sported Tackling Inequalities Fund	2,519	-	(1,857)	-	662
	<b>5,527</b>	<b>2,680</b>	<b>(4,725)</b>	<b>-</b>	<b>3,482</b>

#### Prior year Comparison

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
The National Lottery Community Fund	47	-	(47)	-	-
Sheffield City Council Community Fund	102	-	(102)	-	-
Vehicle fund	2,783	-	(1,242)	-	1,541
Derbyshire County Council	500	-	-	-	500
SCC South East LAC	-	1,500	(1,033)	-	467
South Yorkshire Community Foundation	-	4,920	(4,920)	-	-
Barclays Community Football Fund	-	500	-	-	500
Woodhouse and District Community Forum - activities and COVID-19 response	880	-	(880)	-	-
Sported Tackling Inequalities Fund	3,617	-	(1,098)	-	2,519
	<b>7,929</b>	<b>6,920</b>	<b>(9,322)</b>	<b>-</b>	<b>5,527</b>

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2025

#### 4 Trustees' expenses

Mrs Tracey Morris, a trustee, was paid for her work on

	<b>2025</b>	<b>2024</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Fees - instruction and administration	4,850	5,369
Expenses (eg mileage, telephone, meeting expenses)	1,606	1,212
	<u><b>6,456</b></u>	<u><b>6,581</b></u>

#### 5 Key management transactions

Stephen Birkby is the founder and director of DAWS gym. His wife Tracey Birkby is a trustee. He was paid for his work on administration and instruction. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity

	<b>2025</b>	<b>2024</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Fees - instruction and administration	15,076	14,365
Expenses (eg mileage, telephone, meeting expenses)	1,021	755
	<u><b>16,097</b></u>	<u><b>15,120</b></u>

#### 6 Related party transactions

Shelby Birkby, the daughter of a trustee and key management personnel, receives remuneration from the charity for her work as a sports assistant and instructor. Total remuneration in the period was £nil (2024: £290) and she also received travel and other expenses of £nil (2024: £nil).

There are no further related party transactions.

**DISABILITY AWARENESS WITH SPORT**

England & Wales - Charity number 1175151

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# Accounts

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**Registered Charity Number: 1175151**

**Disability Awareness with Sport**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

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#### **Public Benefit Statement**

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. This report illustrates the activities undertaken to support the public benefit requirement.

#### **Achievements and performance**

Post Covid 19, D.A.W.S success and commitment to helping disabled clients has allowed us to grow and stay true to the foundation principles through the adversity of the Covid Pandemic, where mainstream fitness providers have ceased.

Since D.A.W.S Community Gym successfully linked up with the Sheffield Physical Activity Referral Scheme (SPARS) in January 2020 and since the end of restrictions from the Covid 19 pandemic, referrals have steadily increased. SPARS is being updated with a triage service being incorporated within Sheffield City Council and D.A.W.S has been involved with this from its initial concept. Attending focus groups and delivering consumer opinionated consumer sessions, in the form of questionnaires and online media.

We have been asked to be in the publication for the People Keeping Well Project, initiated by GP's and Social Prescribers.

Many different professionals refer their clients to D.A.W.S through SPARS such as doctors, physio's, social prescribers, and some clients even refer themselves. D.A.W.S is seeing more Stroke Survivors through this scheme and the charity continues to work with Stroke Survivors on a regular 1:1 basis.

Through the Stroke Association D.A.W.S has been invited to attend one of their centres to deliver Indoor Inclusive Games Sessions aiming to start September 2024.

Delivering sporting activities in several schools and at school holiday camps held at the English Institute of Sport, have become more frequent with regular bookings being taken. In February 2024 D.A.W.S started to deliver After School Clubs in safe zone archery and football. Volunteers Phil, Jake and Ethan who are registered football coaches, assist with the after-school football sessions.

After much searching D.A.W.S finally secured 2 venues to deliver mainstream archery. Participants taking part in safe zone archery have now made the transition to mainstream archery starting in March 2024.

Our monthly membership at Leisure United has steadily grown from 23 monthly members as of April 2022 to 36 members as at March 2024 and with our Pay As You Go Members also on the increase.

Regular charity events such as D.A.W.S's Social Get Togethers, and various raffles taking place during the accounting period have brought funds into the charity, as well as allowing much needed social interaction for many of our members, friends and family.

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2024**

Supporting The Mavericks Disabled Sports Group to get their club up and running and basing it at one of Sheffield's biggest exercise venues is helping Sheffield City Trust to contractually keep favour with Sheffield City Council. These sessions are going from strength to strength with numbers growing considerably for the weekly games sessions.

Doncaster Deaf Trust Specialised College have acknowledged our participation in student placement for work experience with glowing reports from the student and accompanying chaperone leading to D.A.W.S being mentioned in their publications which go out to families and other organisations. A further placement will be offered when the time is right as we meet their strict criteria.

Below is an extensive list of some of organisations who support and or refer clientele to D.A.W.S Community Gym:-

- Sheffield Physical Activity Referral Scheme (SPARS)
- Sheffield Health Trainers & South East Sheffield Social Prescribers
- Local GP surgeries (9 in total)
- Alzheimer's Society – We are Dementia Friends
- Woodhouse and District Community Forum
- People Keeping Well Sheffield South East Initiative
- Irwin Mitchell LLP

To monitor our performance and that of our members, we ask members to fill out Testimonial and Evaluation Forms on a regular basis. These will help support new bids for funding as well as allowing D.A.W.S to take on board suggestions and make changes as and when necessary.

Stephen Birkby who is the Founder of D.A.W.S Community Gym as well as being its Principal Fitness Instructor, has had articles published in 'The Star' – Unique Gym Brings Health and Fitness to All-Comers! As well as an article in a local magazine called Image and Gym owner monthly.

#### **Additional information**

The Principal Fitness Instructor (Stephen Birkby) is a qualified Level 3/4 Personal Trainer, GP Referral Exercise Instructor and specialist Disability Gym and Exercise Instructor. Stephen is a member of The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Stephen is also a member of Coaching UK and is a Disability Practitioner. There is a Safeguarding Policy and staff who are involved with the deliverance of the fitness/exercise sessions are DBS checked, hold a Safeguarding Certificate as well as First Aid Certificates. These are renewed in line with statutory requirements. In regard to Continuous Professional Development – Both Stephen Birkby and Tracey Morris have passed their Coach Bowls Level 1 and Tracey Morris passed Level 2 in Food Safety and Hygiene for Catering.

Stephen Birkby, Tracey Morris, Ann Davies and Shelby Birkby will always undertake further training as and when necessary and during 2020, the following has been achieved: Stephen gained a qualification in - Mental Health and Wellbeing in the workplace L1 and Mental Health L1/L2.

Stephen Birkby in December 2021 passed the Archery GB Instructor Training Course and became a Boccia Referee and Games Initiator.

## Disability Awareness with Sport

### Trustees ' annual report - continued For the year ended 31 March 2024

Ann Davies passed the Active IQ L4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients 601/4932/2. In June 2022 Ann passed the Lower Back and Pain Management Level 4 Course. As part of Ann's volunteering role, Ann is now taking referral clients, interviewing and producing exercise programs to meet the needs of the individuals.

Stephen Birkby, Tracey Morris and Tracey Birkby passed the Abbeydale Archery Introduction to Archery in August 2021.

### Acknowledgements

D.A.W.S Community Gym would like to thank all the personnel involved in the Charity who gave their time voluntarily, especially Ann Davies who is a Fitness Instructor and GP Referral Practitioner.

Special thanks to the following organisations for Grants, Funding and Donations during 2023/2024:

- South Yorkshire Community Foundation
  - Lloyd Grassroots Endowment Fund
  - Sheffield Community Fund Distribution from Endowment
  - Tinsley Relief In Sickness Endowment Fund
- Sheffield City Council - LAC
- Barclays Community Football Fund

### Plans for the future

Our plans for the future are to carry on building up a clientele where we can offer tailor made exercise and health programmes to meet the needs of individuals. Presently D.A.W.S is involved with the refit and refurb at Leisure United – 2024, assisting with advice on suitable disability equipment. D.A.W.S has also been invited to offer guidance and assistance to Seven Hills Colleague in regard to making the gym an inclusive centre for all abilities.

D.A.W.S is currently investigating the option of having an outside venue for mainstream archery and have had discussions with Sheffield City Council, GB Archery, Leisure United and Yorkshire Sport.

Having checked and been given the go ahead with the office of the Guinness World Record Holders (2019), the charity would still like to have an attempt at hosting the longest wheelchair conga and we are sourcing funding and support from external bodies to help this happen. Unfortunately to date we have been unable to organise this event but it is something we are still very much interested in doing in the future.

To obtain funding to run a GP Referral Scheme. This is something D.A.W.S is still hoping to happen.

### Reserves policy

The trustees have set target reserves of £2,000. Free reserves as at 31 March 2024 were £6,998.

A further £5,527 was held in restricted funds.

Approved by the trustees on 26.7.24 and signed on their behalf by:



Angela Brothwell  
Trustee

## **Independent Examiner's Report to the Trustees of Disability Awareness with Sport ("the CIO")**

I report to the trustees on my examination of the accounts of the CIO for the year ended 31 March 2024.

### **Responsibilities and basis of report**

As the charity trustees of the CIO 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 CIO's accounts carried out under section 145 of the 2011 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 which gives me cause to believe that, in any material respect:

1. accounting records were not kept as required by section 130 of the Act; or
2. 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.

