

UNITY GYM PROJECT

England & Wales · Charity number 1178237

Details

Status Registered

Legal form CIO

Registered 2018-05-03

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

Contact

Address Unity Gym
98 Wellington Street
Sheffield
S1 4HX

Phone 07946145743

Email info@unitygym.org.uk

Website www.unitygym.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE TO PROTECT AND PROMOTE THE PHYSICAL HEALTH AND MENTAL WELL-BEING OF THE INHABITANTS OF SHEFFIELD AND SURROUNDING DISTRICTS WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, DISABILITY, AGE, RACE, NATIONALITY, OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS, THROUGH THE PROVISION OF:(A) RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B) SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.(C) ADVICE AND ASSISTANCE THROUGH ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF ADVANCING EDUCATION AND RELIEVING UNEMPLOYMENT;AND TO PROMOTE, FOR THE BENEFIT OF THE PUBLIC, GOOD CITIZENSHIP AND GREATER PUBLIC PARTICIPATION IN THE PREVENTION AND SOLUTION OF CRIME IN THE AREA.

Activities: The objects of the charity are to protect and promote the physical health and mental wellbeing of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People

Geography

- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£118,499	£134,975	-	-
2024-03-31	£42,266	£112,045	-	-
2023-03-31	£85,350	£59,794	-	-
2022-03-31	£90,371	£93,679	-	-
2021-03-31	£143,222	£87,533	-	-

Trustees

Name	Role	Appointed
ANDRE KENNETH RANKINE		2018-05-03
ANDREW JAMES GILLOTT		2018-05-03
CHELSEA MASON		2018-05-03
KALTUM OSMAN RIVERS		2018-05-03
MOHAMOUD ABDI BARASAB		2018-05-03

UNITY GYM PROJECT

England & Wales - Charity number 1178237

Accounts

Unity Gym Project

Charity number 1178237

Annual Accounts

1st April 2024 to 31st March 2025

Names of Trustees

Andre Kenneth Rankine	Chair
Mohamoud Abdi Barasab	Trustee
Andrew James Gillott	Treasurer
Kaltum Osman Rivers	Trustee
Chelsea Mason	Trustee

Unity Gym Project
98, Wellington Street
Sheffield
S1 4HX



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 01st April 2024 Period start date To 31st March 2025 Period end date

Charity name: Unity Gym Project

Charity registration number: 1178237

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity are to protect and promote the physical health and mental well-being of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. (c) advice and assistance through organising programmes of physical, educational and other activities as a means of advancing education and relieving unemployment; and to promote, for the benefit of the public, good citizenship and greater public participation in the prevention and solution of crime in the area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Trustees have considered the Charity Commission guidance on public benefit when planning future activities. Unity Gym Project aims to provide services to the local community by engaging with vulnerable young people and adults who often do not wish to access mainstream services. This is achieved through youth work provision, peer mentoring, work experience placements, employability support and sporting activities such as football, basketball and strength and conditioning training. Broomhall is currently the third most deprived ward in Sheffield. The ward is home to

		predominantly young from minority communities: recent statistics show that 28% of the community are young; 53% of the ward's population are living in areas classed amongst the 10% most deprived in England; 41.8% of children in Broomhall are at risk of living in poverty, which is almost double the national average; 35.9% of school pupils are eligible for free school meals; and, 62% of residents are from the Black and Ethnic Minority community, again significantly higher than the average across the city; large scale unemployment, with 26% of the working age population claim benefits compared with 15.9% in Sheffield, high levels of crime and antisocial behaviour, with 527 crimes recorded in April 2017 including a shooting and stabbings. We work alongside various community and statutory agencies to help to create safe spaces where groups can come together and build trust. The charity provides free access to a community gym and a weekly youth centre. The diverse nature of the residents within the community has made it difficult for agencies to provide services for everyone, this is viewed by some as selectivity and has led to further community division, as a result Unity Gym Project provides training to agencies working with families in Sheffield to help the agencies to understand the issues faced by young people and families living with deprivation. The Unity Gym Project offers vital support and opportunity to young people, families and the community from Broomhall and further afield in Sheffield. In an area of concentrated deprivation, poor health, with all of the associated social problems (including low educational outcomes and high rates of anti-social behaviour, poverty), Unity Gym Project is one of the only remaining local services that delivers an appropriate and relevant youth offer. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs. In this respect Unity Gym Project is a fundamental part of the fabric of Broomhall and a crucially important project. The project is accessed and trusted by both young people and their families and impacts the community positively on a number of levels.
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		Unity Gym Project provides number of services to the community including: - - Access to a community gymnasium to improve health and wellbeing; - Community led response to continue in removing barriers and providing accessible health information - Community-based mentoring; -teaching and supporting the development of transferable life skills for young people to improve employability, which is achieved by personal mentoring. -Volunteering/employment and other opportunities for the young people and adults to upskill and grow their skills, such as by providing voluntary gym placements. -Providing an open safe space youth club offering sport, physical activity, arts and crafts and other activities to engage young people. - Detach youth work and community outreach -Promoting health and fitness through the delivery of wellbeing programmes, information and advice. -Organising trips and events with other local communities to break down barriers and improve peer to peer relationships. -School holiday HAF provisions with food to tackle holiday hunger. -Mediators project to diffuse conflict and improve community cohesion. - Bespoke violence reduction programmes
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees comply with the duty contained in the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. Unity Gym Project was established to benefit a particularly deprived community within Sheffield operating an open access facility that welcomes everyone and so provides a service for all in the neighbourhood. The trustees make their decisions using a combination of community feedback, questionnaires, statistics, reoffending rates and exclusion rates. The trustees assess the needs of the people in the community and will support those individuals that meet the criteria of the trustees, which is mainly focused around the positive impact and benefit which the

		organisation can bring to improve the lives of those living in the local community.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We carry out general fundraising and organises fundraising events and activities within the community, where it receives small contributions from local resident. We also apply for grants from both the public and private sectors, such as Sheffield Town Trust, Sheffield City Council, South Yorkshire's Community Foundation, Sport England, Street Games, Violence Reduction Unit, Yorkshire Sport Foundation, Levelling the playing field.
Policy on social investment including program related investment	Para 1.38	No policy required at this stage as there have been no program related investments.
Contribution made by volunteers	Para 1.38	Unity Gym Project is a volunteer led charity and has always seen volunteers at the forefront of its operation but as the charity expands and develops the addition of employed staff is imminent. The difference Unity Gym Project is able to make is only made possible by the fantastic support we receive in time and money from our volunteers and our supporters. We accommodate volunteers and work experience placements including students from Sheffield local secondary schools, Sheffield Hallam University. Throughout their time volunteers can gain invaluable work experience, receive high-quality training and develop new skills. They are also able to use existing skills and knowledge to benefit the local community. There are currently 9 volunteers. Through their active involvement at the Unity Gym Project young people and adults benefit from mentoring opportunities, develop employability skills and a sense of ownership to the project. Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally. Without the time, skills, energy and commitment of its volunteers it would be unable to function effectively. We appreciate

		all the support Unity Gym Project has received over the last twelve months.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Unity Gym Project is a registered charity committed to community development, violence reduction and the promotion of health and wellbeing. We engage with vulnerable young people and adults who often don't access mainstream services and help them to make positive life choices. Our ethos is to empower young people and families within the community to take ownership of their own development. Unity Gym Project is the primary service provider for young people and families in the Sheffield City Ward. Our continued inspiration comes from the understanding that we are committed to the young people and the community for the long term. Preventing young people from engaging in illicit, harmful or risky behaviours is at the core of our practice. We know that many of the young people and families in our neighbourhood do not access mainstream citywide services, due to various barriers including lack of trust and fear of cultural misunderstanding. We offer support that is tailored to the needs of our community and our services are delivered by qualified staff who are represented of the local population. This is achieved through: open access youth work, one-to-one mentoring; early intervention and diversionary activities, family engagement, employability support, partnership working (including safeguarding referrals and signposting, work experience placements and outreach work. With over ten years of experience of delivering youth and community development work, our work is firmly embedded within the community and we have intimate practice knowledge of the issues that young people face. Unity Gym Project was established by and for the community. Our work is co-produced with young people, needs led and responsive to local unmet need and academically driven. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs. We create positive safe spaces where differences are celebrated, knowledge is exchanged, and talent is nurtured. Unity Gym Project is based in Broomhall in Sheffield, one of the top 10% most deprived areas within the UK (IMD, 2015). In an area of concentrated deprivation, with all of the associated social problems (including low educational outcomes, high rates of anti-social behaviour, drug dealing violence and poverty). Across our weekly services Unity Gym Project engaged an average of 97 service users per month which demonstrated a rise in engagement and retention throughout 2024/2025. As a central point of contact and support for the Broomhall community and with demand for support increasing now due to the cost of living crises

