

**Registered Charity Number: 1175151**

**Disability Awareness with Sport**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**For the year ended 31 March 2024**

## **Disability Awareness with Sport**

### **Contents**

	<b>Page</b>
Legal and administrative information	1
Trustees' annual report	2 - 5
Independent examiner's report	6
Receipts and payments account	7
Statement of assets and liabilities	8
Notes to the accounts	9 - 10

## **Disability Awareness with Sport**

### **Legal and administrative information for the year ended 31 March 2024**

#### **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, GP Referral Practitioner

#### **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 2024**

The trustees submit their annual report and the financial statements for the year ended 31 March 2024.

#### **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.
- 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, and mainstream archery.

## **Disability Awareness with Sport**

### **Legal and administrative information for the year ended 31 March 2024**

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**

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.

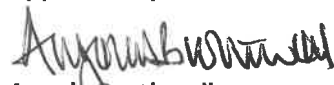
To obtain funding to run a GP Referral Scheme. This is something D.A.W.S is still hoping to happen.

### **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

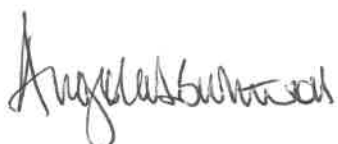
	Notes	Unrestricted fund £	Restricted funds £	Total 2024 £	Unrestricted fund £	Restricted funds £	Total 2023 £
<b>Receipts</b>							
Grants & donations	2	82	6,920	7,002	5,287	3,580	8,867
Fundraising		506	-	506	1,314	-	1,314
Membership subscriptions		1,281	-	1,281	1,098	-	1,098
Session subscriptions		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>	<b>12,525</b>	<b>14,517</b>
	2024 £	2023 £
<b>Other monetary assets</b>		
None	-	-
	2024 £	2023 £
<b>Liabilities</b>		
Independent examination fee	570	474
	<b>570</b>	<b>474</b>
	2024 £	2023 £
<b>Assets retained for the Charity's own use</b>		
Vehicle - depreciation basis	-	1,334
	<b>-</b>	<b>1,334</b>

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

	Opening balance 1-Apr-23	Receipts	Payments	Transfers	Closing balance 31-Mar-24
Funder	£	£	£	£	£
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

	Opening balance	Receipts	Payments	Transfers	Closing balance
Funder	£	£	£	£	£
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

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

#### 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

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

#### 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.