Signed: S Cochrane  
Susan Cochrane, FCA, DChA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

Date: 05/08/2024.

## Disability Awareness with Sport

### Receipts & payments account

For the year ended 31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	Total 2024 £	Unrestricted fund £	Restricted funds £	Total 2023 £
<b>Receipts</b>							
Grants & donations	2	82	6,920	7,002	5,287	3,580	8,867
Fundraising		506	-	506	1,314	-	1,314
Membership subscriptions		1,281	-	1,281	1,098	-	1,098
Session subscriptions		10,139	-	10,139	7,473	-	7,473
Class instructor fees		7,351	-	7,351	7,769	-	7,769
<b>Total receipts</b>		<b>19,359</b>	<b>6,920</b>	<b>26,279</b>	<b>22,941</b>	<b>3,580</b>	<b>26,521</b>
<b>Payments</b>							
Fundraising costs		171	-	171	665	-	665
Gym and games equipment		9	594	603	603	258	861
Instructors fees and expenses		11,574	3,857	15,431	9,624	6,190	15,814
Sports Assistant		3,624	2,035	5,659	3,364	530	3,894
Venue hire		271	1,325	1,596	606	1,287	1,893
Administration		1,105	-	1,105	1,105	-	1,105
Professional and other fees		40	-	40	133	-	133
Insurance		441	-	441	431	-	431
Training		188	-	188	208	-	208
Office and storage equipment		397	100	497	741	-	741
Printing, postage and stationery		286	-	286	172	-	172
Telephone		256	-	256	184	-	184
Refreshments		81	169	250	160	15	175
Independent examination fee		474	-	474	444	-	444
Vehicle running costs		32	1,242	1,274	-	2,280	2,280
Repayment of grant income		-	-	-	-	1,747	1,747
<b>Total payments</b>		<b>18,949</b>	<b>9,322</b>	<b>28,271</b>	<b>18,440</b>	<b>12,307</b>	<b>30,747</b>
<b>Net receipts/(payments) for the year</b>		<b>410</b>	<b>(2,402)</b>	<b>(1,992)</b>	<b>4,501</b>	<b>(8,727)</b>	<b>(4,226)</b>
Total funds brought forward		6,588	7,929	14,517	2,087	16,656	18,743
<b>Total funds carried forward</b>		<b>6,998</b>	<b>5,527</b>	<b>12,525</b>	<b>6,588</b>	<b>7,929</b>	<b>14,517</b>

**Disability Awareness with Sport**

**Statement of assets and liabilities  
As at 31 March 2024**

	2024	2023
	£	£
<b>Cash assets</b>		
Balances at bank:		
Current account	12,525	14,517
<b>Total</b>	<u>12,525</u>	<u>14,517</u>
	2024	2023
	£	£
<b>Other monetary assets</b>		
None	-	-
	2024	2023
	£	£
<b>Liabilities</b>		
Independent examination fee	570	474
	<u>570</u>	<u>474</u>
	2024	2023
	£	£
<b>Assets retained for the Charity's own use</b>		
Vehicle - depreciation basis	-	1,334
	<u>-</u>	<u>1,334</u>

These Financial Statements are approved by the trustees on 26.7.24 and signed on their behalf by:



Angela Brothwell  
Trustee

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2024

#### 1 Receipts & payments account

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

#### 2 Grants & donations

	Unrestricted funds £	Restricted funds £	2024 Total £	Unrestricted funds £	Restricted funds £	2023 Total £
South Yorkshire Community Foundation	-	4,920	4,920	-	-	-
Barclays Community Football Fund - Football	-	500	500	-	-	-
Sported Tackling Inequalities Fund	-	-	-	-	200	200
SCC South East LAC	-	1,500	1,500	-	-	-
Woodhouse and District Community Forum	-	-	-	-	880	880
Sheffield City Council Community Fund	-	-	-	-	2,500	2,500
Donations	82	-	82	5,287	-	5,287
	<b>82</b>	<b>6,920</b>	<b>7,002</b>	<b>5,287</b>	<b>3,580</b>	<b>8,867</b>

#### 3 Restricted funds

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	1-Apr-23				31-Mar-24
	£	£	£	£	£
The National Lottery Community Fund	47	-	(47)	-	-
Sheffield City Council Community Fund	102	-	(102)	-	-
Vehicle fund	2,783	-	(1,242)	-	1,541
Derbyshire County Council	500	-	-	-	500
SCC South East LAC	-	1,500	(1,033)	-	467
South Yorkshire Community Foundation	-	4,920	(4,920)	-	-
Barclays Community Football Fund	-	500	-	-	500
Woodhouse and District Community Forum - activities and COVID-19 response	880	-	(880)	-	-
Sported Tackling Inequalities Fund	3,617	-	(1,098)	-	2,519
	<b>7,929</b>	<b>6,920</b>	<b>(9,322)</b>	<b>-</b>	<b>5,527</b>

#### Prior year Comparison

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	£				£
	£	£	£	£	£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	(1,000)	-	-
The National Lottery Community Fund	302	-	(255)	-	47
Sheffield City Council Community Fund	-	2,500	(2,398)	-	102
Vehicle fund	5,063	-	(2,280)	-	2,783
Derbyshire County Council	500	-	-	-	500
Woodhouse and District Community Forum - activities and COVID-19 response	-	880	-	-	880
Limbpower	1,864	-	(1,864)	-	-
Power to Change	4,273	-	(4,273)	-	-
Sported Tackling Inequalities Fund	3,654	200	(237)	-	3,617
	<b>16,656</b>	<b>3,580</b>	<b>(12,307)</b>	<b>-</b>	<b>7,929</b>

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2024

#### 4 Trustees' expenses

Mrs Tracey Morris, a trustee, was paid for her work on

	<b>2024</b>	<b>2023</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Fees - instruction and administration	5,369	6,041
Expenses (eg mileage, telephone, meeting expenses)	1,212	130
	<u><b>6,581</b></u>	<u><b>6,171</b></u>

#### 5 Key management transactions

Stephen Birkby is the founder and director of DAWS gym. His wife Tracey Birkby is a trustee. He was paid for his work on administration and instruction. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity

	<b>2024</b>	<b>2023</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
Fees - instruction and administration	14,365	11,506
Expenses (eg mileage, telephone, meeting expenses)	755	2,357
	<u><b>15,120</b></u>	<u><b>13,863</b></u>

#### 6 Related party transactions

Shelby Birkby, the daughter of a trustee and key management personnel, receives remuneration from the charity for her work as a sports assistant and instructor. Total remuneration in the period was £290 (2023: £539) and she also received travel and other expenses of £nil (2023: £nil).

There are no further related party transactions.

**DISABILITY AWARENESS WITH SPORT**

England & Wales - Charity number 1175151

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# Accounts

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Registered Charity Number: 1175151

## **Disability Awareness with Sport**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

## **Disability Awareness with Sport**

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## **Disability Awareness with Sport**

### **Legal and administrative information for the year ended 31 March 2023**

#### **Other names known by D.A.W.S Community Gym**

#### **Trustees**

Ian Davies	Chair of Trustee
David Morris	Trustee/ Social Media
Sue Davies	Trustee/ Fund Raising
Tracey Morris	Trustee/ Admin & Finance / Sport Assistant
Ian Thackeray	Trustee/Council Liaison
Lorraine Tracey Birkby	Trustee/ Safeguarding Officer
Angela Brothwell	Trustee

#### **Other key personnel**

Stephen Birkby	Founder and Director of D.A.W.S Community Gym
Shelby Birkby	Assistant Coach
Ann Davies	Fitness Instructor

#### **Charity number**

1175151

#### **Principal address**

c/o 22 Cotleigh Avenue  
Hackenthorpe  
Sheffield  
S12 4HQ

#### **Independent examiner and accountants**

Susan Cochrane, FCA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

## **Disability Awareness with Sport**

### **Trustees' annual report For the year ended 31 March 2023**

The trustees submit their annual report and the financial statements for the year ended 31 March 2023.

#### **Structure, governance and management**

Disability Awareness with Sport is a Charitable Incorporated Organisation which registered with the Charity Commission on 13 October 2017. Disability Awareness with Sport is governed by the rules and regulations set down in its governing document as last updated on 21 May 2018.

The organisation started operating April 2014 as a sole trader business and reformed to a Charity Incorporated Organisation (CIO) on 1 March 2017, gaining Charity Status on 13 October 2017.

#### **Method of Recruitment and Appointment of Trustees**

Trustees are chosen from those people who have a special empathy with its members' requirements whilst also having the ability and acumen to contribute towards the successful operation of this charitable organisation.

These people are invited to a Trustee meeting to meet the other trustees, after which a discussion is held to see if both parties are happy for a new appointment to take place. Trustees will be appointed for a term of three years.

#### **Charitable objectives and activities**

The object of the charity is the preservation and protection of good physical and mental health amongst disabled or impaired individuals of any age in the South Yorkshire area for the public benefit by making available specialist gym activities and physical fitness training.