		including rises in petrol, food, and gas and electric charges, Unity Gym Project has continued to make a number of adaptations to offer support. Examples of this support include: (i) providing general advice and resources available financial support to afford rent, fuel bills, and everyday items, (ii) delivering food and winter pack parcels to families facing food poverty; offering social support and mental health and wellbeing support (iii) outreach work and providing culturally appropriate and accessible information. The portfolio of Unity Gym Project activities includes: - Programme and providing culturally appropriate and accessible health information. - Daily access to the community Gym (Monday – Saturday) - Universal open access weekly youth club sessions (Tuesdays) - Weekend football sessions (Saturday & Sunday) - Basketball session at the English Institute of Sport (Fridays) - Enhanced one-to-one mentoring activities - Delivering Health Holiday during school holidays for children to have fun and have access to a huge variety of high quality activities with nutritious food - Cultural bereavement advice and support delivering food parcels to families facing food poverty - Mentoring programme / health and wellbeing support sessions and workshops - Responsive conflict resolution and tertiary prevention, including home visits and coordinating community support following serious youth violence - Routine safeguarding activities, including partnership working, information sharing and signposting - Community consultation / Outreach - Detached outdoor youth work to communicate with young people in ‘their spaces - Create opportunities for impacted communities (particularly but not exclusively young people) to participate in shaping services - Contribution to citywide violence reduction forums, (i.e Sheffield City Council, – Neighbourhoods & Communities, Violence Reduction Unit). In addition to the delivery of activities listed above, a number of contingencies/additional measures have been necessary in order to respond to increase community needs of people who are experiencing increases in the cost of living crises. Staff have continued to coordinate number of activities to support vulnerable young people/families/ elderly, people with mental health needs, disabilities, low income who have been left many facing tough decisions about how to spend their money, and many others in need of advice and financial support to afford rent, fuel bills, and everyday items. We can report a number of distinct achievements over the past 12 months. It is worth situating these activities in context. This timeframe (March 2024 - April 2025) encompassed responding to cost of living crises which has generated unforeseen pressures for Unity Gym Project and the communities it serves.
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		To make sure that team Unity was as healthy and as resilience as they could be, we aim to continue to work in a sustainable way. We continued to stay focused and knew that in order to effectively support others, we needed to continue prioritise our wellbeing and operational resilience. Responding to this need has meant providing advice, resources, continuing in delivering winter warmer packs and food parcels, support with fuel energy, advice and equipment to vulnerable households throughout. We have also put a list together which shows the resources available across Sheffield to support those in need of help. To date we have supported 68 people in the locality and put a list together which shows the resources available across Sheffield to support those in need of help. It is important to acknowledge that many families would feel too uncomfortable/ashamed to access foodbanks in the city. Given this, we have been able to offer vital support to vulnerable young people and families who may not otherwise have accessed help. : Unity Gym Project invited once again to deliver Healthy Holidays programme for young people in Broomhall during school half term holidays. : Supported young people and families with bereavement support : Received an invite 2nd year running to the Sheffield Local Area Committee Ramadan Project open iftar event to participate and bring people of all faiths/communities together in Sheffield improve and support community cohesion. : Hosted a visit from Local area team to showcase our work and positive impact of our services. : Supported Unity Gym Project youth leaders to deliver an academic presentation at the University of Sheffield focused on experiences of racial profiling in the education system. : Supported the development of a local Children Youth and Families consortium initiative, led by Sheffield Hallam University, community project and local residents :Continued to contribute to research on the challenges of Black-led community work, in partnership with Dr Patrick Williams, 4FRONT and AB Charitable Trust : Provided another guidance sessions to our youth members on the Criminal Justice System, particularly Joint Enterprise laws in partnership with JENGbA :Held a community healing event along with to mourn the passing of a loved and respected members of the local community. Our event created a space for young men to pay respects to their friends, collectively grieve and support each other in a safe and supportive environment along with food, prayer and mutual support. : Successfully supported 4 young people facing permanent exclusion through their work experience placements at Unity Gym Project : Hosted (and coached/supported the delivery of two) a 'special issue' youth session about the values of education, dealing with peer pressure and
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		choosing positive pathways – delivered by a young person with lived experience. : Continued to support Sheffield Central Local Authority improvement plan to help the Council and more widely the city focused on making Sheffield an anti-racist city. : Secured a lease for the Unit next door in order to respond to increase demands for support and expand our operating hours and services. : Rewarded our youth leaders and volunteers with Unity Merch : Continued to develop our partnership with the English Institute of Sport (EIS) Sheffield by delivering weekly basketball sessions <u>Renovating the Unity Gym space</u>Applied and secured small grant from Westfield Health to oversee a major renovation, resulting in a new floor for our community gym space. This has enabled us to improve safety and access for all our service users. <u>Delivering summer activities</u> Unity Gym Project successfully delivered 6 holiday activities and food (HAF) programme activities to 119 children and young people, including looked after children. <u>Supporting Community Mental Health Initiatives</u> Unity Gym Project supported the planning and delivery of a youth-led initiative, focused on Mental health and disability stigmas in BAME communities. The event was led by Khaliil (Unity Gym Project) <u>Delivering Collaborative Mental Health Research</u> Throughout 2024/2025 Unity Gym Project co-designed and delivered a major community based research project (match funded by the National Institute for Health Research) focused on young men's mental health. Unity Gym's involvement in the Young Men, Mental Health and Community Services project has significantly enhanced our engagement with stakeholders at the Local Authority, Public Health and the NHS. Specifically: • Unity Gym Project are now involved in the Sheffield Youth Alliance, a coalition of VCSE, LA and NHS representatives seeking to reimagine and develop youth services in the region. • Co-researchers from Unity Gym Project have presented research findings to representatives from the South Yorkshire Integrated Care Board. As a result of our ongoing knowledge exchange work Richard Kennedy (Knowledge Exchange manager for the ICB) Lucy Ettridge (Deputy Director of Community Development and Inclusion for the ICB) have expressed their ambitions to use our research findings to support the commissioning of VCSE services in the region. • Co-researchers, from Unity Gym Project were invited to (and delivered) a presentation at the Annual Symposium for the Children Young People and Families strand of the School for Public Health Research (SPHR). Case study work for the Unity Gym Project component of the Young Men, Mental Health and Community Services study is now complete published. The
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	findings of this case study have significantly enhanced the evidence base for Unity Gym Project (and community services more generally) as sites of mental health promotion and prevention. As one service user put it: <i>“I’m not gonna lie, it’s a BIG big big part of the community, Will. It’s like, a lot of people have changed their ways from that gym. From starting off. A lot of people have changed their life, the whole trajectory of their whole life from, starting off in that gym”</i> (Young Person, Unity Gym Project) The value of Unity Gym Project as a physical and emotional resource is amplified at times of personal and wider social difficulty. This was demonstrated very clearly in the aftermath of the COVID-19 pandemic, where the demand for our services substantially increased. As one of our adult service users explained: <i>“Unity Gym, for the first time in my life I really struggled with my mental health, like massively, and I went through lockdown, nearly lost both of my businesses ... I just knew that I was struggling mentally. And coming back to the gym and just getting that routine, that one hour, and just speaking to other men that I knew 100 % that brought me out of the pit that I was in and within three months/four months I was – I wasn’t 100 % - but I was back to being good again, I just got that spring in my step again. And I cannot put it down to anything else apart from the gym”</i> (Service user, Unity Gym Project) A number of our respondents referred to UGP as a ‘first port of call’ (alongside the mosque) for mental health and wellbeing support. The combination of structure, routine and bespoke support has amounted to a considerable ‘turning point’ for many of our users. <u>Two of Unity Gym Project (co-researchers) presented alongside Dr Will Mason at the SPHR annual symposium</u> <u>Hosting Work Experience Placements</u> The Unity Gym Project team have supported 4 work experience placements, one of which has led to a longer volunteering and leadership opportunity for a minoritised young person. About the gym, he said: <i>“Being involved in the gym is good socially. You know like, when you know you have people you can talk to if you need to. They give you advice as well, if you need anything ... I would say this gym offers to support people. Like, say you can’t afford the gym and other stuff. Because, they do like food stuff as well. Like, when people struggle to buy food the gym can help and support them”</i> <u>Upskilling Unity Gym Project Staff Members and Volunteers</u> In 2024 we supported one of our youth leaders to the successful completion of his MSc in Strength and Condition coaching. This young person was able to attend this course thanks to a highly competitive scholarship that Unity Gym Project (and Dr Will Mason, University of Sheffield) helped him to access. See an article about Ozzy’s success here: Funded scholarship supports Ozzy to achieve his ambition of a career in the sports coaching industry Sheffield Hallam University
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		We have since supported one of our youth leaders to attend and complete mental health first aid training alongside delivering a bespoke strength & condition (S&C) coaching in the gym space, detached youth work. We convened some 'refresher' training for all Unity Gym Project staff/volunteers including on upkeeping standards in the gym. This was followed by an end of year celebration meal. <u>Supporting Local Council Initiatives</u> The Unity Gym team attended and supported the Broomhall Family Fun Day, in partnership with Sheffield City Council, Community safety team with over 1300 local people attending. This was a huge success and now been agreed to make it a regular event. Unity Gym Project supported Sheffield City Council (the Central LAC team) with the distribution of winter packs for disadvantaged residents. <u>Community Cohesion Work: Iftar celebration</u> In March 2025 Unity Gym project continues their track record of community cohesion work, hosting a community Iftar celebration for young people and local residents. This was a massive success with over 90 people attending.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating. -Employ key staff (Part time Project manager, Finance and Admin staff and Assistant Youth worker) to support and develop current activities. - Install new front door to improve access/visibility. - Create a login system /purchase Upshot - Recruit 3 new volunteers to upskill to deliver current activities -Re-design and improvements to our website. --Continue to develop the CiviAct Partnership and apply for a larger partnership grant to support with sustainability and the development of work and services delivered by frontline organisations within the CiviAct partnership in Sheffield and Manchester. -Secure a long term lease for the Unit next door in order to respond to increase demands for support and expand our operating hours and services.
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		-To effectively bridge the gap for young people and families between Unity Gym Project and targeted mainstream services, measured by a record of referrals. -Enhanced stability and sustainability for Unity Gym Project, measured by funding bids completed. - Reviews of Unity Gym Project governance policies and procedures. -Recruit one Charity Ambassador to widen and advocate Unity Gym Project reach and impact. -To ensure Unity Gym Project remains a trusted, sustainable, learning organisation, fit for the future -Continue to monitor, review and, where necessary, adapt, to ensure our services continues to meet people's needs.
Performance of fundraising activities against objectives set	Para 1.41	We have needed to be extremely resourceful in order to adapt to changing needs and continue offering the responsive supports detailed above. Our current challenge is that of raising enough funds to meet our core costs over the next financial year. This is an on-going challenge that we grapple with every year around this time. with less income from fundraising activities and community donations we are having to restrict our outgoings in order to stay afloat. We are currently engaged in searching and applying for different types of grants and funds.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Unity Gym Project 's financial position was reasonably stable at the end of the financial year 2024/25. We had secured funding for staff covering one year and had established a reserves for 6 months. Building the reserve in a sensible and proportionate manner remains a priority for the next two years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The policy for reserves is to build up 6 months operational costs in reserves as the charity grows to ensure the sustainability of the organisation, to fill gaps in funding and to meet unexpected costs.
Amount of reserves held	Para 1.22	Total £21,064 unrestricted £10,002 Restricted £11,062
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties regarding the charity being a going concern as they have enough fund to work toward and achieve the charitable aims.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Normally by appointment and recruitment

Declarations

**The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees**

Signature(s)		
Full name(s)	Mr Mohamoud Barasab	
Position (eg Secretary, Chair, etc)	Trustee	
Date	30/01/2026	

Independent examiner's report on the accounts

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Unity Gym Project

**On accounts for the year
ended**

31st March 2025

**Charity no
(if any)**

1178237

Set out on pages

14-15

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2025**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent ex
aminer'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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

30.01.2026

Name:

Yusuf Ali

**Relevant professional
qualification(s) or body
(if any):**

Independent Examiner

Address:

11 Neville Close

Sheffield

S3 9QD

Unity Gym Project			1178237	CC16a
Receipts and payments accounts				
For the period from	Apr-24	To	Mar-25	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds 2024/25	2023/24
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Membership fee	-	-	-	-	9
Grants	1,770	74,161	-	75,931	19,177
Donations	110	-	-	110	307
Contract Income	-	-	-	-	7,590
Grants - Partner Organisations	-	42,459	-	42,459	15,183
Sub total (Gross income for AR)	1,880	116,619	-	118,499	42,266
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,880	116,619	-	118,499	42,266
A3 Payments					
Staff costs	-	31,090	-	31,090	33,225
Rent and Venue hire	-	24,032	-	24,032	28,809
Event and Activities Costs	-	5,915	-	5,915	7,738
Volunteer Cost	-	3,211	-	3,211	1,524
Equipments	-	8,540	-	8,540	10,820
Office & Admin Costs	850	7,314	-	8,164	6,756
Travel and Vehicle Cost	-	6,210	-	6,210	6,733
Partner Payments	-	47,814	-	47,814	16,438
Sub total	850	134,125	-	134,975	112,045
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	850	134,125	-	134,975	112,045
Net of receipts/(payments)	1,030	- 17,506	-	- 16,476	- 69,779
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,972	28,568	-	37,540	107,319
Cash funds this year end	10,002	11,062	-	21,064	37,540

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds 2024/25 to nearest £
B1 Cash funds		-	-	-
	Bank and Cash	10,002	11,062	21,064
		-	-	-
	Total cash funds	10,002	11,062	21,064

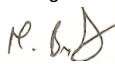
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on
behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Mohamoud Barasab	30/01/2026
	Mr Andre Kenneth Rankine	30/01/2026

UNITY GYM PROJECT

England & Wales - Charity number 1178237

Accounts

Unity Gym Project

Charity number 1178237

Annual Accounts

1st April 2023 to 31st March 2024

Names of Trustees

Andre Kenneth Rankine	Chair
Mohamoud Abdi Barasab	Trustee
Andrew James Gillott	Treasurer
Kaltum Osman Rivers	Trustee
Chelsea Mason	Trustee

