

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 11th July 2021 Family Fun Day organised by the Sheffield Parent Carer Forum – delivering sporting activities.

Attend the Monday 13th and Tuesday 14th 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

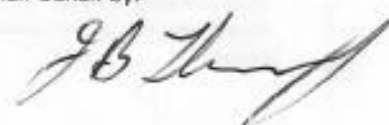
		Unrestricted fund	Restricted funds	Total 2021	Unrestricted fund	Restricted funds	13 months Total 2020
	Notes	£	£	£	£	£	£
Receipts							
Grants & donations	2	2,048	16,550	18,598	660	3,191	3,851
Fundraising		641	-	641	2,026	229	2,255
Membership subscriptions		183	-	183	1,317	-	1,317
Session subscriptions		-	-	-	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	-	-	-
Total receipts		4,751	16,920	21,671	10,473	3,420	13,893
Payments							
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	-	-	-
Total payments		3,530	9,511	13,041	8,852	14,324	23,176
Net receipts for the year		1,221	7,409	8,630	1,621	(10,904)	(9,283)
Transfers	3	-	-	-	6	(6)	-
Net movement in funds		1,221	7,409	8,630	1,627	(10,910)	(9,283)
Total funds brought forward		1,994	7,338	9,332	367	18,248	18,615
Total funds carried forward		3,215	14,747	17,962	1,994	7,338	9,332

Disability Awareness with Sport

Statement of assets and liabilities As at 31 March 2021

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

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	-	-	-	-	500	500
Sport England	-	4,550	4,550	-	-	-
Virgin Money Foundation	-	-	-	-	1,000	1,000
Groundworks 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
	2,048	16,550	18,598	660	3,191	3,851

3 Restricted funds

Funder	Opening balance 1-Apr-20	Receipts	Payments	Transfers	Closing balance 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
	7,338	16,920	(9,511)	-	14,747

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)
	18,248	3,420	(14,374)	(6)	7,338

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 Total £	2020 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 Total £	2020 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.