#### ***The activities we do to meet our objectives are:***

- 1) One to one personal gym sessions improving strength and wellbeing.
- 2) One to one home visits.
- 3) Group gym sessions and exercise classes.
- 4) Group exercise sessions (Low impact chair based).
- 5) Wheelchair safety sessions (inside and outside).
- 6) Specific wheelchair exercise equipment and weighing scales to monitor weight, health and fitness.
- 7) Group activity sessions in Boccia/Bowling (low impact all ages).
- 8) Indoor Curling/Skittles (low impact all ages).
- 9) Children's fun fit sessions tailored to age.
- 10) Community Exercise and stretching ability sessions.
- 11) Differentiated disability Physical Exercise sessions (for schools)
- 12) We use a state-of-the-art gym with dedicated wheelchair fitness equipment and dedicated wheelchair access throughout the centre, with ample car parking spaces.
- 13) Safe Zone Archery, expanding to mainstream archery.

All the above activities are delivered by a highly specialised sympathetic instructor and team, who help to improve your health with tailored exercise sessions relating to your individual needs. If you have a mental or physical disability, health condition, or just require exercise guidance, we have dedicated staff with a passion to help you succeed.

## **Disability Awareness with Sport**

### **Trustees' annual report - continued For the year ended 31 March 2023**

#### **Public Benefit Statement**

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. This report illustrates the activities undertaken to support the public benefit requirement.

#### **Achievements and performance**

Post Covid 19, D.A.W.S success and commitment to helping disabled clients has allowed us to grow and stay true to the foundation principles through the adversity of the Covid Pandemic, where mainstream fitness providers have ceased.

Since D.A.W.S Community Gym successfully linked up with the Sheffield Physical Activity Referral Scheme (SPARS) in January 2020 and since the end of restrictions from the Covid 19 pandemic, referrals have steadily increased. Many different professionals refer their clients to D.A.W.S such as doctors, physio's, social prescribers, and some clients even refer themselves.

Delivering sporting activities in several schools and at school holiday camps held at the English Institute of Sport, have become more frequent with regular bookings being taken.

The Power To Change program which offered clientele a bespoke 12 week exercise and keep fit program which was still active at the beginning of April 2022 and finished at the end of June 2022, a good proportion of the clientele went onto either become members of the gym where D.A.W.S operates or went onto other gyms nearer their homes.

The charity continues to work with Stroke Survivors on a regular 1:1 basis.

Our monthly membership at Leisure United has steadily grown from 23 monthly members as of April 2022 to 36 members as at March 2023 and with our Pay As You Go Members also on the increase.

Regular charity events such as D.A.W.S's Social Get Togethers, Table Top Events and various raffles taking place during the accounting period have gone ahead bringing funds into the charity, as well as allowing much needed social interaction for many of our members, friends and family.

Supporting The Mavericks Disabled Sports Group to get their club up and running and basing it at one of Sheffield's biggest exercise venues is helping Sheffield City Trust to contractually keep favour with Sheffield City Council.

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- Local GP surgeries (9 in total)
- Alzheimer's Society – We are Dementia Friends

## **Disability Awareness with Sport**

### **Trustees' annual report - continued**

#### **For the year ended 31 March 2023**

- Woodhouse and District Community Forum
- People Keeping Well Sheffield South East Initiative
- Irwin Mitchell LLP

To monitor our performance and that of our members, we ask members to fill out Testimonial and Evaluation Forms on a regular basis. These will help support new bids for funding as well as allowing D.A.W.S to take on board suggestions and make changes as and when necessary.

Stephen Birkby who is the Founder of D.A.W.S Community Gym as well as being its Principal Fitness Instructor, has had articles published in 'The Star' – Unique Gym Brings Health and Fitness to All-Comers! As well as an article in a local magazine called Image and Gym owner monthly.

#### **Additional information**

The Principal Fitness Instructor (Stephen Birkby) is a qualified Level 3/4 Personal Trainer, GP Referral Exercise Instructor and specialist Disability Gym and Exercise Instructor. Stephen is a member of The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Stephen is also a member of Coaching UK and is a Disability Practitioner. There is a Safeguarding Policy and staff who are involved with the deliverance of the fitness/exercise sessions are DBS checked, hold a Safeguarding Certificate as well as First Aid Certificates. These are renewed in line with statutory requirements. In regard to Continuous Professional Development – Both Stephen Birkby and Tracey Morris have passed their Coach Bowls Level 1 and Tracey Morris passed Level 2 in Food Safety and Hygiene for Catering. Stephen Birkby, Tracey Morris, Ann Davies and Shelby Birkby will always undertake further training as and when necessary and during 2020, the following has been achieved: Stephen gained a qualification in - Mental Health and Wellbeing in the workplace L1 and Mental Health L1/L2.

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Stephen Birkby, Tracey Morris and Tracey Birkby passed the Abbeydale Archery Introduction to Archery in August 2021.

#### **Acknowledgements**

D.A.W.S Community Gym would like to thank all the personnel involved in the Charity who gave their time voluntarily, especially Ann Davies who is a Fitness Instructor.

Special thanks to the following organisations for Grants, Funding and Donations during 2022/2023:

- Belmayne Foundation
- Gareth Evans
- The Mavericks Disabled Sports Group
- SCC Community Fund

## Disability Awareness with Sport

### Trustees' annual report - continued For the year ended 31 March 2023

- Spotted Foundation
- Woodhouse and District Community Forum
- South Yorkshire Community Foundation

#### Plans for the future

Our plans for the future are to carry on building up a clientele where we can offer tailor made exercise and health programmes to meet the needs of individuals. We are in discussions with a company called Brevio.org, who wholly support our Charity and have pledged to help us with funding. This may lead to discussions regarding advancement and with the future of D.A.W.S charity being kept at Leisure United.

Having checked and been given the go ahead with the office of the Guinness World Record Holders (2019), the charity would still like to have an attempt at hosting the longest wheelchair conga and we are sourcing funding and support from external bodies to help this happen 2023.

To obtain funding to run a GP Referral Scheme.

#### Reserves policy

The trustees have set target reserves of £2,000. Free reserves held at 31 March 2023 were £6,588.

Approved by the trustees on 12.6.23 and signed on their behalf by:



Print name: I Thackeray  
Trustee

## **Independent Examiner's Report to the Trustees of Disability Awareness with Sport ("the CIO")**

I report to the trustees on my examination of the accounts of the CIO for the year ended 31 March 2023.

### **Responsibilities and basis of report**

As the charity trustees of the CIO 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 CIO's accounts carried out under section 145 of the 2011 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 which gives me cause to believe that, in any material respect:

1. accounting records were not kept as required by section 130 of the Act; or
2. 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.

Signed:   
\_\_\_\_\_

Susan Cochrane, FCA  
Seven Hills Accountants Limited  
57 Burton Street  
Sheffield  
S6 2HH

Date: 19/06/2023

## Disability Awareness with Sport

### Receipts & payments account

For the year ended 31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	Total 2023 £	Unrestricted fund £	Restricted funds £	Total 2022 £
<b>Receipts</b>							
Grants & donations	2	5,287	3,580	8,867	240	22,244	22,484
Fundraising		1,314	-	1,314	1,047	-	1,047
Membership subscriptions		1,098	-	1,098	621	-	621
Session subscriptions		7,473	-	7,473	250	-	250
Class instructor fees		7,769	-	7,769	5,912	-	5,912
Equipment and clothing sales		-	-	-	22	-	22
<b>Total receipts</b>		<b>22,941</b>	<b>3,580</b>	<b>26,521</b>	<b>8,092</b>	<b>22,244</b>	<b>30,336</b>
<b>Payments</b>							
Fundraising costs		665	-	665	523	-	523
Gym and games equipment		603	258	861	173	450	623
Instructors fees and expenses		9,624	6,190	15,814	2,827	11,461	14,288
Sports Assistant		3,364	530	3,894	1,465	337	1,802
Venue hire		606	1,287	1,893	458	1,765	2,223
Administration		1,105	-	1,105	1,690	-	1,690
Professional and other fees		133	-	133	198	-	198
Insurance		431	-	431	395	43	438
Training		208	-	208	258	290	548
Office and storage equipment		741	-	741	259	-	259
Printing, postage and stationery		172	-	172	276	187	463
Telephone		184	-	184	151	27	178
Refreshments		160	15	175	5	351	356
Independent examination fee		444	-	444	330	-	330
COVID response - PPE and communications		-	-	-	212	30	242
Vehicle purchase		-	-	-	-	4,000	4,000
Vehicle running costs		-	2,280	2,280	-	1,394	1,394
Repayment of grant income		-	1,747	1,747	-	-	-
<b>Total payments</b>		<b>18,440</b>	<b>12,307</b>	<b>30,747</b>	<b>9,220</b>	<b>20,335</b>	<b>29,555</b>
<b>Net receipts/(payments) for the year</b>		<b>4,501</b>	<b>(8,727)</b>	<b>(4,226)</b>	<b>(1,128)</b>	<b>1,909</b>	<b>781</b>
Total funds brought forward		2,087	16,656	18,743	3,215	14,747	17,962
<b>Total funds carried forward</b>		<b>6,588</b>	<b>7,929</b>	<b>14,517</b>	<b>2,087</b>	<b>16,656</b>	<b>18,743</b>

Disability Awareness with Sport

Statement of assets and liabilities  
As at 31 March 2023

	2023	2022
	£	£
<b>Cash assets</b>		
Balances at bank:		
Current account	14,517	18,743
<b>Total</b>	<b>14,517</b>	<b>18,743</b>
	2023	2022
	£	£
<b>Other monetary assets</b>		
None	-	-
	2023	2022
	£	£
<b>Liabilities</b>		
Independent examination fee	474	444
	<b>474</b>	<b>444</b>
	2023	2022
	£	£
<b>Assets retained for the Charity's own use</b>		
Vehicle - depreciation basis	1,334	2,667
	<b>1,334</b>	<b>2,667</b>