Unity Gym Project
98, Wellington Street
Sheffield
S1 4HX

Trustees' Annual Report for the period

From 01st April 2023 Period start date to 31st March 2024 Period end date

Charity name: Unity Gym Project

Charity registration number: 1178237

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are to protect and promote the physical health and mental well-being of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. (c) advice and assistance through organising programmes of physical, educational and other activities as a means of advancing education and relieving unemployment; and to promote, for the benefit of the public, good citizenship and greater public participation in the prevention and solution of crime in the area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Trustees have considered the Charity Commission guidance on public benefit when planning future activities. Unity Gym Project aims to provide services to the local community by engaging with vulnerable young people and adults who often do not wish to access mainstream services. This is achieved through youth work provision, peer mentoring, work experience placements, employability support and sporting activities such as football, basketball and strength and conditioning training. Broomhall is currently the third most deprived ward in Sheffield. The ward is home to predominantly young from minority communities: recent statistics show that 28% of the community are young; 53% of the ward's population are living in areas classed amongst the 10% most deprived in England; 41.8% of

		children in Broomhall are at risk of living in poverty, which is almost double the national average; 35.9% of school pupils are eligible for free school meals; and, 62% of residents are from the Black and Ethnic Minority community, again significantly higher than the average across the city; large scale unemployment, with 26% of the working age population claim benefits compared with 15.9% in Sheffield, high levels of crime and antisocial behaviour, with 527 crimes recorded in April 2017 including a shooting and stabbings. We work alongside various community and statutory agencies to help to create safe spaces where groups can come together and build trust. The charity provides free access to a community gym and a weekly youth centre. The diverse nature of the residents within the community has made it difficult for agencies to provide services for everyone, this is viewed by some as selectivity and has led to further community division, as a result Unity Gym Project provides training to agencies working with families in Sheffield to help the agencies to understand the issues faced by young people and families living with deprivation. The Unity Gym Project offers vital support and opportunity to young people, families and the community from Broomhall and further afield in Sheffield. In an area of concentrated deprivation, poor health, with all of the associated social problems (including low educational outcomes and high rates of anti-social behaviour, poverty), Unity Gym Project is one of the only remaining local services that delivers an appropriate and relevant youth offer. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs. In this respect Unity Gym Project is a fundamental part of the fabric of Broomhall and a crucially important project. The project is accessed and trusted by both young people and their families and impacts the community positively on a number of levels. Unity Gym Project provides number of services to the community including: - - Access to a community gymnasium to improve health and wellbeing;
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		- Community led response to continue in removing barriers and providing accessible health information - Community-based mentoring; -teaching and supporting the development of transferable life skills for young people to improve employability, which is achieved by personal mentoring. -Volunteering/employment and other opportunities for the young people and adults to upskill and grow their skills, such as by providing voluntary gym placements. -Providing an open safe space youth club offering sport, physical activity, arts and crafts and other activities to engage young people. - Detach youth work and community outreach -Promoting health and fitness through the delivery of wellbeing programmes, information and advice. -Organising trips and events with other local communities to break down barriers and improve peer to peer relationships. -School holiday provisions with food to tackle holiday hunger. -Mediators project to diffuse conflict and improve community cohesion. - Bespoke violence reduction programmes
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees comply with the duty contained in the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. Unity Gym Project was established to benefit a particularly deprived community within Sheffield operating an open access facility that welcomes everyone and so provides a service for all in the neighbourhood. The trustees make their decisions using a combination of community feedback, questionnaires, statistics, reoffending rates and exclusion rates. The trustees assess the needs of the people in the community and will support those individuals that meet the criteria of the trustees, which is mainly focused around the positive impact and benefit which the organisation can bring to improve the lives of those living in the local community.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We carry out general fundraising and organises fundraising events and activities within the community, where it receives small contributions from local resident. We also apply for grants from both the public and private sectors, such as Sheffield Town Trust, Sheffield City Council, South Yorkshire's Community Foundation, Sport England, Street Games, Violence Reduction Unit, Yorkshire Sport Foundation, Levelling the playing field.
Policy on social investment including program related investment	Para 1.38	No policy required at this stage as there have been no program related investments.
Contribution made by volunteers	Para 1.38	Unity Gym Project is a volunteer led charity and has always seen volunteers at the forefront of its operation but as the charity expands and develops the addition of employed staff is imminent. The difference Unity Gym Project is able to make is only made possible by the fantastic support we receive in time and money from our volunteers and our supporters. We accommodate volunteers and work experience placements including students from Sheffield local secondary schools, Sheffield Hallam University. Throughout their time volunteers can gain invaluable work experience, receive high-quality training and develop new skills. They are also able to use existing skills and knowledge to benefit the local community. There are currently 7 volunteers. Through their active involvement at the Unity Gym Project young people and adults benefit from mentoring opportunities, develop employability skills and a sense of ownership to the project. Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally. Without the time, skills, energy and commitment of its volunteers it would be unable to function effectively. We appreciate all the support Unity Gym Project has received over the last twelve months.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Unity Gym Project is a registered charity committed to community development, violence reduction and the promotion of health and wellbeing. We engage with vulnerable young people and adults who often don't access mainstream services and help them to make positive life choices. Our ethos is to empower young people and families within the community to take ownership of their own development. Unity Gym Project is the primary service provider for young people and families in the Sheffield City Ward. Our continued inspiration comes from the understanding that we are committed to the young people and the community for the long term. Preventing young people from engaging in illicit, harmful or risky behaviours is at the core of our practice. We know that many of the young people and families in our neighbourhood do not access mainstream citywide services, due to various barriers including lack of trust and fear of cultural misunderstanding. We offer support that is tailored to the needs of our community and our services are delivered by qualified staff who are represented of the local population. This is achieved through: open access youth work, one-to-one mentoring; early intervention and diversionary activities, family engagement, employability support, partnership working (including safeguarding referrals and signposting, work experience placements and outreach work. With over ten years of experience of delivering youth and community development work, our work is firmly embedded within the community and we have intimate practice knowledge of the issues that young people face. Unity Gym Project was established by and for the community. Our work is co-produced with young people, needs led and responsive to local unmet need and academically driven. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs. We create positive safe spaces where differences are celebrated, knowledge is exchanged, and talent is nurtured. Unity Gym Project is based in Broomhall in Sheffield, one of the top 10% most deprived areas within the UK (IMD, 2015). In an area of concentrated deprivation, with all of the associated social problems (including low educational outcomes, high rates of anti-social behaviour, drug dealing violence and poverty). Across our weekly services Unity Gym Project engaged an average of 104 service users per month which demonstrated a rise in engagement and retention throughout 2023/2024. As a central point of contact and support for the Broomhall community and with demand for support increasing now due to the cost of living crises including rises in petrol, food, and gas and electric charges, Unity Gym Project has continued to make a number of adaptations to offer support. Examples of this support include: (i) providing general advice and resources available

		financial support to afford rent, fuel bills, and everyday items, (ii) delivering food and winter pack parcels to families facing food poverty; offering social support and mental health and wellbeing support (iii) outreach work and providing culturally appropriate and accessible information. The portfolio of Unity Gym Project activities includes: - Programme and providing culturally appropriate and accessible health information. - Daily access to the community Gym (Monday – Saturday) - Universal open access weekly youth club sessions (Tuesdays) - Weekend football sessions (Saturday & Sunday) - Basketball session at the English Institute of Sport (Fridays) - Enhanced one-to-one mentoring activities - Delivering Health Holiday during school holidays for children to have fun and have access to a huge variety of high quality activities with nutritious food - Cultural bereavement advice and support delivering food parcels to families facing food poverty - Mentoring programme / health and wellbeing support sessions and workshops - Responsive conflict resolution and tertiary prevention, including home visits and coordinating community support following serious youth violence - Routine safeguarding activities, including partnership working, information sharing and signposting - Community consultation / Outreach - Detached outdoor youth work to communicate with young people in ‘their spaces - Create opportunities for impacted communities (particularly but not exclusively young people) to participate in shaping services - Contribution to citywide violence reduction forums, (i.e Sheffield City Council, – Neighbourhoods & Communities, Violence Reduction Unit). In addition to the delivery of activities listed above, a number of contingencies/additional measures have been necessary in order to respond to increase community needs of people who are experiencing increases in the cost of living crises, including rises in food, petrol and gas and electric charges. Staff have continued to coordinate number of activities to support vulnerable young people/families/ elderly, people with mental health needs, disabilities, low income who have been left many facing tough decisions about how to spend their money, and many others in need of advice and financial support to afford rent, fuel bills, and everyday items. We can report a number of distinct achievements over the past 12 months. It is worth situating these activities in context. This timeframe (March 2023 - April 2024) encompassed responding to cost of living crises which has generated unforeseen pressures for Unity Gym Project and the communities it serves. To make sure that team Unity was as healthy and as resilience as they could be, we aim to continue to work in a sustainable way. We continued to stay focused and knew that in order to effectively support others, we needed to continue prioritise our wellbeing and operational resilience.
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		Responding to this need has meant providing advice, resources, delivering winter warmer packs and food parcels, support with fuel energy, advice and equipment to vulnerable households throughout. We have also put a list together which shows the resources available across Sheffield to support those in need of help. To date we have supported 94 people in the locality and put a list together which shows the resources available across Sheffield to support those in need of help. It is important to acknowledge that many families would feel too uncomfortable/ashamed to access foodbanks in the city. Given this, we have been able to offer vital support to vulnerable young people and families who may not otherwise have accessed help. : Unity Gym Project invited to deliver Healthy Holidays programme for young people in Broomhall during school half term holidays. : Supported young people and families to mourn the tragic passing of a young member of the community, : Received an invite and supported the development of the Sheffield Race Equality Commission Launch Report and recommendations. : Received an invite to the Sheffield Local Area Committee Ramadan Project open iftar event to participate and bring people of all faiths/communities together in Sheffield improve and support community cohesion. : Hosted a visit from Local area team to showcase our work and positive impact of our services. : Supported Unity Gym Project youth leaders to deliver an academic presentation at the University of Sheffield focused on experiences of racial profiling in the education system. : Supported the development of a local Children Youth and Families consortium initiative, led by Sheffield Hallam University, community project and local residents : Contributed to research on the challenges of Black-led community work, in partnership with Dr Patrick Williams, 4FRONT and AB Charitable Trust : Invited and delivered presentation about youth participation, policy and research at the Citadel Youth Centre (Edinburgh, Scotland). We attended this event with one of our youth leaders and extended our UK networks with Youth Link Scotland : Provided guidance sessions to our youth members on the Criminal Justice System, particularly Joint Enterprise laws in partnership with JENGbA : Held a community healing event along with to mourn the tragic passing of a loved and respected member of the local community. Our event created a space for young men to pay respects to their friend, collectively grieve and support each other in a safe and supportive environment along with food, prayer and mutual support. : Successfully supported two young people facing permanent exclusion through their work experience placements at Unity Gym Project
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		: Hosted (and coached/supported the delivery of) a 'special issue' youth session about the values of education, dealing with peer pressure and choosing positive pathways – delivered by a young person with lived experience. : Attended a community event focused on communal grief and collective healing with Unity youth leaders, based at 4FRONT London. : Supported and attended Sheffield Central Local Authority event part of a three-year improvement plan to help the Council and more widely the city focused on making Sheffield an anti-racist city. : Hosted University of Sheffield Architecture students on a university placement. The Architecture students offered some support panning refurbishments for the Unity Gym space. : Secured a lease for the Unit next door in order to respond to increase demands for support and expand our operating hours and services. : Hosted a visit from Toby Gorniak MBE, visiting from Plymouth to learn more about Unity Gym Project and share good practice : Created a new 'blackboard' feature in the gym space for users to document their progress and sets and reps : Rewarded our youth leaders and volunteers with a trip to the MOBO awards, hosted in Sheffield : Continued to develop our partnership with the English Institute of Sport (EIS) Sheffield by delivering weekly basketball sessions : Facilitated and published a youth led creative project The Unity Gym Project 'Podumentary' which seeks to platform and celebrate local and regional stories of community activism and impact themed on politics, the criminal justice system and mental health: https://www.youtube.com/@thepodumentary4546
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating. -Employ key staff (Part time Project manager, 1 Mentor, Finance and Admin staff and Assistant Youth worker) to support and develop current activities. - Install new full gym flooring throughout.
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		- Recruit 2 new volunteers to upskill to deliver current activities -Further developments and improvements to our website. --Continue to develop the CiviAct Partnership and apply for a larger partnership grant to support with sustainability and the development of work and services delivered by frontline organisations within the CiviAct partnership in Sheffield and Manchester. -Secure a long term lease for the Unit next door in order to respond to increase demands for support and expand our operating hours and services. -To effectively bridge the gap for young people and families between Unity Gym Project and targeted mainstream services, measured by a record of referrals. -Enhanced stability and sustainability for Unity Gym Project, measured by funding bids completed. - Reviews of Unity Gym Project governance policies and procedures. -Recruit one Charity Ambassador to widen and advocate Unity Gym Project reach and impact. -To ensure Unity Gym Project remains a trusted, sustainable, learning organisation, fit for the future -Continue to monitor, review and, where necessary, adapt, to ensure our services continues to meet people's needs.
Performance of fundraising activities against objectives set	Para 1.41	We have needed to be extremely resourceful in order to adapt to changing needs and continue offering the responsive supports detailed above. Our current challenge is that of raising enough funds to meet our core costs over the next financial year. This is an on-going challenge that we grapple with every year around this time. With less income from fundraising activities and community donations we are having to restrict our outgoings in order to stay afloat. We are currently engaged in searching and applying for different types of grants and funds.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Unity Gym Project financial position was reasonably stable at the end of the financial year 2023/24. We had secured funding for staff covering one year and had established a reserves for 6 months. Building the reserve in a sensible and proportionate manner remains a priority for the next two years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The policy for reserves is to build up 6 months operational costs in reserves as the charity grows to ensure the sustainability of the organisation, to fill gaps in funding and to meet unexpected costs.
Amount of reserves held	Para 1.22	Total £37,450 unrestricted £8,972 Restricted £28,568
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties regarding the charity being a going concern as they have enough fund to work toward and achieve the charitable aims.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Normally by appointment and recruitment

