

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.
- 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.

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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 28th March 2025. This was followed up by being a finalist for Coach of the Year' Award at the Disability Sport Yorkshire Annual Awards on 25th 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 11th 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 3rd 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 31st 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 23rd 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 £
Receipts							
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	-	-	-
Total receipts		23,141	2,680	25,821	19,359	6,920	26,279
Payments							
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
Total payments		22,131	4,725	26,856	18,949	9,322	28,271
Net receipts/(payments) for the year		1,010	(2,045)	(1,035)	410	(2,402)	(1,992)
Total funds brought forward		6,998	5,527	12,525	6,588	7,929	14,517
Total funds carried forward		8,008	3,482	11,490	6,998	5,527	12,525

Disability Awareness with Sport

Statement of assets and liabilities As at 31 March 2025

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

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



Angela Brothwell
Trustee

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
	81	2,680	2,761	82	6,920	7,002

3 Restricted funds

	Opening balance 1-Apr-24	Receipts	Payments	Transfers	Closing balance 31-Mar-25
Funder	£	£	£	£	£
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
	5,527	2,680	(4,725)	-	3,482

Prior year Comparison

	Opening balance	Receipts	Payments	Transfers	Closing balance
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
	7,929	6,920	(9,322)	-	5,527

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

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

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