These Financial Statements are approved by the trustees on 12.6.23 and signed on their behalf by:



Print name: I Thackeray  
Trustee

## Disability Awareness with Sport

### Notes to the accounts For the year ended 31 March 2023

#### 1 Receipts & payments account

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

#### 2 Grants & donations

	Unrestricted funds	Restricted funds	2023 Total	Unrestricted funds	Restricted funds	2022 Total
	£	£	£	£	£	£
Power to Change	-	-	-	-	12,000	12,000
Sport England and WheelPower/CP Sport/ LimbPower/ UK Deaf Sport	-	-	-	-	3,000	3,000
Sported Tackling Inequalities Fund	-	200	200	-	3,944	3,944
The Charles & Elsie Sykes Trust	-	-	-	-	3,000	3,000
Woodhouse and District Community Forum	-	880	880	-	300	300
Sheffield City Council Community Fund	-	2,500	2,500	-	-	-
Donations	5,287	-	5,287	240	-	240
	<b>5,287</b>	<b>3,580</b>	<b>8,867</b>	<b>240</b>	<b>22,244</b>	<b>22,484</b>

#### 3 Restricted funds

Funder	Opening balance 1-Apr-22	Receipts	Payments	Transfers	Closing balance 31-Mar-23
	£	£	£	£	£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	(1,000)	-	-
The National Lottery Community Fund	302	-	(255)	-	47
Sheffield City Council Community Fund	-	2,500	(2,398)	-	102
Vehicle fund	5,063	-	(2,280)	-	2,783
Derbyshire County Council	500	-	-	-	500
Woodhouse and District Community Forum - activities and COVID-19 response	-	880	-	-	880
Limbpower	1,864	-	(1,864)	-	-
Power to Change	4,273	-	(4,273)	-	-
Sported Tackling Inequalities Fund	3,654	200	(237)	-	3,617
	<b>16,656</b>	<b>3,580</b>	<b>(12,307)</b>	<b>-</b>	<b>7,929</b>

#### Prior year Comparison

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	£	£	£	£	£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	-	-	1,000
The National Lottery Community Fund	942	-	(640)	-	302
Sport England	637	-	(637)	-	-
Vehicle fund	7,457	3,000	(5,394)	-	5,063
Derbyshire County Council	500	-	-	-	500
Virgin Money Foundation	454	-	(454)	-	-
Sport England - Emergency fund	70	-	(70)	-	-
Covid 19 Response Fund	3,257	-	(3,257)	-	-
Woodhouse and District Community Forum - activities and COVID-19 response	430	300	(730)	-	-
Limbpower	-	3,000	(1,136)	-	1,864
Power to Change	-	12,000	(7,727)	-	4,273
Sported Tackling Inequalities Fund	-	3,944	(290)	-	3,654
	<b>14,747</b>	<b>22,244</b>	<b>(20,335)</b>	<b>-</b>	<b>16,656</b>

## Disability Awareness with Sport

### Notes to the accounts For the year ended 31 March 2023

#### 4 Trustees' expenses

Mrs Tracey Morris, a trustee, was paid for her work on

	2023	2022
	Total	Total
	£	£
Fees - instruction and administration	6,041	6,517
Expenses (eg mileage, telephone, meeting expenses)	130	103
	<u>6,171</u>	<u>6,620</u>

#### 5 Key management transactions

Stephen Birkby is the founder and director of DAWS gym. His wife Tracey Birkby is a trustee. He was paid for his work on administration and instruction. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity

	2023	2022
	Total	Total
	£	£
Fees - instruction and administration	11,506	12,956
Expenses (eg mileage, telephone, meeting expenses)	2,357	302
	<u>13,863</u>	<u>13,258</u>

#### 6 Related party transactions

Shelby Birkby, the daughter of a trustee and key management personnel, receives remuneration from the charity for her work as a sports assistant and instructor. Total remuneration in the period was £539 (2022: £160) and she also received travel and other expenses of £nil (2022:

Charlotte Morris, the daughter of trustee, receives reimbursement for volunteer expenses. Total remuneration in the period was £nil (2022: £53).

There are no further related party transactions.

**DISABILITY AWARENESS WITH SPORT**

England & Wales - Charity number 1175151

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# Accounts

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**Registered Charity Number: 1175151**

**Disability Awareness with Sport**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2022**

## **Disability Awareness with Sport**

### **Contents**

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## **Disability Awareness with Sport**

### **Legal and administrative information for the year ended 31 March 2022**

#### **Other names known by**

D.A.W.S Community Gym

#### **Trustees**

Ian Davies	Chair of Trustee	
David Morris	Trustee/ Social Media	
Sue Davies	Trustee/ Fund Raising	
Tracey Morris	Trustee/ Admin & Finance / Sport Assistant	
Ian Thackeray	Trustee/Council Liaison	
Lorraine Tracey Birkby	Trustee/ Safeguarding Officer	
Angela Brothwell	Trustee	Appointed 30 July 2021
Stephen Birkby	Trustee/ Principal Fitness Instructor	Resigned on 28 May 2021

#### **Other key personnel**

Stephen Birkby	Founder and Director of D.A.W.S Community Gym
Shelby Birkby	Assistant Coach
Ann Davies	Fitness Instructor

#### **Charity number**

1175151

#### **Principal address**

c/o 22 Cotleigh Avenue  
Hackenthorpe  
Sheffield  
S12 4HQ

#### **Independent examiner**

Sarah Lightfoot, FCA DChA  
Employee of:  
VAS Community Accountancy  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

## **Disability Awareness with Sport**

### **Trustees' annual report For the year ended 31 March 2022**

The trustees submit their annual report and the financial statements for the year ended 31 March 2022.

#### **Structure, governance and management**

Disability Awareness with Sport is a Charitable Incorporated Organisation which registered with the Charity Commission on 13 October 2017. Disability Awareness with Sport is governed by the rules and regulations set down in its governing document as last updated on 21 May 2018.

The organisation started operating April 2014 as a sole trader business and reformed to a Charity Incorporated Organisation (CIO) on 1 March 2017, gaining Charity Status on 13 October 2017.

#### **Method of Recruitment and Appointment of Trustees**

Trustees are chosen from those people who have a special empathy with its members' requirements whilst also having the ability and acumen to contribute towards the successful operation of this charitable organisation.

These people are invited to a Trustee meeting to meet the other trustees, after which a discussion is held to see if both parties are happy for a new appointment to take place. Trustees will be appointed for a term of three years.

#### **Charitable objectives and activities**

The object of the charity is the preservation and protection of good physical and mental health amongst disabled or impaired individuals of any age in the South Yorkshire area for the public benefit by making available specialist gym activities and physical fitness training.

Since the epidemic of Covid-19 starting in March 2020, Disability Awareness With Sport has suffered financially due to losing on-going contractual work from private classes and educational referral exercise programs, for the disabled students from Sheffield Crystal Peaks College. D.A.W.S also had to suspend all 1:1 programs, home visits, group sessions and classes at the Isobel Bowler Centre. The impact of this closure has meant that D.A.W.S has not been able to fulfil its commitment on expansion as well as operate the SPARS Referral Programme.

D.A.W.S has had to rely on various Covid-19 funding bids to financially survive and have managed therefore to operate and deliver very successful local community projects. These projects have helped the most vulnerable individuals in the community to deal with the effects of the Covid-19 pandemic, overcoming the feeling of being isolated and therefore protecting lives.

## **Disability Awareness with Sport**

**Trustees ' annual report - continued  
For the year ended 31 March 2022**

***The activities we do to meet our objectives under normal conditions (pre-Covid-19) are:***

- 1) One to one personal gym sessions improving strength and wellbeing.
- 2) One to one home visits.
- 3) Group gym sessions and exercise classes.
- 4) Group exercise sessions (Low impact chair based).
- 5) Wheelchair safety sessions (inside and outside).
- 6) Specific wheelchair exercise equipment and weighing scales to monitor weight, health and fitness.
- 7) Group activity sessions in Boccia/Bowling (low impact all ages).
- 8) Indoor Curling/Skittles (low impact all ages).
- 9) Children's fun fit sessions tailored to age.
- 10) Community Exercise and stretching ability sessions.
- 11) Differentiated disability Physical Exercise sessions (for schools)
- 12) We use a state-of-the-art gym with dedicated wheelchair fitness equipment and dedicated wheelchair access throughout the centre, with ample car parking spaces.
- 13) Safe Zone Archery, expanding to main stream archery

All the above activities are delivered by a highly specialised sympathetic instructor and team, who help to improve your health with tailored exercise sessions relating to your individual needs. If you have a mental or physical disability, health condition, or just require exercise guidance, we have dedicated staff with a passion to help you succeed.

### **Public Benefit Statement**

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. This report illustrates the activities undertaken to support the public benefit requirement.

### **Achievements and performance**

Whilst we haven't been able to offer our normal activities for most of the financial year 2020/2021 due to Covid-19 restrictions and lockdowns, we have delivered many services to our members and the local communities under Covid-19 guidelines. Staying in touch regularly with our members has been vital to their well-being. Being able to offer help and support in the form of essential shopping, prescription collections and taking people for hospital appointments has been greatly appreciated, especially from our most vulnerable being the elderly.