Declarations

**The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees**

Signature(s)		
Full name(s)	Mr Mohamoud Barasab	
Position	Trustee	
Date	20/01/2025	

Independent examiner's report on the accounts

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Unity Gym Project

**On accounts for the year
ended**

31st March 2024

**Charity no
(if any)**

1178237

Set out on pages

12-13

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2024**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

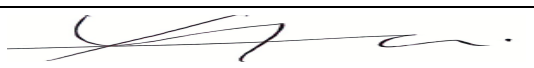
**Independent ex
aminer's statement**

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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

23.01.2025

Name:

Yusuf Ali

**Relevant professional
qualification(s) or body
(if any):**

Independent Examiner

Address:

11 Neville Close

Sheffield

S3 9QD

Unity Gym Project		1178237		CC16a
Receipts and payments accounts				
For the period from	Apr-23	To	Mar-24	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Membership fee	9	-	-	9	49
Grants	-	19,177	-	19,177	74,647
Donations	307	-	-	307	14
Contract Income	-	7,590	-	7,590	10,640
Grants - Partner Organisations	-	15,183	-	15,183	-
	-	-	-	-	-
Sub total (Gross income for AR)	316	41,950	-	42,266	85,350
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	316	41,950	-	42,266	85,350
A3 Payments					
	-	-	-	-	-
Staff costs	-	35,225	-	35,225	28,520
Rent and Venue hire	-	18,809	-	18,809	10,857
Event and Activities Costs	-	12,738	-	12,738	7,969
Volunteer Cost	-	3,024	-	3,024	883
Equipments	-	12,320	-	12,320	5,634
Office & Admin Costs	-	6,756	-	6,756	3,262
Travel and Vehicle Cost	-	6,733	-	6,733	1,911
Partner Payments	-	16,438	-	16,438	758
Sub total	-	112,045	-	112,045	59,794
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	112,045	-	112,045	59,794
Net of receipts/(payments)	316	- 70,095	-	- 69,779	25,555
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,656	98,663	-	107,319	81,764
Cash funds this year end	8,972	28,568	-	37,540	107,319

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds 2023/24 to nearest £
B1 Cash funds		-	-	-
	Bank and Cash	8,972	28,568	37,540
		-	-	-
	Total cash funds	8,972	28,568	37,540

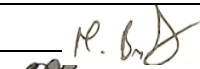
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on
behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Mohamoud Barasab	20/01/2025
	Mr Andre Kenneth Rankine	20/01/2025

UNITY GYM PROJECT

England & Wales - Charity number 1178237

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Unity Gym Project

1178237

Receipts and payments accounts

CC16a

For the period
from

Apr-22

To

Mar-23

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds 2022/23 to the nearest £	Total funds 2021/22 to the nearest £
A1 Receipts					
Membership fee	49	-	-	49	54
Grants	-	73,889	-	73,889	66,252
Donations and Fundraising	14	-	-	14	565
Contract Income	-	10,640	-	10,640	-
Grants - Partner Organisations	-	758	-	758	-
Loan - Covid19	-	-	-	-	23,500
	-	-	-	-	-
Sub total (Gross income for AR)	63	85,287	-	85,350	90,371
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	63	85,287	-	85,350	90,371
A3 Payments					
Staff costs	-	28,520	-	28,520	30,216
Rent and Venue hire	-	10,857	-	10,857	17,046
Event and Activities Costs	-	7,969	-	7,969	6,885
Volunteer Cost	-	883	-	883	1,150
Equipments	-	5,634	-	5,634	10,153
Office & Admin Costs	-	3,262	-	3,262	2,764
Travel and Vehicle Cost	-	1,911	-	1,911	1,966
Partner Payments	-	758	-	758	-
Loan Repayment	-	-	-	-	23,500
	-	-	-	-	-
Sub total	-	59,794	-	59,794	93,679
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	59,794	-	59,794	93,679
Net of receipts/(payments)	63	25,492	-	25,555	- 3,309
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,593	73,171	-	81,764	85,072
Cash funds this year end	8,656	98,663	-	107,319	81,764

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds 2022/23 to nearest £
B1 Cash funds		-	-	-
	Bank and Cash	8,656	98,663	107,319
		-	-	-
	Total cash funds	8,656	98,663	107,319
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Mr Mohamoud Barasab	26/01/2024	
		Mr Andre Kenneth Rankine	26/01/2024	



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Unity Gym Project

On accounts for the year
ended

31st March 2023

Charity no
(if any)

1178237

Set out on pages

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2023**

Responsibilities and
basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

28.01.2024

Name:

Yusuf Ali

Relevant professional
qualification(s) or body
(if any):

Independent Examiner

Address:

17 Asline Road

Sheffield

S2 4UJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01st April 2022 Period start date To 31st March 2023 Period end date

Charity name: Unity Gym Project

Charity registration number: 1178237

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are to protect and promote the physical health and mental well-being of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. (c) advice and assistance through organising programmes of physical, educational and other activities as a means of advancing education and relieving unemployment; and to promote, for the benefit of the public, good citizenship and greater public participation in the prevention and solution of crime in the area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Trustees have considered the Charity Commission guidance on public benefit when planning future activities. Unity Gym Project aims to provide services to the local community by engaging with vulnerable young people and adults who often do not wish to access mainstream services. This is achieved through youth work provision, peer mentoring, work experience placements, employability support and sporting activities such as football, basketball and strength and conditioning training. Broomhall is currently the third most deprived ward in Sheffield. The ward is home to predominantly young from minority communities: recent statistics show that 28% of the community are young; 53% of the ward's population are living in areas classed amongst

		the 10% most deprived in England; 41.8% of children in Broomhall are at risk of living in poverty, which is almost double the national average; 35.9% of school pupils are eligible for free school meals; and, 62% of residents are from the Black and Ethnic Minority community, again significantly higher than the average across the city; large scale unemployment, with 26% of the working age population claim benefits compared with 15.9% in Sheffield, high levels of crime and antisocial behaviour, with 527 crimes recorded in April 2017 including a shooting and stabbings. We work alongside various community and statutory agencies to help to create safe spaces where groups can come together and build trust. The charity provides free access to a community gym and a weekly youth centre. The diverse nature of the residents within the community has made it difficult for agencies to provide services for everyone, this is viewed by some as selectivity and has led to further community division, as a result Unity Gym Project provides training to agencies working with families in Sheffield to help the agencies to understand the issues faced by young people and families living with deprivation. The Unity Gym Project offers vital support and opportunity to young people, families and the community from Broomhall and further afield in Sheffield. In an area of concentrated deprivation, poor health, with all of the associated social problems (including low educational outcomes and high rates of anti-social behaviour, poverty), Unity Gym Project is one of the only remaining local services that delivers an appropriate and relevant youth offer. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs. In this respect Unity Gym Project is a fundamental part of the fabric of Broomhall and a crucially important project. The project is accessed and trusted by both young people and their parents and impacts the community positively on a number of levels.
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		Unity Gym Project provides number of services to the community including: - - Access to a community gymnasium to improve health and wellbeing; - Community led response to continue in removing barriers and providing accessible health information - Community-based mentoring; -teaching and supporting the development of transferable life skills for young people to improve employability, which is achieved by personal mentoring. -Volunteering/employment and other opportunities for the young people and adults to upskill and grow their skills, such as by providing voluntary gym placements. -Providing an open safe space youth club offering sport, physical activity, arts and crafts and other activities to engage young people. - Detach youth work and community outreach -Promoting health and fitness through the delivery of wellbeing programmes, information and advice. -Organising trips and events with other local communities to break down barriers and improve peer to peer relationships. -School holiday provisions with food to tackle holiday hunger. -Mediators project to diffuse conflict and improve community cohesion. - - Bespoke violence reduction programmes -
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees comply with the duty contained in the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. Unity Gym Project was established to benefit a particularly deprived community within Sheffield operating on a open access facility that welcomes everyone and so provides a service for all in the neighbourhood. The trustees make their decisions using a combination of community feedback, questionnaires, statistics, reoffending rates and exclusion rates. The trustees assess the needs of the people in the community and will support those individuals that meet the criteria of the trustees, which is mainly focused around the positive impact and benefit which the

		organisation can bring to improve the lives of those living in the local community.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We carry out general fundraising and organises fundraising events and activities within the community, where it receives small contributions from local resident. We also apply for grants from both the public and private sectors, such as Sheffield Town Trust, Sheffield City Council, South Yorkshire's Community Foundation, Sport England, Street Games, CCG, ICB, Violence Reduction Unit, Yorkshire Sport Foundation, Levelling the playing field.
Policy on social investment including program related investment	Para 1.38	No policy required at this stage as there have been no program related investments.
Contribution made by volunteers	Para 1.38	Unity Gym Project is a volunteer led and has always seen volunteers at the forefront of its operation but as the charity expands and develops the addition of employed staff is imminent. The difference Unity Gym Project is able to make is only made possible by the fantastic support we receive in time and money from our volunteers and our supporters. We accommodate volunteers and work experience placements including students from Sheffield Hallam University and local secondary schools. There are currently 9 volunteers. Through their active involvement at the Unity Gym Project young people and adults benefit from mentoring opportunities, develop employability skills and a sense of ownership to the project. Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally. Without the time, skills, energy and commitment of its volunteers it would be unable to function effectively. We appreciate

