



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
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

		<p>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.</p> <p>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.</p> <p>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:</p>
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		<p>Unity Gym Project provides many services to the community including: -</p> <ul style="list-style-type: none"> - 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	<p>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.</p> <p>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.</p> <p>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.</p>

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, 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	<p>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.</p> <p>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.</p> <p>Our volunteers have shown how protective volunteering placements can be and how valuable these opportunities are for people locally.</p> <p>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.</p>
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	<p>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.</p> <p>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.</p> <p>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).</p> <p>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.</p> <p>We create positive safe spaces where differences are celebrated, knowledge is exchanged, and talent is nurtured.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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)</p>

		<p>outreach work and providing culturally appropriate and accessible health information.</p> <p>The portfolio of Unity Gym Project activities includes:</p> <ul style="list-style-type: none"> - 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). <p>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.</p> <p>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.</p> <p>Our COVID19 response to support community needs included:</p> <ul style="list-style-type: none"> - 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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		<p>users to offer emotional/wellbeing support, advice, signpost/referrals to relevant services, providing information.</p> <p>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.</p> <p>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.</p> <ul style="list-style-type: none"> - 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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		<ul style="list-style-type: none"> - 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	<p>Identify and acquire sufficient funds to operate and maintain our building and associated activities and install central heating</p> <ul style="list-style-type: none">-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