After initiating a survey, we took on-board our members and the wider community's feelings about online exercise videos. Taking their views into account we have produced 10 videos which are being released over a number of weeks. These videos can be accessed by visiting our website and can be done in the comfort of one's home. They are inclusive and will enable participation either standing or sitting.

D.A.W.S Community Gym successfully linked up with the Sheffield Physical Activity Referral Scheme (SPARS). This went 'Live' in January 2020 although since the start of Covid-19, referrals were put on hold, clients have been contacted and given help and support. Along with this organisation we are part of the Disability Sports Network organisation and have passed on information to our members.

After Covid restrictions were lifted, all referrals to the SPARS scheme have now been re-contacted with a steady number of clients being seen at the gym.

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2022**

The charity is also working with more Stroke Survivors on a 1:1 basis.

With a substantial grant from Power To Change, we were able to offer clientele a bespoke 12 week exercise and keep fit program. Many of the clientele have since joined the gym as monthly members.

In November 2021, the charity was finally able to purchase a vehicle to be used for the charity. This was due to the generous donations made by family, friends and the many organisations mentioned on page 5 under 'Special Thanks'. A photo shoot has taken place with Irwin Mitchell LLP who helped to kick off this appeal in May 2018. A further photo shoot will be organised with members, family and friends along with banners of all the other supporters mentioned on page 5 under 'Special Thanks'.

Doncaster Deaf Trust Specialised College have acknowledged our participation in student placement for work experience with glowing reports from the student and accompanying chaperone leading to D.A.W.S being mentioned in their publications which go out to families and other organisations. We have been approached again this year 2021 to offer another placement for a student and as soon as it is possible due to Covid-19 this will be followed up. As yet we haven't been able to offer a placement due to rescheduling of the charity.

Below is an extensive list of some of organisations who support and or refer clientele to D.A.W.S Community Gym:-

- Sheffield Physical Activity Referral Scheme (SPARS)
- Sheffield Health Trainers & South East Sheffield Social Prescribers
- Local GP surgeries (4 in total)
- Alzheimer's Society – We are Dementia Friends
- Clive Betts MP, plus local councillors
- Leisure United, Westfield
- Social Enterprise Exchange
- Voluntary Action Sheffield
- Irwin Mitchell LLP
- Sheffield Royal Society for the Blind (SRSB) & Rotherham Sight & Sound (RSS)
- Age Wise Drink Well
- The Ryegate Children's Centre & Teenage Cancer Trust

To monitor our performance and that of our members (pre-Covid-19), every few weeks we would ask our members to fill out a Testimonial and an Evaluation Form. These allow the members as well as D.A.W.S Community Gym to see the progress they have made from the previous forms filled in. A Feedback/Questionnaire form was filled in by members for the Sheffield City Council Covid-19 Response Fund. Since Covid we have held Safe Zone Archery, Inclusive Indoor Games, and a Power To Change Program – all of which testimonials have been completed.

Stephen Birkby who is the Founder of D.A.W.S Community Gym as well as being its Principal Fitness Instructor, has had articles published in 'The Star' – Unique Gym Brings Health and Fitness to All-Comers! As well as an article in a local magazine called Image and Gym owner monthly.

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2022**

#### **Additional information**

The Principal Fitness Instructor (Stephen Birkby) is a qualified Level 3/4 Personal Trainer, GP Referral Exercise Instructor and specialist Disability Gym and Exercise Instructor. Stephen is a member of The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Stephen is also a member of Coaching UK and is a Disability Practitioner. There is a Safeguarding Policy and staff who are involved with the deliverance of the fitness/exercise sessions are DBS checked, hold a Safeguarding Certificate as well as First Aid Certificates. These are renewed in line with statutory requirements. In regard to Continuous Professional Development – Both Stephen Birkby and Tracey Morris have passed their Coach Bowls Level 1 and Tracey Morris passed Level 2 in Food Safety and Hygiene for Catering. Stephen Birkby, Tracey Morris, Ann Davies and Shelby Birkby will always undertake further training as and when necessary and during 2020, the following has been achieved: Stephen gained a qualification in - Mental Health and Wellbeing in the workplace L1 and Mental Health L1/L2.

Stephen in December 2021 passed the Archery GB Instructor Training Course.

Ann Davies passed the Active IQ L4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients 601/4932/2. In June 2022 Ann passed the Lower Back and Pain Management Level 4 Course.

Stephen Birkby, Tracey Morris and Tracey Birkby passed the Abbeydale Archery Introduction to Archery in August 2021.

#### **Acknowledgements**

D.A.W.S Community Gym would like to thank all the personnel involved in the Charity who gave their time voluntarily, especially Ann Davies who is a Fitness Instructor volunteer and Shelby Birkby as Assistant Coach.

Special thanks to the following organisations for their generous donations towards our van appeal:

- The Harry Bottom Charitable Trust
- May Hearnshaw Charitable Trust
- Sheffield Mutual
- Charles & Elsie Sykes Trust

Special thanks to the following organisations for Grants and Funding during 2021/2022:

- Power To Change
- Sport-Ed Foundation
- Limbpower

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2022**

#### **Plans for the future**

Our plans for the future are to carry on building up a clientele and to eventually have our own dedicated disability premises where we can offer tailor made exercise and health programmes to meet the needs of individuals. We are in discussions with a company called Brevio, who wholly support our Charity and have pledged to help us with funding when suitable premises for our venture is found, this may lead to discussions regarding advancement and future placement of D.A.W.S charity being kept at Leisure United. On-going discussions with Sheffield City Council, Football Association and Sheffield United Academy College will determine the outcome of this.

Following on from 2019 we are still looking towards setting up a Formal Constituted Agreement between Leisure United, the Council and D.A.W.S Community Gym.

Having checked and been given the go ahead with the office of the Guinness World Record Holders (2019), the charity would still like to have an attempt at hosting the longest wheelchair conga and we are sourcing funding and support from external bodies to help this happen 2023.

We would like to build up our monthly membership at Leisure United which has significantly been reduced due to Covid-19 and people's fears. This is steadily growing now with 27 monthly members as of August 2022.

We have joined Brevio.org who identify funding opportunities based on the information we provide about our activities.

#### **Reserves policy**

The trustees have set target reserves of £2,000. Free reserves held at 31 March 2022 were £2,087.

Approved by the trustees on 6-9-2022 and signed on their behalf by:



Print name: I Thackeray  
Trustee

## **Independent Examiner's Report to the Trustees of Disability Awareness with Sport ("the CIO")**

I report to the trustees on my examination of the accounts of the CIO for the year ended 31 March 2022.

### **Responsibilities and basis of report**

As the charity trustees of the CIO 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 CIO's accounts carried out under section 145 of the 2011 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.

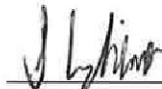
### **Independent examiner's statement**

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

1. accounting records were not kept as required by section 130 of the Act; or
2. 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.

Signed:



Sarah Lightfoot, FCA DChA

Employee of:

VAS Community Accountancy

The Circle

33 Rockingham Lane

Sheffield

S1 4FW

Date: 13 September 2022

## Disability Awareness with Sport

### Receipts & payments account For the year ended 31 March 2022

	Notes	Unrestricted fund £	Restricted funds £	Total 2022 £	Unrestricted fund £	Restricted funds £	Total 2021 £
<b>Receipts</b>							
Grants & donations	2	240	22,244	22,484	2,048	16,550	18,598
Fundraising		1,047	-	1,047	641	-	641
Membership subscriptions		621	-	621	183	-	183
Session subscriptions		250	-	250	-	-	-
Class instructor fees		5,912	-	5,912	1,777	-	1,777
Equipment and clothing sales		22	-	22	102	-	102
Refund of venue hire		-	-	-	-	370	370
<b>Total receipts</b>		<b>8,092</b>	<b>22,244</b>	<b>30,336</b>	<b>4,751</b>	<b>16,920</b>	<b>21,671</b>
<b>Payments</b>							
Fundraising costs		523	-	523	36	-	36
Gym and games equipment		173	450	623	-	321	321
Instructors fees and expenses		2,827	11,461	14,288	1,336	1,009	2,345
Sports Assistant		1,465	337	1,802	-	-	-
Venue hire		458	1,765	2,223	-	263	263
Advertising		-	-	-	-	238	238
Administration		1,690	-	1,690	1,264	-	1,264
Professional and other fees		198	-	198	56	-	56
Insurance		395	43	438	37	368	405
Training		258	290	548	-	-	-
Office and storage equipment		259	-	259	262	-	262
Printing, postage and stationery		276	187	463	23	-	23
Telephone		151	27	178	76	152	228
Refreshments		5	351	356	-	-	-
Accountancy/Independent examination fee (re previous year)		330	-	330	330	-	330
COVID response - PPE and communications		212	30	242	-	1,000	1,000
COVID response - personnel costs		-	-	-	-	6,160	6,160
Vehicle purchase		-	4,000	4,000	-	-	-
Vehicle running costs		-	1,394	1,394	-	-	-
Clothing for resale		-	-	-	50	-	50
Refund of referral fee (class instructor fees) and membersip subscriptions		-	-	-	60	-	60
<b>Total payments</b>		<b>9,220</b>	<b>20,335</b>	<b>29,555</b>	<b>3,530</b>	<b>9,511</b>	<b>13,041</b>
<b>Net receipts/(payments) for the year</b>		<b>(1,128)</b>	<b>1,909</b>	<b>781</b>	<b>1,221</b>	<b>7,409</b>	<b>8,630</b>
Total funds brought forward		3,215	14,747	17,962	1,994	7,338	9,332
<b>Total funds carried forward</b>		<b>2,087</b>	<b>16,656</b>	<b>18,743</b>	<b>3,215</b>	<b>14,747</b>	<b>17,962</b>