		all the support Unity Gym Project has received over the last twelve months.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Unity Gym Project is a registered charity committed to community development, violence reduction and the promotion of health and wellbeing. We engage with vulnerable young people and adults who often don't access mainstream services and help them to make positive life choices. Our ethos is to empower young people and families within the community to take ownership of their own development. Unity Gym Project is the primary service provider for young people and families in the Sheffield City Ward. Our continued inspiration comes from the understanding that we are committed to the young people and the community for the long term. Preventing young people from engaging in illicit, harmful or risky behaviours is at the core of our practice. We know that many of the young people in our neighbourhood do not access mainstream citywide services, due to various barriers including lack of trust and fear of cultural misunderstanding. We offer support that is tailored to the needs of our community and our services are delivered by qualified staff who are represented of the local population. This is achieved through: open access youth work; partnership working (including safeguarding referrals and signposting; one-to-one mentoring; family engagement; work experience placements; employability support; early intervention and diversionary activities). With over ten years of experience of delivering youth and community development work, our work is firmly embedded within the community and we have intimate practice knowledge of the issues that young people face. Unity Gym Project was established by and for the community. Our work is co-produced with young people, needs led and responsive to local unmet need and academically driven. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs. We create positive safe spaces where differences are celebrated, knowledge is exchanged, and talent is nurtured. Unity Gym Project is based in Broomhall in Sheffield, one of the top 10% most deprived areas within the UK (IMD, 2015). In an area of concentrated deprivation, with all of the associated social problems (including low educational outcomes, high rates of anti-social behaviour, drug dealing violence and poverty). Across our weekly services Unity Gym Project engaged an average of 126 service users per month which demonstrated a rise in engagement and retention throughout 2022/2023. As a central point of contact and support for the Broomhall community and with demand for support increasing now due to the cost of living crises including rises in petrol, food, and gas and electric charges, Unity Gym Project has continued to make a number of adaptations to offer support. Examples of this support include: (i) providing general advice and resources available financial support to afford rent, fuel bills, and everyday items, (ii) delivering food parcels to families facing food poverty; offering remote social support to those self isolating, (iii) outreach work and providing culturally appropriate

		and accessible information. The portfolio of Unity Gym Project activities includes: - Programme and providing culturally appropriate and accessible health information. - Daily access to the community Gym (Monday – Saturday) - Universal open access weekly youth club sessions (Tuesdays) - Weekend football sessions (Saturday & Sunday) - Basketball session at the English Institute of Sport (Fridays) - Enhanced one-to-one mentoring activities - Cultural bereavement advice and support Delivering food parcels to families facing food poverty - Mentoring programme / health and wellbeing sessions - Responsive conflict resolution and tertiary prevention, including home visits and coordinating community support following serious youth violence - Routine safeguarding activities, including partnership working, information sharing and signposting - Community consultation / Outreach - Detached outdoor youth work to communicate with young people in ‘their spaces - Create opportunities for impacted communities (particularly but not exclusively young people) to participate in shaping services - Contribution to citywide violence reduction forums, (i.e Sheffield City Council, – Neighbourhoods & Communities, Violence Reduction Unit). In addition to the delivery of activities listed above, a number of contingencies/additional measures have been necessary in order to respond to increase community needs of people who are experiencing increases in the cost of living crises, including rises in food, petrol and gas and electric charges. Staff have coordinated numerous activities to support vulnerable young people/families/ elderly, people with mental health needs, disabilities, low income who have been left many facing tough decisions about how to spend their money, and many others in need of advice and financial support to afford rent, fuel bills, and everyday items We can report a number of distinct achievements over the past 12 months. It is worth situating these activities in context. This timeframe (March 2022 - April 2023) encompassed responding to cost of living crises which has generated unforeseen pressures for Unity Gym Project and the communities it serves. To make sure that team Unity was as healthy and as resilience as they could be, we aim to continue to work in a sustainable way. We continued to stay focused and knew that in order to effectively support others, we needed to continue prioritise our wellbeing and operational resilience. :Supported Sheffield NHS South Yorkshire Integrated Care Board by delivering the Cost of Living Crises project in responds community needs. Responding to this need has meant providing advice, resources, delivering food parcels, support with fuel energy, advice and equipment to vulnerable households throughout the week. We have also put a list together which shows the resources available across Sheffield to support those in need of help. To date we have supported 107 people in the locality and put a list together which shows the resources available across Sheffield to support those
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	in need of help. It is important to acknowledge that many families would feel too uncomfortable/ashamed to access foodbanks in the city. Given this, we have been able to offer vital support to vulnerable young people and families who may not otherwise have accessed help. : Positive feedback/monitoring evaluation from successfully delivering and completing cost of living crises : Unity Gym Project invited to deliver Healthy Holidays programme for young people in Broomhall during school half term holidays. : Supported young people and families to mourn the tragic passing of a young member of the community, : Received an invite and supported the development of the Sheffield Race Equality Commission Launch Report and recommendations. : Unity Gym Project invited to attend Sheffield City Council BAME Inequalities Public Health Network in response to impact of COVID19 on Broomhall Community and share good practice. : Received an invite to the Ramadan Project Tent Project open iftar event to bring people of all faiths/communities together in Sheffield and Invited to participate and discuss the work Unity Gym Project does to improve and support community cohesion. : Hosted a visit from Levelling the Playing Field UK as part of a wider Yorkshire Sport partnership initiative. : Supported Unity Gym Project youth leaders to deliver an academic presentation at the University of Sheffield focused on experiences of racial profiling in the education system. : Invited to record a podcast episode at the University of Sheffield focused on University-Community Partnerships in the Voluntary Community and Social Enterprise (VCSE) sector : Successfully supported two young people facing permanent exclusion through their work experience placements at Unity Gym Project : Hosted (and coached/supported the delivery of) a 'special issue' youth session about the values of education, dealing with peer pressure and choosing positive pathways – delivered by a young person with lived experience : Supported the development of the Sheffield Race Equality Commission Report, which launched July 2022 : Coordinated a trip to Sheffield Arena, with four young people, thanks to complimentary tickets from Matchroom Boxing : Hosted a visit from the CEO of Sheffield City Council and supported young people to share their experiences of pathways to employment and apprenticeships in Sheffield : Our youth leader, Maleiki Haybe, contributed to a feature in The Big Issue, focusing on the cost-of-living crisis and its impacts for young people. : Continued to develop our partnership with the English Institute of Sport (EIS) Sheffield by delivering weekly basketball sessions : Developed and launched a new community podcast miniseries, with three episodes profiling community heroes focused on politics, the criminal justice system and mental health: https://www.youtube.com/@thepodumentary4546
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		: Coordinated a trip to Sheffield Arena, with three young people, thanks to complimentary tickets from Matchroom Boxing : Contributed to the Sheffield NHS Integrated Care Board (IBC) by attending a community meeting focused on NHS and VCSE partnerships : Supported local young people - in partnerships with Volunteer it Yourself (VIY) - to get involved in the renovation of a local community centre (The Sunnybank Centre), picking up skills in painting and decorating : Hosted a community healing space, bereavement advice event following the tragic loss of a young member of our community. The space was attended by over 50 young people who shared food, prayer and mutual support. - Continued Doorstep food deliveries with support from Skinni Kitchen -
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating. -Employ key staff (Full time Operations manager, 1 Mentor, Finance and Admin staff and Assistant Youth worker) to support and develop current activities. - Install new full gym flooring throughout. - Recruit 2 new volunteers to upskill to deliver current activities -Further developments and improvements to our website. --Continue to develop the CiviAct Partnership and apply for a larger partnership grant to support with sustainability and the development of work and services delivered by frontline organisations within the CiviAct partnership in Sheffield and Manchester. -Secure a lease for the Unit next door in order to respond to increase demands for support and expand our operating hours and services. -To effectively bridge the gap for young people and families between Unity Gym Project and targeted mainstream services, measured by a record of referrals. -Enhanced stability and sustainability for Unity Gym Project, measured by funding bids completed. - Reviews of Unity Gym Project governance policies and procedures. -Recruit 1 new Community Volunteers and 1 Charity Ambassador to widen and advocate Unity Gym Project reach and impact.
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		-To ensure Unity Gym Project remains a trusted, sustainable, learning organisation, fit for the future -Continue to monitor, review and, where necessary, adapt, to ensure our services continues to meet people's needs.
Performance of fundraising activities against objectives set	Para 1.41	We have needed to be extremely resourceful in order to adapt to changing needs and continue offering the responsive supports detailed above. Our current challenge is that of raising enough funds to meet our core costs over the next financial year. This is an on-going challenge that we grapple with every year around this time. with less income from fundraising activities and community donations we are having to restrict our outgoings in order to stay afloat. We are currently engaged in searching and applying for different types of grants and funds.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Unity Gym Project 's financial position was reasonably stable at the end of the financial year 2022/23. We had secured funding for staff covering one year and had established a reserves for 6 months. Building the reserve in a sensible and proportionate manner remains a priority for the next two years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The policy for reserves is to build up 6 months operational costs in reserves as the charity grows to ensure the sustainability of the organisation, to fill gaps in funding and to meet unexpected costs.
Amount of reserves held	Para 1.22	Total £107,319 unrestricted £8,656 Restricted £98,663

Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties regarding the charity being a going concern as they have enough fund to work toward and achieve the charitable aims.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Are from grants, trust and foundations as well as events and activity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Normally by appointment and recruitment

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Unity Gym Project
Other name the charity uses	
Registered charity number	1178237
Charity's principal address	Unity Gym Project 98, Wellington Street Sheffield S1 4HX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andre Kenneth Rankine	Chair		
2	Mohamoud Abdi Barasab	Trustee		
3	Andrew James Gillott	Treasurer		
4	Kaltum Osman Rivers	Trustee		
5	Chelsea Mason	Trustee		
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20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Mohamoud Barasab	Mr Andre Kenneth Rankine
Position (eg Secretary, Chair, etc)	Trustee	Trustee
Date	27/01/2024	

UNITY GYM PROJECT

England & Wales - Charity number 1178237

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Unity Gym Project

1178237

Receipts and payments accounts

CC16a

For the period
from

Apr-21

To

Mar-22

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Membership fee	54	-	-	54	-
Grants	-	66,252	-	66,252	98,522
Donations and Fundraising	565	-	-	565	-
Contract Income	-	-	-	-	18,450
Grants - Partner Organisations	-	-	-	-	26,250
Loan - Covid19	-	23,500	-	23,500	-
	-	-	-	-	-
Sub total (Gross income for AR)	619	89,752	-	90,371	143,222
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	619	89,752	-	90,371	143,222
A3 Payments					
	-	-	-	-	-
Staff costs	-	30,216	-	30,216	34,791
Rent and Venue hire	-	17,046	-	17,046	9,170
Event and Activities Costs	-	6,885	-	6,885	9,185
Volunteer Cost	-	1,150	-	1,150	1,108
Equipments	-	10,153	-	10,153	4,104
Office & Admin Costs	-	2,764	-	2,764	2,174
Travel and Vehicle Cost	-	1,966	-	1,966	751
Partner Payments	-	-	-	-	26,250
Loan Repayment	-	23,500	-	23,500	26,251
	-	-	-	-	-
Sub total	-	93,679	-	93,679	87,533
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	93,679	-	93,679	87,533
Net of receipts/(payments)	619	- 3,927	-	- 3,309	55,689
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,974	77,098	-	85,072	29,383
Cash funds this year end	8,593	73,171	-	81,764	85,072

