

**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**

	<b>Page</b>
Legal and administrative information	1
Trustees' annual report	2 - 6
Independent examiner's report	7
Receipts and payments account	8
Statement of assets and liabilities	9
Notes to the accounts	10 – 11

## **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>	<b>18,743</b>	<b>17,962</b>
	2022 £	2021 £
<b>Other monetary assets</b>		
None	-	-
	2022 £	2021 £
<b>Liabilities</b>		
Independent examination/ Accountancy fee	444	330
	<b>444</b>	<b>330</b>
	2022 £	2021 £
<b>Assets retained for the Charity's own use</b>		
Office equipment - depreciation basis	-	658
Vehicle - - depreciation basis	2,667	-
	<b>2,667</b>	<b>658</b>

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 1-Apr-21 £	Receipts £	Payments £	Transfers £	Closing balance 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>

**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.

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

\*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.

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

\*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.