**Disability Awareness with Sport**

**Statement of assets and liabilities  
As at 31 March 2022**

	2022	2021
	£	£
<b>Cash assets</b>		
Balances at bank:		
Current account	18,743	17,960
Paypal account	-	-
Cash in hand	-	2
<b>Total</b>	<u><u>18,743</u></u>	<u><u>17,962</u></u>
	2022	2021
	£	£
<b>Other monetary assets</b>		
None	-	-
	<u><u>-</u></u>	<u><u>-</u></u>
	2022	2021
	£	£
<b>Liabilities</b>		
Independent examination/ Accountancy fee	444	330
	<u><u>444</u></u>	<u><u>330</u></u>
	2022	2021
	£	£
<b>Assets retained for the Charity's own use</b>		
Office equipment - depreciation basis	-	658
Vehicle - - depreciation basis	2,667	-
	<u><u>2,667</u></u>	<u><u>658</u></u>

These Financial Statements are approved by the trustees on 6-9-2022 and signed on their behalf by:



Print name: I Thackeray  
Trustee

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2022

#### 1 Receipts & payments account

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

#### 2 Grants & donations

	Unrestricted funds	Restricted funds	2022 Total	Unrestricted funds	Restricted funds	2021 Total
	£	£	£	£	£	£
Power to Change	-	12,000	12,000	-	-	-
Sport England and WheelPower/CP Sport/ LimbPower/ UK Deaf Sport	-	3,000	3,000	-	-	-
Sported Tackling Inequalities Fund	-	3,944	3,944	-	-	-
The Charles & Elsie Sykes Trust	-	3,000	3,000	-	-	-
Woodhouse and District Community Forum	-	300	300	-	450	450
Groundworks UK - Tesco Bags of Help	-	-	-	-	500	500
Sheffield City Council - COVID discretionary Grants Scheme	-	-	-	1,000	-	1,000
Sheffield City Council Community Covid Response Grant	-	-	-	-	2,500	2,500
South Yorkshire's Community Foundation	-	-	-	-	4,300	4,300
Sport England	-	-	-	-	4,550	4,550
Donations	240	-	240	1,048	4,250	5,298
	<b>240</b>	<b>22,244</b>	<b>22,484</b>	<b>2,048</b>	<b>16,550</b>	<b>18,598</b>

#### 3 Restricted funds

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	1-Apr-21				31-Mar-22
	£	£	£	£	£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	-	-	1,000
The National Lottery Community Fund	942	-	(640)	-	302
Sport England	637	-	(637)	-	-
Vehicle fund	7,457	3,000	(5,394)	-	5,063
Derbyshire County Council	500	-	-	-	500
Virgin Money Foundation	454	-	(454)	-	-
Sport England - Emergency fund	70	-	(70)	-	-
Covid 19 Response Fund	3,257	-	(3,257)	-	-
Woodhouse and District Community Forum - activities and COVID-19 response	430	300	(730)	-	-
Limbpower	-	3,000	(1,136)	-	1,864
Power to Change	-	12,000	(7,727)	-	4,273
Sported Tackling Inequalities Fund	-	3,944	(290)	-	3,654
	<b>14,747</b>	<b>22,244</b>	<b>(20,335)</b>	<b>-</b>	<b>16,656</b>

#### Prior year Comparison

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	£				£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	-	-	1,000
The National Lottery Community Fund	1,360	370	(788)	-	942
Sport England	637	-	-	-	637
Vehicle fund	3,207	4,250	-	-	7,457
Derbyshire County Council	500	-	-	-	500
Virgin Money Foundation	654	-	(200)	-	454
Sport England - Emergency fund	(20)	4,550	(4,460)	-	70
Covid 19 Response Fund	-	7,300	(4,043)	-	3,257
Woodhouse and District Community Forum - activities and COVID-19 response	-	450	(20)	-	430
	<b>7,338</b>	<b>16,920</b>	<b>(9,511)</b>	<b>-</b>	<b>14,747</b>

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2022

#### 4 Trustees' expenses

Mrs Tracey Morris, a trustee, was paid for her work on administration, sports assistant and instructor, and covid-19 support. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity Commission.

	2022	2021
	Total	Total
	£	£
Fees - instruction and administration	6,517	1,210
Expenses (eg mileage, telephone, meeting expenses)	103	31
COVID-19 support*	-	1,100
	<u>6,620</u>	<u>2,341</u>

\*COVID-19 support includes a contribution towards loss of earnings, which was funded by Sport England Emergency Fund, and round sum allowances of £200 per month each from November 2020 onwards towards the collection and delivery of essential foods and medications and preparation of mail shots, which the charity undertook during the pandemic.

In the previous year, the charity paid £159 for a meal for all trustees to allow them to plan and discuss for future social Get Together and Events. No other trustees received remuneration or expenses, in their role as trustees.

#### 5 Key management transactions

Stephen Birkby is the founder and director of DAWS gym. His wife Tracey Birkby is a trustee. He was paid for his work on administration, instruction and covid-19 support. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity Commission.

	2022	2021
	Total	Total
	£	£
Fees - instruction and administration	12,956	2,556
Expenses (eg mileage, telephone, meeting expenses)	302	528
COVID-19 support*	-	3,720
	<u>13,258</u>	<u>6,804</u>

\*COVID-19 support includes a contribution towards loss of earnings, which was funded by Sport England Emergency Fund, and round sum allowances of £200 per month each from November 2020 onwards towards the collection and delivery of essential foods and medications and preparation of mail shots, which the charity undertook during the pandemic.

Stephen was appointed a trustee on 28 January 2021, however as DAWS' founder, its major planner / deliverer of activities and the recipient of its most significant amount of remuneration, it was thought that this might not accord closely with the guidelines set by the Charity Commission. Therefore Stephen submitted his resignation as a Trustee on 28 May 2021.

#### 6 Related party transactions

Shelby Birkby, the daughter of a trustee and key management personnel, receives remuneration from the charity for her work as a sports assistant and instructor. Total remuneration in the period was £160 (2021: £210) and she also received travel and other expenses of £41 (2021: £nil).

Charlotte Morris, the daughter of trustee, receives reimbursement for volunteer expenses. Total remuneration in the period was £53 (2021: £nil).

There are no further related party transactions.

**DISABILITY AWARENESS WITH SPORT**

England & Wales - Charity number 1175151

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# Accounts

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**Registered Charity Number: 1175151**

**Disability Awareness with Sport**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2021**

## **Disability Awareness with Sport**

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## **Disability Awareness with Sport**

### **Legal and administrative information for the year ended 31 March 2021**

#### **Other names known by D.A.W.S Community Gym**

##### **Trustees**

Ian Davies	Chair of Trustee	
David Morris	Trustee/ Social Media	
Sue Davies	Trustee/ Fund Raising	
Tracey Morris	Trustee/ Admin & Finance / Sport Assistant	
Ian Thackeray	Trustee/Council Liaison	
Lorraine Tracey Birkby	Trustee/ Safeguarding Officer	
Angela Brothwell		Appointed 30 July 2021
Stephen Birkby	Trustee/ Principal Fitness Instructor	Appointed on 28 January 2021 Resigned on 28 May 2021

##### **Other key personnel**

Stephen Birkby	Founder and Director of D.A.W.S Community Gym
Shelby Birkby	Assistant Coach

##### **Charity number**

1175151

##### **Principal address**

c/o 22 Cotleigh Avenue  
Hackenthorpe  
Sheffield  
S12 4HQ

##### **Accountants**

VAS Community Accountancy  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

## **Disability Awareness with Sport**

### **Trustees' annual report For the year ended 31 March 2021**

The trustees submit their annual report and the financial statements for the year ended 31 March 2021.

#### **Structure, governance and management**

Disability Awareness with Sport is a Charitable Incorporated Organisation which registered with the Charity Commission on 13 October 2017. Disability Awareness with Sport is governed by the rules and regulations set down in its governing document as last updated on 21 May 2018.

The organisation started operating April 2014 as a sole trader business and reformed to a Charity Incorporated Organisation (CIO) on 1 March 2017, gaining Charity Status on 13 October 2017. The accounts are presented from 1 April 2020 to 31 March 2021.

#### **Method of Recruitment and Appointment of Trustees**

Trustees are chosen from those people who have a special empathy with its members' requirements whilst also having the ability and acumen to contribute towards the successful operation of this charitable organisation.

These people are invited to a Trustee meeting to meet the other trustees, after which a discussion is held to see if both parties are happy for a new appointment to take place. Trustees will be appointed for a term of three years.

#### **Charitable objectives and activities**

The object of the charity is the preservation and protection of good physical and mental health amongst disabled or impaired individuals of any age in the South Yorkshire area for the public benefit by making available specialist gym activities and physical fitness training.

#### **COVID-19 Pandemic Impact**

Since the epidemic of Covid-19 starting in March 2020, Disability Awareness With Sport has suffered financially due to losing on-going contractual work from private classes and educational referral exercise programs, for the disabled students from Sheffield Crystal Peaks College. D.A.W.S also had to suspend all 1:1 programs, home visits, group sessions and classes at the Isobel Bowler Centre. The impact of this closure has meant that D.A.W.S has not been able to fulfil its commitment on expansion as well as operate the SPARS Referral Programme.