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
	Bank and Cash	8,593	73,171	-
		-	-	-
	Total cash funds	8,593	73,171	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Mr Mohamoud Barasab	29/01/2023
			Mr Andre Kenneth Rankine	29/01/2023



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Unity Gym Project

On accounts for the year
ended

31st March 2022

Charity no
(if any)

1178237

Set out on pages

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2022**

Responsibilities and
basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

29.01.2023

Name:

Yusuf Ali

Relevant professional
qualification(s) or body
(if any):

Independent Examiner

Address:

17 Asline Road

Sheffield

S2 4UJ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01st April 2021 Period start date To 31st March 2022 Period end date

Charity name: Unity Gym Project

Charity registration number: 1178237

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are to protect and promote the physical health and mental well-being of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. (c) advice and assistance through organising programmes of physical, educational and other activities as a means of advancing education and relieving unemployment; and to promote, for the benefit of the public, good citizenship and greater public participation in the prevention and solution of crime in the area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Trustees have considered the Charity Commission guidance on public benefit when planning future activities. Unity Gym Project aims to provide services to the local community by engaging with vulnerable young people and adults who often do not wish to access mainstream services. This is achieved through youth work provision, peer mentoring, work experience placements, employability support and sporting activities such as football, basketball and strength and conditioning training. Broomhall is currently the third most deprived ward in Sheffield. The ward is home to predominantly young, poor people, from minority communities: recent statistics show that 28% of the community are young; 53% of

		the ward's population are living in areas classed amongst the 10% most deprived in England; 41.8% of children in Broomhall are at risk of living in poverty, which is almost double the national average; 35.9% of school pupils are eligible for free school meals; and, 62% of residents are from the Black and Ethnic Minority community, again significantly higher than the average across the city; large scale unemployment, with 26% of the working age population claim benefits compared with 15.9% in Sheffield, high levels of crime and antisocial behaviour, with 527 crimes recorded in April 2017 including a shooting and stabbings. We work alongside various community and government agencies to help to create safe spaces where groups can come together and build trust. The charity provides free access to a community gym and a weekly youth centre. The diverse nature of the residents within the community has made it difficult for agencies to provide services for everyone, this is viewed by some as selectivity and has led to further community division, as a result Unity Gym Project provides training to agencies working with families in Sheffield to help the agencies to understand the issues faced by young people and families living with deprivation. The Unity Gym Project offers vital support and opportunity to young people, families and the community from Broomhall and further afield in Sheffield. In an area of concentrated deprivation, poor health, with all of the associated social problems (including low educational outcomes and high rates of anti-social behaviour, poverty), Unity Gym Project is one of the only remaining local services that delivers an appropriate and relevant youth offer. In this respect Unity Gym Project is a fundamental part of the fabric of Broomhall and a crucially important project. The project is accessed and trusted by both young people and their parents and impacts the community positively on a number of levels:
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		Unity Gym Project provides many services to the community including: - - Access to a community gymnasium to improve health and wellbeing; - Community led response to COVID19, vaccinations/booster programme and removing barriers and providing accessible health information - Community-based mentoring; -teaching and supporting the development of transferable life skills for young people to improve employability, which is achieved by personal mentoring. -Volunteering/employment and other opportunities for the young people and adults to upskill and grow their skills, such as by providing voluntary gym placements. -Providing an open safe space youth club offering sport, physical activity, arts and crafts and other activities to engage young people. - Detach youth work and community outreach -Promoting health and fitness through the delivery of wellbeing programmes, information and advice. -Organising trips and events with other local communities to break down barriers and improve peer to peer relationships. -School holiday provisions with food to tackle holiday hunger. -Mediators project to diffuse conflict and improve community cohesion. - Bespoke violence reduction programmes
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees comply with the duty contained in the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. Unity Gym Project was established to benefit a particularly deprived community within Sheffield operating on a open access facility that welcomes everyone and so provides a service for all in the neighbourhood. The trustees make their decisions using a combination of community feedback, questionnaires, statistics, reoffending rates and exclusion rates. The trustees assess the needs of the people in the community and will support those individuals that meet the criteria of the trustees, which is mainly focused around the positive impact and benefit which the organisation can bring to improve the lives of those living in the local community.

Additional information (optional)

You may choose to include further statements where relevant about:

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Policy on grant making	Para 1.38	We carry out general fundraising and organises fundraising events and activities within the community, where it receives small contributions from local resident. We also apply for grants from both the public and private sectors, such as Sheffield Town Trust, Sheffield City Council, South Yorkshire's Community Foundation, Sport England, Street Games, CCG, Violence Reduction Unit, Yorkshire Sport Foundation, Levelling the playing field.
Policy on social investment including program related investment	Para 1.38	No policy required at this stage as there have been no program related investments.
Contribution made by volunteers	Para 1.38	Unity Gym Project is a volunteer led and has always seen volunteers at the forefront of its operation but as the charity expands and develops the addition of employed staff is imminent. The difference Unity Gym Project is able to make is only made possible by the fantastic support we receive in time and money from our volunteers and our supporters. We accommodate volunteers and work experience placements including students from Sheffield Hallam University and local schools. There are currently 12 volunteers. Through their active involvement in the Unity Gym Project young people and adults benefit from mentoring opportunities, develop employability skills and a sense of ownership to the project. Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally. Without the time, skills, energy and commitment of its volunteers it would be unable to function effectively. We appreciate all the support Unity Gym Project has received over the last twelve months.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Unity Gym Project is a registered charity committed to community development, violence reduction and the promotion of health and wellbeing. We engage with vulnerable young people and adults who often don't access mainstream services and help them to make positive life choices. Our ethos is to empower young people and families within the community to take ownership of their own development. Preventing young people from engaging in illicit, harmful or risky behaviours is at the core of our practice. Our continued inspiration comes from the understanding that we are committed to the young people and the community for the long term. This is achieved through: open access youth work; partnership working (including safeguarding referrals and signposting; one-to-one mentoring; family engagement; work experience placements; employability support; early intervention and diversionary activities). With over ten years of experience of delivering youth and community development work, our work is firmly embedded within the community and we have intimate practice knowledge of the issues that young people face. Unity Gym Project was established by and for the community. Our work is co-produced with young people, needs led and responsive to local unmet need and academically driven. We create positive safe spaces where differences are celebrated, knowledge is exchanged, and talent is nurtured. Unity Gym Project is based in Broomhall in Sheffield, one of the top 10% most deprived areas within the UK (IMD, 2015). In an area of concentrated deprivation, with all of the associated social problems (including low educational outcomes, high rates of anti-social behaviour, drug dealing violence and poverty). Across our weekly services Unity Gym Project engaged an average of 119 young people per month which demonstrated a rise in engagement and retention throughout 2021/22. Broomhall has been significantly effected by Covid-19, particularly because of its population density/crowded accommodation, alongside cultural/languages barriers to accessible health information. Lack of outdoor space/exacerbated by ongoing building work around Hanover Flats - has significantly restricted many residents access to exercise; making self-isolation even more difficult. As young people and families in Broomhall adjusted to new routines, alongside the personal, financial, social challenges associated with Covid-19 and social isolation. We have had local residents and local services users continuing in contacting us regularly to reach out for support at our centre, over the phone and during our outreach/detached work in community. As a central point of contact and support for the Broomhall community and with demand for support increasing, Unity Gym Project continued to make a number of adaptations to offer support around the local effects of Covid-19. Examples of this support include: (i) delivering food parcels to families facing food poverty; (ii) offering remote social support to those self isolating, (iii)

