

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

		<p>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 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.</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. 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.</p> <p>Unity Gym Project provides number of services to the community including: -</p> <ul style="list-style-type: none"> - Access to a community gymnasium to improve health and wellbeing;
--	--	---

		<ul style="list-style-type: none"> - 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	<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 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.</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, 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 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.</p> <p>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.</p> <p>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.</p> <p>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.</p>

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. 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.</p> <p>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.</p> <p>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.</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. We are well aligned with public health approaches, through our community oriented and multi-agency (partnership) approach to the response of community needs.</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 104 service users per month which demonstrated a rise in engagement and retention throughout 2023/2024.</p> <p>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</p>

		<p>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.</p> <p>The portfolio of Unity Gym Project activities includes:</p> <ul style="list-style-type: none"> - 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). <p>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.</p> <p>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.</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 2023 - April 2024) encompassed responding to cost of living crises which has generated unforeseen pressures for Unity Gym Project and the communities it serves.</p> <p>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.</p>
--	--	--

		<p>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.</p> <p>: Unity Gym Project invited to deliver Healthy Holidays programme for young people in Broomhall during school half term holidays.</p> <p>: Supported young people and families to mourn the tragic passing of a young member of the community,</p> <p>: Received an invite and supported the development of the Sheffield Race Equality Commission Launch Report and recommendations.</p> <p>: 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.</p> <p>: Hosted a visit from Local area team to showcase our work and positive impact of our services.</p> <p>: 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.</p> <p>: Supported the development of a local Children Youth and Families consortium initiative, led by Sheffield Hallam University, community project and local residents</p> <p>: Contributed to research on the challenges of Black-led community work, in partnership with Dr Patrick Williams, 4FRONT and AB Charitable Trust</p> <p>: 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</p> <p>: Provided guidance sessions to our youth members on the Criminal Justice System, particularly Joint Enterprise laws in partnership with JENGbA</p> <p>: 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.</p> <p>: Successfully supported two young people facing permanent exclusion through their work experience placements at Unity Gym Project</p>
--	--	--

		<p>: 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.</p> <p>: Attended a community event focused on communal grief and collective healing with Unity youth leaders, based at 4FRONT London.</p> <p>: 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.</p> <p>: Hosted University of Sheffield Architecture students on a university placement. The Architecture students offered some support panning refurbishments for the Unity Gym space.</p> <p>: Secured a lease for the Unit next door in order to respond to increase demands for support and expand our operating hours and services.</p> <p>: Hosted a visit from Toby Gorniak MBE, visiting from Plymouth to learn more about Unity Gym Project and share good practice</p> <p>: Created a new 'blackboard' feature in the gym space for users to document their progress and sets and reps</p> <p>: Rewarded our youth leaders and volunteers with a trip to the MOBO awards, hosted in Sheffield</p> <p>: Continued to develop our partnership with the English Institute of Sport (EIS) Sheffield by delivering weekly basketball sessions</p> <p>: 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</p>
--	--	--

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> <p>-Employ key staff (Part time Project manager, 1 Mentor, Finance and Admin staff and Assistant Youth worker) to support and develop current activities.</p> <p>- Install new full gym flooring throughout.</p>
-------------------------------------	-----------	---

		<ul style="list-style-type: none"> - 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	<p>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.</p> <p>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.</p>

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.

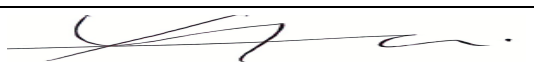
**Independent ex
aminer's statement**

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

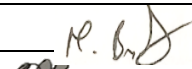

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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