D.A.W.S has had to rely on various Covid-19 funding bids to financially survive and have managed therefore to operate and deliver very successful local community projects. These projects have helped the most vulnerable individuals in the community to deal with the effects of the Covid-19 pandemic, overcoming the feeling of being isolated and therefore protecting lives.

## **Disability Awareness with Sport**

**Trustees' annual report - continued**  
**For the year ended 31 March 2021**

*The activities we do to meet our objectives under normal conditions (pre-Covid-19) are:*

- 1) One to one personal gym sessions improving strength and wellbeing.
- 2) One to one home visits.
- 3) Group gym sessions and exercise classes.
- 4) Group exercise sessions (Low impact chair based).
- 5) Wheelchair safety sessions (inside and outside).
- 6) Specific wheelchair exercise equipment and weighing scales to monitor weight, health and fitness.
- 7) Group activity sessions in Boccia/Bowling (low impact all ages).
- 8) Indoor Curling/Skittles (low impact all ages).
- 9) Children's fun fit sessions tailored to age.
- 10) Community Exercise and stretching ability sessions.
- 11) Differentiated disability Physical Exercise sessions (for schools)
- 12) We use a state-of-the-art gym with dedicated wheelchair fitness equipment and dedicated wheelchair access throughout the centre, with ample car parking spaces.
- 13) Safe Zone Archery.

All the above activities are delivered by a highly specialised sympathetic instructor and team, who help to improve your health with tailored exercise sessions relating to your individual needs. If you have a mental or physical disability, health condition, or just require exercise guidance, we have dedicated staff with a passion to help you succeed.

### **Public Benefit Statement**

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. This report illustrates the activities undertaken to support the public benefit requirement.

### **Achievements and performance**

Whilst we haven't been able to offer our normal activities for most of the financial year 2020/2021 due to Covid-19 restrictions and lockdowns, we have delivered many services to our members and the local communities under Covid-19 guidelines. Staying in touch regularly with our members has been vital to their well-being. Being able to offer help and support in the form of essential shopping, prescription collections and taking people for hospital appointments has been greatly appreciated, especially from our most vulnerable being the elderly.

After initiating a survey, we took on-board our members and the wider community's feelings about online exercise videos. Taking their views into account we have produced 10 videos which are being released over a number of weeks. These videos can be accessed by visiting our website and can be done in the comfort of one's home. They are inclusive and will enable participation either standing or sitting.

D.A.W.S Community Gym successfully linked up with the Sheffield Physical Activity Referral Scheme (SPARS). This went 'Live' in January 2020 although since the start of Covid-19, referrals were put on hold, clients have been contacted and given help and support. Along with this organisation we are part of the Disability Sports Network organisation and have passed on information to our members.

## **Disability Awareness with Sport**

### **Trustees ' annual report - continued For the year ended 31 March 2021**

Doncaster Deaf Trust Specialised College have acknowledged our participation in student placement for work experience with glowing reports from the student and accompanying chaperone leading to D.A.W.S being mentioned in their publications which go out to families and other organisations. We have been approached again this year 2021 to offer another placement for a student and as soon as it is possible due to Covid-19 this will be followed up.

Below is an extensive list of some of organisations who support and or refer clientele to D.A.W.S Community Gym:-

- Sheffield Physical Activity Referral Scheme (SPARS)
- Sheffield Health Trainers & South East Sheffield Social Prescribers
- Local GP surgeries (4 in total)
- Alzheimer's Society – We are Dementia Friends
- Clive Betts MP, plus local councillors
- St. George's Park Westfield
- Social Enterprise Exchange
- Voluntary Action Sheffield
- Irwin Mitchell LLP
- Sheffield Royal Society for the Blind (SRSB) & Rotherham Sight & Sound (RSS)
- Age Wise Drink Well
- The Ryegate Children's Centre & Teenage Cancer Trust

To monitor our performance and that of our members (pre-Covid-19), every few weeks we would ask our members to fill out a Testimonial and an Evaluation Form. These allow the members as well as D.A.W.S Community Gym to see the progress they have made from the previous forms filled in. A Feedback/Questionnaire form was filled in by members for the Sheffield City Council Covid-19 Response Fund.

Stephen Birkby who is the Founder of D.A.W.S Community Gym as well as being its Principal Fitness Instructor, has had articles published in 'The Star' – Unique Gym Brings Health and Fitness to All-Comers! As well as an article in a local magazine called Image and Gym owner monthly.

### **Additional Information**

The Principal Fitness Instructor (Stephen Birkby) is a qualified Level 3/4 Personal Trainer, GP Referral Exercise Instructor and specialist Disability Gym and Exercise Instructor. Stephen is a member of the Register of Exercise Professionals (REPS) and The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Stephen is also a member of Coaching UK and is a Disability Practitioner. There is a Safeguarding Policy and staff who are involved with the deliverance of the fitness/exercise sessions are DBS checked, hold a Safeguarding Certificate as well as First Aid Certificates. These are renewed in line with statutory requirements. In regard to Continuous Professional Development – Both Stephen Birkby and Tracey Morris have passed their Coach Bowls Level 1 and Tracey Morris passed Level 2 in Food Safety and Hygiene for Catering. Stephen Birkby, Tracey Morris, Ann Davies and Shelby Birkby will always undertake further training as and when necessary and during 2020, the following has been achieved: Stephen gained a qualification in - Mental Health and Wellbeing in the workplace L1 and Mental Health L1/L2. Ann Davies passed the Active IQ L4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients 601/4932/2

## **Disability Awareness with Sport**

**Trustees' annual report - continued**  
**For the year ended 31 March 2021**

### **Acknowledgements**

D.A.W.S Community Gym would like to thank all the personnel involved in the Charity who gave their time voluntarily, especially Ann Davies who is a volunteer and Shelby Birkby as Assistant Coach.

Special thanks to the following organisations for their generous donations towards our van appeal:

- The Harry Bottom Charitable Trust
- May Hearnshaw Charitable Trust
- Sheffield Mutual

Special thanks to the following organisations with their generous donations made through this Covid-19 pandemic:

- Westfield Health
- Sheffield City Council

Special thanks to the following organisations for Grants and Funding through the Covid-19 pandemic:

- Sport England Emergency Fund
- Groundwork UK – Tesco
- South Yorkshire Community Foundation
- Sheffield City Council Community Covid-19 Response Grant
- Woodhouse and District Community Forum

We also want to thank the following organisations for their support through 2020/2021:

- Heart of the Community – Virgin Money Foundation
- Irwin Mitchell LLP
- Sheffield Live
- Social Enterprise Exchange
- Sheffield Business
- Disability Sports Network

### **Financial Review**

Our source of funds this year has been from grant funding, donations, limited raffle sales, Christmas Jumper Appeal and the 2.6 Challenge. Give As You Live and Amazon Smile which were set up have now started to make donations. We had a limited monthly income due to Covid-19 pandemic and lockdowns, from United Leisure (SGP) We also have had limited income from our one to one client due to Covid-19.

## Disability Awareness with Sport

Trustees' annual report - continued  
For the year ended 31 March 2021

### Plans for the future

Our plans for the future, are to carry on building up a clientele and to eventually have our own dedicated disability premises where we can offer tailor made exercise and health programmes to meet the needs of individuals. We are in discussions with a company called FSC Associates Ltd, who wholly support our Charity and have pledged to help us with funding when suitable premises for our venture is found. Darren Ward (Council Locality Officer), Ian Davies (Chair of Trustee) and Ian Thackeray (Council Liaison Trustee) have had meetings to discuss possible premises for our venture.

Following on from 2019 we are still looking towards setting up a Formal Constituted Agreement between St. George's Park (SGP), the Council and D.A.W.S Community Gym.

Having checked and been given the go ahead with the office of the Guinness World Record Holders (2019) - The charity would still like to have an attempt at hosting the longest wheelchair conga.

Build up our monthly membership at SGP which has significantly been reduced due to Covid-19 and people's fears.

Purchase a van.

Attend the Sunday 11<sup>th</sup> July 2021 Family Fun Day organised by the Sheffield Parent Carer Forum – delivering sporting activities.

Attend the Monday 13<sup>th</sup> and Tuesday 14<sup>th</sup> September 2021 - The Move More Celebrates Inclusive Sport Days – delivery sporting activities.

POWER TO CHANGE this funding to run and deliver sessions for people suffering from the effects of Covid and Long Covid.

Activities which were funded and put on hold due to Covid-19, these being Awards 4 All, Heart of the Community and Derbyshire County Council - members will be contacted and these activities will be resumed.

New activities – Safe Zone Archery will begin.

### Reserves policy

The trustees have set target reserves of £2,000. Free reserves held at 31 March 2021 were £3,215.

Approved by the trustees on 17.8.21 and signed on their behalf by:



Print name: I Thackeray  
Trustee

**Accountants' report to the Board of Trustees on the preparation of the unaudited accounts of Disability Awareness with Sport for the year ended 31 March 2021**

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the accounts of Disability Awareness with Sport (the Charity) for the year ended 31 March 2021 as set out in this document from the charity's accounting records and from information and explanations you have given us.