	outreach work and providing culturally appropriate and accessible health information. The portfolio of Unity Gym Project activities includes: - COVID19 Vaccinations programme and providing culturally appropriate and accessible health information. - Daily access to the community Gym (Monday – Saturday) - Weekly youth club (Tuesdays) - Girls youth club (Wednesdays) - Weekend football sessions (Saturday & Sunday) - Basketball session at the English Institute of Sport (Fridays) - Enhanced one-to-one mentoring activities - Delivering food parcels to families facing food poverty - Offering remote social support to those self isolating - Mentoring programme / health and wellbeing sessions - Bereavement advice and support - Responsive conflict resolution and tertiary prevention, including home visits and coordinating community support following serious youth violence - Routine safeguarding activities, including partnership working, information sharing and signposting - Community consultation / Outreach - Detached outdoor youth work to communicate with young people in a ‘covid secure’ manner (at social distance) and in ‘their spaces - Create opportunities for impacted communities (particularly but not exclusively young people) to participate in shaping services - Contribution to citywide violence reduction forums, (i.e Sheffield City Council, – Neighbourhoods & Communities, Violence Reduction Unit). In addition to the delivery of activities listed above, a number of contingencies/additional measures have been necessary in order to respond to community needs during the isolation measures imposed as a result of Covid-19. Unity staff have coordinated numerous activities to support vulnerable young people/families/ elderly, people with mental health needs, disabilities, low income. Covid 19 has had a massive impact on our charity. Since the PMs statement in March, we have closed and have suspended all our core services including our open access provisions (youth clubs, health and wellbeing sessions, teen gym sessions, divisionary sports activities in all sites and Unity community drop ins) in order to adhere to new social distancing rules and regulations. A number of contingencies and additional measures have been necessary in order to respond to community needs as a result of closure. Our COVID19 response to support community needs included: - COVID19 Vaccinations programme and providing culturally appropriate and accessible health information. - Bereavement advice and support - Delivery of food parcels to vulnerable households throughout the week, - Weekly Community Outreach/Detach youth work - Bereavement advice and support - Point of call for local people in Broomhall to call in - One-one coaching with young people who are self-isolating - weekly arrangements for telephone and on-line contact with our service
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		users to offer emotional/wellbeing support, advice, signpost/referrals to relevant services, providing information. We can report a number of distinct achievements over the past 12 months. It is worth situating these activities in context. This timeframe (March 2021 - April 2022) encompassed national Covid-19 lockdowns permeated by a tiered system of localised restrictions. These conditions generated substantial unforeseen pressures for Unity Gym Project and the communities it serves. They also demanded remote adaptations for a number of activities. To make sure that team Unity was as healthy and as resilience as they could be during such a tough period, we worked in a sustainable way, to try and prevent anyone suffering from burnout. We continued to stay focused and knew that in order to effectively support others, we needed to prioritise our wellbeing and operational resilience. - Unity Gym Project closed its premises in accordance with national government lockdown guidelines to support members from home. We devised and shared an number of 'at home' activities/workout and tutorials/tips via social media. - Supported Sheffield NHS CCG by promoting vaccine uptake in the Broomhall community - Supported young people to stay active during lockdown by using the Strava App to encourage walking, tracking routes and counting steps - Unity Gym Project partner with ShipShape Foodbank to respond to the increasing levels of unemployment/food poverty. Responding to this need has meant delivering food parcels to vulnerable households throughout the week. To date we have supported 379 people with food/ shopping/ applications to universal credit/virtual support in the locality. It is important to acknowledge that many families would feel too uncomfortable/ashamed to access foodbanks in the city. Given this, we have been able to offer vital support to vulnerable young people and families who may not otherwise have accessed help. - Delivered safely distanced outdoor circuit session in Broomhall with members of the local community as lockdown measures eased - Positive feedback/monitoring evaluation from successfully delivering and completing Project 0114 – Early Interventions Youth Engagement and Universal Peer Education & Skills Based Programme for young people who are at risk of involvement in youth violence - Unity Gym Project awarded core funding from Violence Reduction Unit to respond to the impact of COVID19 on young people and continue project work (with expansion of mentoring activities) - We refurbished our centre to make it covid secure' mounted sanitizing equipment/reorganized space to open in accordance with guidelines - Unity Gym Project invited to deliver Healthy Holidays programme for young people in Broomhall during school half term holidays. - Delivered safely distanced outdoor circuit session in Broomhall with members of the local community as lockdown measures eased - Supported young people and families to mourn the tragic passing of a young member of the community, killed in a motorcycle accident - Delivered a series of women's only session on Sunday mornings
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		- Received an invite and presented evidence to the Sheffield Race Equality Commission, emphasising the structural barriers that young people face across education and policing - Unity Gym Project invited to attend Sheffield City Council BAME Inequalities Public Health Network in response to impact of COVID19 on Broomhall Community and share good practice. - Hosted a visit from the South Yorkshire Police Crime Commissioner and appeared as a case study in one of his newsletters highlighting our work - Unity Gym Project co delivers deliveries interactive training session "Serious youth violence: understanding harmful contexts" to MA Social Work students at Dept. Soc Studies, University of Sheffield - Appeared as an example of good practice in high profile Public Health report 'Child of the North' https://www.thenhsa.co.uk/app/uploads/2022/01/Child-of-the-North-Report-FINAL-1.pdf - Distributed Covid-19 test kits to our community members, donated by Sheffield CCG - Worked in partnership with CCG, Sheffield City Council to Publicly supported the Covid-19 booster jab rollout - Supported a (successful) fundraising effort to save the Broomhall Homework Club - Secured Funding to develop new collaborations with youth organisations in Sheffield & Manchester to build CiviAct partnership and raise the work of six anti-racist activist organisations and organised an introductory visit the 'Hideaway' (Moss side) - Hosted the first Unity Gym Project weightlifting meet and greet, where local members compete for personal records - Unity Gym Project support young people to stay active remotely with Strava App walking project - Continued Doorstep food deliveries with support from Skinni Kitchen - Participated on various appearances on media interviews on BBC Look North live television in discussing serious youth violence and community-based approaches to violence reduction and other media from print, radio, pre-recorded.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating -Employ key staff (Full time Operations manager, Finance and Admin staff and coaching staff) to support and develop current activities. - Recruit new volunteers to upskill to deliver current activities -Further developments and improvements to our website. --Continue to develop the CiviAct Partnership and apply for a larger partnership grant to support with sustainability and the development of work and services delivered by frontline organisations within the CiviAct partnership in Sheffield and Manchester. -Complete a business case to secure a lease for the Unit next door in order to respond to increase demands for support and expand our services. -To effectively bridge the gap for young people and families between Unity Gym Project and targeted mainstream services, measured by a record of referrals. -Enhanced stability and sustainability for Unity Gym Project, measured by funding bids completed. - Reviews of Unity Gym Project governance policies and procedures. -Recruit 2 new Community Volunteers and 1 Charity Ambassador to widen and advocate Unity Gym Project reach and impact. -To ensure Unity Gym Project remains a trusted, sustainable, learning organisation, fit for the future -Continue to monitor, review and, where necessary, adapt, to ensure our services continues to meet people's needs.
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Performance of fundraising activities against objectives set	Para 1.41	We have needed to be extremely resourceful in order to adapt to changing needs and continue offering the responsive supports detailed above. Our current challenge is that of raising enough funds to meet our core costs over the next financial year. This is an on-going challenge that we grapple with every year around this time. We are currently engaged in searching and applying for different types of grants and funds.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Unity Gym Project 's financial position was reasonably stable at the end of the financial year 2021/22. We had secured funding for staff covering one year and had established a reserves for 6 months. Building the reserve in a sensible and proportionate manner remains a priority for the next two years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The policy for reserves is to build up 6 months operational costs in reserves as the charity grows to ensure the sustainability of the organisation, to fill gaps in funding and to meet unexpected costs.
Amount of reserves held	Para 1.22	Total £81,674 Unrestricted £8,593 --- Restricted £73,171
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties regarding the charity being a going concern as they have enough fund to work toward and achieve the charitable aims.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Are from grants, trust and foundations as well as events and activity.

Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Normally by appointment and recruitment

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Unity Gym Project
Other name the charity uses	
Registered charity number	1178237
Charity's principal address	Unity Gym Project 98, Wellington Street Sheffield S1 4HX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andre Kenneth Rankine	Chair		
2	Mohamoud Abdi Barasab	Trustee		
3	Andrew James Gillott	Treasurer		
4	Kaltum Osman Rivers	Trustee		
5	Chelsea Mason	Trustee		
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Andre Kenneth Rankine	Mr Mohamoud Barasab
Position (eg Secretary, Chair, etc)	Chair	Trustee

Date 29/01/2023

UNITY GYM PROJECT

England & Wales - Charity number 1178237

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 01st April 2020 Period start date To 31st March 2021 Period end date

Charity name: Unity Gym Project

Charity registration number: 1178237

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the CIO are to protect and promote the physical health and mental well-being of the inhabitants of Sheffield and surrounding districts without distinction of sex, sexual orientation, disability, age, race, nationality, or of political, religious or other opinions, through the provision of: (a) recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (b) support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals. (c) advice and assistance through organising programmes of physical, educational and other activities as a means of advancing education and relieving unemployment; and to promote, for the benefit of the public, good citizenship and greater public participation in the prevention and solution of crime in the area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Trustees have considered the Charity Commission guidance on public benefit when planning future activities. Unity Gym Project aims to provide services to the local community by engaging with vulnerable young people and adults who often do not wish to access mainstream services. This is achieved through youth work provision, peer mentoring, work experience placements, employability support and sporting activities such as football, basketball and strength and conditioning training. Broomhall is currently the third most deprived ward in Sheffield. The ward is home to predominantly young, poor people, from minority communities: recent statistics show that 28% of the community are young; 53% of the ward's population are living in areas classed

		amongst the 10% most deprived in England; 41.8% of children in Broomhall are at risk of living in poverty, which is almost double the national average; 35.9% of school pupils are eligible for free school meals; and, 62% of residents are from the Black and Ethnic Minority community, again significantly higher than the average across the city; large scale unemployment, with 26% of the working age population claim benefits compared with 15.9% in Sheffield, high levels of crime and antisocial behaviour, with 527 crimes recorded in April 2017 including a shooting and stabbings. We work alongside various community and government agencies to help to create safe spaces where groups can come together and build trust. The charity provides free access to a community gym and a weekly youth centre. The diverse nature of the residents within the community has made it difficult for agencies to provide services for everyone, this is viewed by some as selectivity and has led to further community division, as a result Unity Gym Project provides training to agencies working with families in Sheffield to help the agencies to understand the issues faced by young people and families living with deprivation. The Unity Gym Project offers vital support and opportunity to young people, families and the community from Broomhall and further afield in Sheffield. In an area of concentrated deprivation, poor health, with all of the associated social problems (including low educational outcomes and high rates of anti-social behaviour, poverty), Unity Gym Project is one of the only remaining local services that delivers an appropriate and relevant youth offer. In this respect Unity Gym Project is a fundamental part of the fabric of Broomhall and a crucially important project. The project is accessed and trusted by both young people and their parents and impacts the community positively on a number of levels:
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		Unity Gym Project provides many services to the community including: - - access to a community gymnasium to improve health and wellbeing; -Community-based mentoring; -teaching and supporting the development of transferable life skills for young people to improve employability, which is achieved by personal mentoring. -Volunteering/employment and other opportunities for the young people and adults to upskill and grow their skills, such as by providing voluntary gym placements. -Providing an open space youth club offering sport, physical activity, arts and crafts and other activities to engage young people. - Detach youth work and community outreach -Promoting health and fitness through the delivery of wellbeing programmes, information and advice. -Organising trips and events with other local communities to break down barriers and improve peer to peer relationships. -School holiday provisions with food to tackle holiday hunger. -Mediators project to diffuse conflict and improve community cohesion. - Bespoke violence reduction programmes -
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees comply with the duty contained in the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. Unity Gym Project was established to benefit a particularly deprived community within Sheffield operating on a open access facility that welcomes everyone and so provides a service for all in the neighbourhood. The trustees make their decisions using a combination of community feedback, questionnaires, statistics, reoffending rates and exclusion rates. The trustees assess the needs of the people in the community and will support those individuals that meet the criteria of the trustees, which is mainly focused around the positive impact and benefit which the organisation can bring to improve the lives of those living in the local community.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We carry out general fundraising and organises fundraising events and activities within the community, where it receives small contributions from local resident. We also apply for grants from both the public and private sectors, such as Sheffield Town Trust, the Lord Mayor of Sheffield, Sheffield City Council, South Yorkshire's Community Foundation, Sport England, Street Games, Violence Reduction Unit, Yorkshire Sport Foundation, Levelling the playing field.
Policy on social investment including program related investment	Para 1.38	No policy required at this stage as there have been no program related investments.
Contribution made by volunteers	Para 1.38	Unity Gym Project is a volunteer led and has always seen volunteers at the forefront of its operation but as the charity expands and develops the addition of employed staff is imminent. The difference Unity Gym Project is able to make is only made possible by the fantastic support we receive in time and money from our volunteers and our supporters. We accommodate volunteers and work experience placements. There are currently 16 volunteers. Through their active involvement in the Unity Gym Project young people and adults benefit from mentoring opportunities, develop employability skills and a sense of ownership to the project. Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally. Without the time, skills, energy and commitment of its volunteers it would be unable to function effectively. We appreciate all the support Unity Gym Project has received over the last twelve months.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Unity Gym Project is a registered charity committed to community development, violence reduction and the promotion of health and wellbeing. We engage with vulnerable young people and adults who often don't access mainstream services and help them to make positive life choices. Our ethos is to empower young people and families within the community to take ownership of their own development. Preventing young people from engaging in illicit, harmful or risky behaviours is at the core of our practice. Our continued inspiration comes from the understanding that we are committed to the young people and the community for the long term. This is achieved through: open access youth work; partnership working (including safeguarding referrals and signposting; one-to-one mentoring; family engagement; work experience placements; employability support; early intervention and diversionary activities). With over ten years of experience of delivering youth and community development work, our work is firmly embedded within the community and we have intimate practice knowledge of the issues that young people face. Unity Gym Project was established by and for the community. Our work is co-produced with young people, needs led and responsive to local unmet need and academically driven. We create positive safe spaces where differences are celebrated, knowledge is exchanged, and talent is nurtured. Unity Gym Project is based in Broomhall in Sheffield, one of the top 10% most deprived areas within the UK (IMD, 2015). In an area of concentrated deprivation, with all of the associated social problems (including low educational outcomes, high rates of anti-social behaviour, drug dealing violence and poverty). Across our weekly services Unity Gym Project engaged an average of 102 young people per month which demonstrated a rise in engagement and retention throughout 2020/21. Broomhall has been significantly effected by Covid-19, particularly because of its population density/crowded accommodation, alongside cultural/languages barriers to accessible health information. Lack of outdoor space/exacerbated by ongoing building work around Hanover Flats - has significantly restricted many residents access to exercise; making self-isolation even more difficult. As young people and families in Broomhall adjusted to new routines, alongside the personal, financial, social challenges associated with Covid-19 and social isolation. We have had local residents and local services users contacting us regularly to reach out for support over the phone and during our outreach/detached work in community. As a central point of contact and support for the Broomhall community and with demand for support increasing, Unity Gym Project made a number of adaptations to offer support around the local effects of Covid-19. Examples of