This report is made solely to the Board of Trustees of the Charity, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of the Charity and state those matters that we have agreed to state to the Board of Trustees of the Charity, as a body. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Charity and its Board of Trustees as a body for our work or for this report.

It is your duty to ensure the Charity has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities and financial position and loss of the Charity. You consider that the Charity is exempt from the statutory independent examination and audit requirements for the year.

We have not been instructed to carry out an audit or a review of the accounts of the Charity. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the accounts.

*VAS Community Accountancy*

VAS Community Accountancy  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

Date: 19 August 2021

## Disability Awareness with Sport

### Receipts & payments account For the year ended 31 March 2021

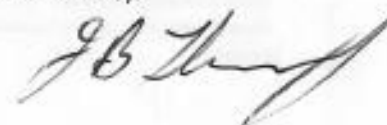
		Unrestricted	Restricted	Total	Unrestricted	Restricted	13 months Total
	Notes	fund	funds	2021	fund	funds	2020
		£	£	£	£	£	£
<b>Receipts</b>							
Grants & donations	2	2,048	16,550	18,598	660	3,191	3,851
Fundraising		641	-	641	2,026	229	2,255
Membership subscriptions		183	-	183	1,317	-	1,317
Session subscriptions		-	-	-	1,670	-	1,670
Class instructor fees		1,777	-	1,777	4,747	-	4,747
Equipment and clothing sales		102	-	102	53	-	53
Refund of venue hire		-	370	370	-	-	-
<b>Total receipts</b>		<b>4,751</b>	<b>16,920</b>	<b>21,671</b>	<b>10,473</b>	<b>3,420</b>	<b>13,893</b>
<b>Payments</b>							
Fundraising costs		36	-	36	980	-	980
Gym and games equipment		-	321	321	5	1,386	1,391
Instructors fees and expenses		1,336	1,009	2,345	3,421	5,983	9,404
Sports Assistant		-	-	-	1,270	1,511	2,781
Venue hire		-	263	263	565	4,168	4,733
Advertising		-	238	238	-	562	562
Administration		1,264	-	1,264	1,330	-	1,330
Professional and other fees		56	-	56	39	-	39
Insurance		37	368	405	395	20	415
Subscriptions		-	-	-	96	-	96
Training		-	-	-	-	-	-
Office and storage equipment		262	-	262	94	600	694
Printing, postage and stationery		23	-	23	24	87	111
Telephone		76	152	228	213	-	213
Meeting refreshments		-	-	-	-	7	7
Accountancy/Independent examination fee (re previous year)		330	-	330	420	-	420
COVID response - PPE and communications		-	1,000	1,000	-	-	-
COVID response - personnel costs		-	6,160	6,160	-	-	-
Clothing for resale		50	-	50	-	-	-
Refund of referral fee (class instructor fees) and membership subscriptions		60	-	60	-	-	-
<b>Total payments</b>		<b>3,530</b>	<b>9,511</b>	<b>13,041</b>	<b>8,852</b>	<b>14,324</b>	<b>23,176</b>
<b>Net receipts for the year</b>		<b>1,221</b>	<b>7,409</b>	<b>8,630</b>	<b>1,621</b>	<b>(10,904)</b>	<b>(9,283)</b>
Transfers	3	-	-	-	6	(6)	-
<b>Net movement in funds</b>		<b>1,221</b>	<b>7,409</b>	<b>8,630</b>	<b>1,627</b>	<b>(10,910)</b>	<b>(9,283)</b>
Total funds brought forward		1,994	7,338	9,332	367	18,248	18,615
<b>Total funds carried forward</b>		<b>3,215</b>	<b>14,747</b>	<b>17,962</b>	<b>1,994</b>	<b>7,338</b>	<b>9,332</b>

# Disability Awareness with Sport

## Statement of assets and liabilities As at 31 March 2021

	2021	2020
	£	£
<b>Cash assets</b>		
Balances at bank:		
Current account	17,960	9,330
Paypal account	-	-
Cash in hand	2	2
<b>Total</b>	<b>17,962</b>	<b>9,332</b>
	2021	2020
	£	£
<b>Other monetary assets</b>		
Refunds due on paid invoices	-	288
	<b>-</b>	<b>288</b>
	2021	2020
	£	£
<b>Liabilities</b>		
Accountancy fee	330	330
	<b>330</b>	<b>330</b>
	2021	2020
	£	£
<b>Assets retained for the Charity's own use</b>		
Office equipment - depreciation basis	658	1,779
	<b>658</b>	<b>1,779</b>

These Financial Statements are approved by the trustees on 17/08/21 and signed on their behalf by:



Print name: I Thackeray  
Trustee

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2021

#### 1 Receipts & payments account

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

#### 2 Grants & donations

	Unrestricted funds	Restricted funds	2021 Total	Unrestricted funds	Restricted funds	2020 Total
	£	£	£	£	£	£
Awards for All	-	-	-	-	-	-
Derbyshire County Council	-	-	-	-	-	-
Sport England	-	4,550	4,550	-	500	500
Virgin Money Foundation	-	-	-	-	1,000	1,000
Groundsworks UK - Tesco Bags of Help	-	500	500	-	-	-
Woodhouse and District Community Forum	-	450	450	-	-	-
South Yorkshire's Community Foundation	-	4,300	4,300	-	-	-
Sheffield City Council - COVID discretionary Grants Scheme	1,000	-	1,000	-	-	-
Sheffield City Council Community Covid Response Grant	-	2,500	2,500	-	-	-
Donations	1,048	4,250	5,298	660	1,691	2,351
	<b>2,048</b>	<b>16,550</b>	<b>18,598</b>	<b>660</b>	<b>3,191</b>	<b>3,851</b>

#### 3 Restricted funds

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	1-Apr-20				31-Mar-21
	£	£	£	£	£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	-	-	1,000
The National Lottery Community Fund	1,360	370	(788)	-	942
Sport England	637	-	-	-	637
Vehicle fund	3,207	4,250	-	-	7,457
Derbyshire County Council	500	-	-	-	500
Virgin Money Foundation	654	-	(200)	-	454
Sport England - Emergency fund	(20)	4,550	(4,460)	-	70
Covid 19 Response Fund	-	7,300	(4,043)	-	3,257
Woodhouse and District Community Forum - activities and COVID-19 response	-	450	(20)	-	430
	<b>7,338</b>	<b>16,920</b>	<b>(9,511)</b>	<b>-</b>	<b>14,747</b>

#### Prior year Comparison

Funder	Opening balance	Receipts	Payments	Transfers	Closing balance
	£				£
	£	£	£	£	£
Invictus Treadmill - Stocksbridge Community Leisure Centre	1,000	-	-	-	1,000
The National Lottery Community Fund	9,860	-	(8,500)	-	1,360
Sport England	4,611	-	(3,968)	(6)	637
Woodhouse and District Community Forum	1,490	-	(1,490)	-	-
Vehicle fund	1,287	1,920	-	-	3,207
Derbyshire County Council	-	500	-	-	500
Virgin Money Foundation	-	1,000	(346)	-	654
Sport England - Emergency fund	-	-	(20)	-	(20)
	<b>18,248</b>	<b>3,420</b>	<b>(14,374)</b>	<b>(6)</b>	<b>7,338</b>

## Disability Awareness with Sport

### Notes to the accounts

For the year ended 31 March 2021

#### 4 Trustees' expenses

Mrs Tracey Morris, a trustee, was paid for her work on administration, sports assistant and instructor, and covid-19 support. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity Commission.

	2021	2020
	Total	Total
	£	£
Fees - instruction and administration	1,210	4,977
Expenses (eg mileage, telephone, meeting expenses)	31	454
COVID-19 support*	1,100	-
	<u>2,341</u>	<u>5,431</u>

\*COVID-19 support includes a contribution towards loss of earnings, which was funded by Sport England Emergency Fund, and round sum allowances of £200 per month each from November 2020 onwards towards the collection and delivery of essential foods and medications and preparation of mail shots, which the charity undertook during the pandemic.

In the previous year, the charity paid £159 for a meal for all trustees to allow them to plan and discuss for future social Get Together and Events. No other trustees received remuneration or expenses, in their role as trustees.

#### 5 Key management transactions

Stephen Birkby is the founder and director of DAWs gym. His wife Tracey Birkby is a trustee. He was paid for his work on administration, instruction and covid-19 support. These payments are made in accordance with clause 6.2 of the charity's constitution which has been agreed by the Charity Commission.

	2021	2020
	Total	Total
	£	£
Fees - instruction and administration	2,556	9,098
Expenses (eg mileage, telephone, meeting expenses)	528	716
COVID-19 support*	3,720	-
	<u>6,804</u>	<u>9,814</u>

\*COVID-19 support includes a contribution towards loss of earnings, which was funded by Sport England Emergency Fund, and round sum allowances of £200 per month each from November 2020 onwards towards the collection and delivery of essential foods and medications and preparation of mail shots, which the charity undertook during the pandemic.

Stephen was appointed a trustee on 28 January 2021, however as DAWs' founder, its major planner / deliverer of activities and the recipient of its most significant amount of remuneration, it was thought that this might not accord closely with the guidelines set by the Charity Commission. Therefore Stephen submitted his resignation as a Trustee on 28 May 2021.

#### 6 Related party transactions

Shelby Birkby, the daughter of a trustee and key management personnel, receives remuneration from the charity for her work as a sports assistant and instructor. Total remuneration in the period was £210 (2020: £215).

There are no further related party transactions.