	this support include: (i) delivering food parcels to families facing food poverty; (ii) offering remote social support to those self isolating, (iii) outreach work and providing culturally appropriate and accessible health information. The portfolio of Unity Gym Project activities includes: - Daily access to the community Gym (Monday – Saturday) - Weekly youth club (Tuesdays) - Girls youth club (Wednesdays) - Weekend football sessions (Saturday & Sunday) - Basketball session at the English Institute of Sport (Fridays) - Enhanced one-to-one mentoring activities - Delivering food parcels to families facing food poverty - Offering remote social support to those self isolating - outreach work providing culturally appropriate and accessible health information. - Bereavement advice and support - Responsive conflict resolution and tertiary prevention, including home visits and coordinating community support following serious youth violence - Routine safeguarding activities, including partnership working, information sharing and signposting - Community consultation / Outreach - Detached outdoor youth work to communicate with young people in a 'covid secure' manner (at social distance) and in 'their spaces' - Create opportunities for impacted communities (particularly but not exclusively young people) to participate in shaping services - Contribution to citywide violence reduction forums, (i.e Sheffield City Council, Sheffield Youth – Neighbourhoods & Communities (SY-NC)/ Violence Reduction Unit). In addition to the delivery of activities listed above, a number of contingencies/additional measures have been necessary in order to respond to community needs during the isolation measures imposed as a result of Covid-19. Unity staff have coordinated numerous activities to support vulnerable young people/families/ elderly, people with mental health needs, disabilities, low income. Covid 19 has had a massive impact on our charity. Since the PMs statement in March, we have closed and have suspended all our core services including our open access provisions (youth clubs, health and wellbeing sessions, teen gym sessions, divisionary sports activities in all sites and Unity community drop ins) in order to adhere to new social distancing rules and regulations. Covid19 crisis has both exacerbated existing challenges and presented new challenges for the communities that we support. Several contingencies and additional measures have been necessary in order to respond to community needs as a result of closure. Our COVID19 response to support community needs included: - Delivery of food parcels to vulnerable households throughout the week, - Weekly Community Outreach/Detach youth work - Bereavement advice and support - Point of call for local people in Broomhall to call in - One-one coaching with young people who are self-isolating - weekly arrangements for telephone and on-line contact with our service
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users to offer emotional/wellbeing support, advice, signpost/referrals to relevant services, providing information.

We can report a number of distinct achievements over the past 12 months. It is worth situating these activities in context. This timeframe (March 2020 - April 2021) encompassed three national Covid-19 lockdowns permeated by a tiered system of localised restrictions. These conditions generated substantial unforeseen pressures for Unity Gym Project and the communities it serves. They also demanded remote adaptations for a number of activities.

- Unity Gym Project closed its premises in accordance with national government lockdown guidelines to support members from home. We devised and shared an number of 'at home' activities/workout and tutorials/tips via social media.
- Unity Gym Project partner with ShipShape Foodbank, Allama Iqbal Cricket Club to respond to the increasing levels of unemployment/food poverty. Responding to this need has meant delivering food parcels to vulnerable households throughout the week. To date we have supported 237 people with food/ shopping/ applications to universal credit/virtual support in the locality. It is important to acknowledge that many families would feel too uncomfortable/ashamed to access foodbanks in the city. Given this, we have been able to offer vital support to vulnerable young people and families who may not otherwise have accessed help.
- UGP supported a number of local young people to attend Sheffield BLM protest in the wake of the murder of George Floyd.
- Successfully delivered and completed Project 0114 – Early Interventions Youth Engagement and Universal Peer Education & Skills Based Programme for young people who are at risk of involvement in youth violence
- Unity Gym Project awarded core funding from Violence Reduction Unit to respond to the impact of COVID19 on young people and continue project work (with expansion of mentoring activities)
- We refurbished our centre to make it covid secure' mounted sanitizing equipment/reorganized space to open in accordance with guidelines.
- Unity Gym Project invited to deliver Healthy Holidays programme for young people in Broomhall during school half term holidays.
- UGP host private and Covid safe health and fitness sessions for Broomhall Girls youth group
- Unity Gym Project invited to attend Sheffield City Council BAME Inequalities Public Health Network in response to impact of COVID19 on Broomhall Community and share good practice.
- Unity Gym Project & Dr Will Mason co-author publication for Youth & Policy reflecting on our youth led filmmaking project:
<https://www.youthandpolicy.org/articles/unitydoc/>
- Unity Gym Project partnered with Broomhall Homework Club / The Lit Collective Sheffield to deliver a series of 4 remote creative writing sessions for young men, focused around the theme of 'emergence'
- Unity Gym Project co-delivers interactive training session "Serious youth violence: understanding harmful contexts" to MA Social Work students at Dept. Soc Studies, University of Sheffield
- Unity Gym Project partner with researchers at Manchester University (Centre of Dynamics of Ethnicity) to recruit participants for research on policing & racial disproportionality during the pandemic. Full report here:
<https://irr.org.uk/wp-content/uploads/2021/09/A-threat-to-public-safety-v3.pdf>

		- Unity Gym Project invited to attend roundtable meeting on the launch of Home Office consultation on the new Serious Violence Reduction Orders (SVRO) to represent the concerns and views of our community. - Attended and participated in “Tackling Racism Across the Leadership Pipeline in Sheffield” event organised by MA Consultancy. - Contributed to completing the survey sharing the impact of COVID19 on mental health and Wellbeing on Sheffield BAME communities - Unity Gym Project’s agreed to be included to demonstrate our commitment to tackling Sheffield’s Commitment to Racial Equity. - Unity Gym Project deliver information session to South Yorkshire (NHS) ‘Navigators Team’ sharing mutual experience of supporting victims of violence in hospital and community settings. - Unity Gym Project publish book chapter with Dr Will Mason focused on community-led university partnership working. Mason, W with Unity Gym Project (2021) Radically Slow? Reflections on Time, Temporality, and Pace in Engaged Scholarship. In Clift, BC, Gore, J, Gustaffson, S et al. (eds) Temporality in Qualitative Inquiry: Theories Methods and Practices. Oxon: Routledge. - Unity Gym Project support young people to stay active remotely with Strava App walking project - Continued Doorstep food deliveries with support from Skinni Kitchen - Unity Gym Project invited to submit ‘development grant’ to Big Lottery Community Foundation - Unity Gym Project delivered outdoor circuit activities in the community to support active movement as lockdown restrictions began to lift. - Participated on various appearances on media interviews ranging from print, radio, pre-recorded and live television on BBC Look North in relation to violence reduction work and broader contribution within the local community, impact of COVID19. - Unity Gym Project attended and participated “Stop and Search and Understanding the Culture of County Lines” event by Urban Dandelion - UGP offered Big Lottery City Foundation Development grant to build CiviAct partnership with following 6 organisations across Sheffield, Manchester and beyond. University of Sheffield, Manchester Met University, FaithStar, MA Education, Kids of Colour, The Hideaway, JENGBA. Throughout this one year period Unity Gym Project coordinated and developed a new partnership i) financially resourced. The work of six anti-racist activist organisations; (ii) connected those organisations with each other to create new opportunities for co-learning; and (iii) explored new models of community-led university partnership. This work is ongoing and has involved co-ordinating throughout the pandemic, sharing good practice and developing a larger partnership grant focused around youth-leadership, sustainability, social and civic action for the Big Lottery Community Foundation.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating -Employ key staff (Operations manager, Finance and Admin staff, cleaning and coaching staff) to support and develop current and new volunteers to upskill to deliver current activities -Develop and make improvements to our website -Develop the CiviAct Partnership and apply for a larger partnership grant to support with sustainability and the development of work and services delivered by frontline organisations within the CiviAct partnership in Sheffield and Manchester. -Complete a business case to secure a lease for the Unit next door to expand our services. -To effectively bridge the gap for young people between Unity Gym Project and targeted mainstream services, measured by a record of referrals. -Enhanced stability and sustainability for Unity Gym Project, measured by funding bids completed. Reviews of Unity Gym Project data protection, safeguarding and governance policies and procedures. -Recruit 1 new Community Volunteers and 1 Charity Ambassador to widen and advocate Unity Gym Project reach and impact. -To ensure Unity Gym Project remains a trusted, sustainable, learning organisation, fit for the future -Continue to monitor, review and, where necessary, adapt, to ensure our services continues to meet people's needs.
Performance of fundraising activities against objectives set	Para 1.41	We have needed to be extremely resourceful in order to adapt to changing needs and continue offering the responsive supports detailed above. Our current challenge is that of raising enough funds to meet our core costs over the next financial year. This is an on-going challenge that we grapple with every year around this time. We are currently engaged in searching and applying for different types of grants and funds.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Unity Gym Project 's financial position was reasonably stable at the end of the financial year 2020/21. We had secured funding for staff covering one year and had established a reserves for 6 months. Building the reserve in a sensible and proportionate manner remains a priority for the next two years.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The policy for reserves is to build up at least 6 months operational costs in reserves as the charity grows to ensure the sustainability of the organisation, to fill gaps in funding and to meet unexpected costs.
Amount of reserves held	Para 1.22	£ 85,072
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties regarding the charity being a going concern as they have enough fund to work toward and achieve the charitable aims.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Are from grants, trust and foundations as well as events and activity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Normally by appointment and recruitment

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Unity Gym Project
Other name the charity uses	
Registered charity number	1178237
Charity's principal address	Unity Gym Project 98, Wellington Street Sheffield S1 4HX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andre Kenneth Rankine	Chair		
2	Mohamoud Abdi Barasab	Trustee		
3	Andrew James Gillott	Treasurer		
4	Kaltum Osman Rivers	Trustee		
5	Chelsea Mason	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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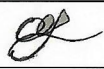
Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mr Andre Kenneth Rankine	Mr Mohamoud Barasab
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	29/01/2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Unity Gym Project

1178237

Receipts and payments accounts

CC16a

For the period
from

01/04/20120

To

31/03/20121

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Membership fee	-	-	-	-	66
Grants	-	98,522	-	98,522	27,022
Donations and Fundraising	-	-	-	-	5,403
Contract Income	-	18,450	-	18,450	-
Grants - Partner Organisations	-	26,250	-	26,250	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	143,222	-	143,222	32,491
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	143,222	-	143,222	32,491
A3 Payments					
Staff costs	-	34,791	-	34,791	11,718
Rent	-	9,170	-	9,170	5,208
Event Costs	-	9,185	-	9,185	7,086
Volunteer Cost	-	1,108	-	1,108	636
Equipments	-	4,104	-	4,104	12,235
Office & Admin Costs	-	2,174	-	2,174	379
Vehicle Cost	-	751	-	751	-
Partner Payments	-	26,250	-	26,250	-
Sub total	-	87,533	-	87,533	37,263
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	87,533	-	87,533	37,263
Net of receipts/(payments)	-	55,689	-	55,689	4,771
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,974	21,409	-	29,383	34,155
Cash funds this year end	7,974	77,098	-	85,072	29,383

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
	Bank and Cash	7,974	77,098	-
		-	-	-
	Total cash funds	7,974	77,098	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

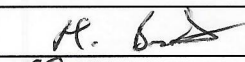
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Mr Mohammad Bakhsh	29/01/2022
	Mr Andre Kenneth Rankine	29/01/2022



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Unity Gym Project

**On accounts for the year
ended**

31st March 2021

**Charity no
(if any)**

1178237

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2021.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 29.01.2022

Name: Yusuf Ali

**Relevant professional
qualification(s) or body
(if any):**

Independent Examiner

Address:

17 Asline Road

Sheffield

S2 4UJ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.