

The Bar Gym

Charity No. 1181706

Company No. CE016294

Trustees' Report and Unaudited Accounts

31 January 2021

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The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 January 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE016294

Charity No. 1181706

Registered Office

Flat 407

Gilbourne Court

Guildbourne Centre

Worthing

BN11 1LZ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

G.W. Burke

L. Duggin

R. Simmons

Accountants

Allan Gee FCCA

9 Waterworks Cottages

Hill Barn Lane

Worthing

West Sussex

BN14 9QQ

Bankers

Santander UK Plc

37 Chapel Road

Worthing BN11 1ET

OBJECTIVES AND ACTIVITIES

The promotion of community participation in healthy recreation by the provision of facilities and the coaching of fitness techniques and martial arts for the people of West Sussex.

This objective has been partially achieved in the first year through an introduction of a fitness programme for youths and schoolchildren at no cost to the participants.

Stage one has been the introduction to general fitness through regular and planned exercise.

This has been supplemented by an explanation and coaching in the correct use of the fitness machines to help attain a better lifestyle.

Once a participant has demonstrated that these two objectives have been fully understood, and that they can be applied sensibly, there is an introduction to martial arts, its uses and activities with an emphasis on how it can improve their general well-being and confidence.

In order to measure, and document the advancement of a student in understanding and applying the above aims, examinations are held every year to assess and critique the student's progress.

The charity has also benefitted through the support of two experienced martial art trainers who have freely given their services.

The charity has also benefitted through the support of two experienced martial arts trainers who have freely given their services at no cost.

ACHIEVEMENTS AND PERFORMANCE

The first year has seen a slow, but steady, introduction of its fitness programme.

It had been anticipated this progress would continue, especially since we were beginning to attract new members as more of the local community became aware of our programme.

This success can also be adjudicated by the fact that several had demonstrated a sufficient understanding of a programmed health programme that they were ready to commence their introduction to martial arts.

The charity, at present, does not have sufficient assets to introduce an investment programme.

The charity does not charge a membership fee but requests that members, who can do so, make a monthly donation.

In conclusion, it was felt that our ambitions to introduce young adults to a controlled fitness programme through martial arts was beginning to achieve a certain degree of acceptance .. and then coronavirus placed a halt on our ambitions. We have not been deterred and will start again once the pandemic has passed.

FINANCIAL REVIEW

The charity does not charge a membership fee but requests that members, who can afford to, make a monthly donation to the costs of the charity. This donation is entirely voluntary and no members are refused access to the facilities if they do not contribute. As a result, the charity is entirely dependent on the continued support of the public to provide its benefits. Another, and major, source of funding is the gift aid recoverable on these donations.

It would, at this stage, be remiss not to again include comments on the impact of the coronavirus at the end of March 2020 which severely impacted on our ability to continue.

However, the situation would have been much worse but for the generosity of members who have, in many cases, continued to make monthly donations even though they cannot make use of the facilities.

PLANS FOR FUTURE PERIODS

The charity's plans for the future is to initially ensure that the charity can continue with its work after the coronavirus has been eliminated or adequately controlled that we can commence our activities.

Once the future of the charity has been stabilised, it is our aim to again reach out to the youth of Worthing and surrounding areas to introduce and show the advantages of an organised and regular health and fitness programme, emphasising on the positive impact this will have on personal well-being and general health.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

G.W. Burke

Trustee

22 January 2021

I report to the charity trustees on my examination of the accounts of The Bar Gym for the year ended 31 January 2021 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the accounts of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS 102).

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

Allan Gee FCCA
9 Waterworks Cottages
Hill Barn Lane
Worthing
West Sussex
BN14 9QQ
22 January 2021

The Bar Gym
Statement of Financial Activities
for the year ended 31 January 2021

		Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
	Notes			
Income and endowments from:				
Donations and legacies	4	46,493	46,493	49,080
Investments	5	-	-	6
Other	6	17,811	17,811	-
Total		64,304	64,304	49,086
Expenditure on:				
Charitable activities	7	-	-	1,429
Other	8	24,551	24,551	40,085
Total		24,551	24,551	41,514
Net gains on investments		-	-	-
Net income	9	39,753	39,753	7,572
Transfers between funds		-	-	-
Net income before other gains/(losses)		39,753	39,753	7,572
Other gains and losses				
Net movement in funds		39,753	39,753	7,572
Reconciliation of funds:				
Total funds brought forward		7,572	7,572	-
Total funds carried forward		47,325	47,325	7,572

The Bar Gym
Summary Income and Expenditure Account
for the year ended 31 January 2021

	2021 £	2020 £
Income	64,304	49,080
Interest and investment income	-	6
Gross income for the year	<u>64,304</u>	<u>49,086</u>
Expenditure	22,973	40,585
Depreciation and charges for impairment of fixed assets	1,578	929
Total expenditure for the year	<u>24,551</u>	<u>41,514</u>
Net income before tax for the year	<u>39,753</u>	<u>7,572</u>
Net income for the year	<u><u>39,753</u></u>	<u><u>7,572</u></u>

The Bar Gym
Balance Sheet
at 31 January 2021

Company No. CE016294	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	11	22,492	3,000
		<u>22,492</u>	<u>3,000</u>
Current assets			
Debtors	12	14,569	4,905
Cash at bank and in hand		14,642	33
		<u>29,211</u>	<u>4,938</u>
Creditors: Amount falling due within one year	13	(4,378)	(366)
Net current assets		<u>24,833</u>	<u>4,572</u>
Total assets less current liabilities		<u>47,325</u>	<u>7,572</u>
Net assets excluding pension asset or liability		<u>47,325</u>	<u>7,572</u>
Total net assets		<u>47,325</u>	<u>7,572</u>
The funds of the charity			
Restricted funds	14		
Unrestricted funds	14		
General funds		47,325	7,572
		<u>47,325</u>	<u>7,572</u>
Reserves	14		
Total funds		<u>47,325</u>	<u>7,572</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 January 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 22 January 2021

And signed on its behalf by:

G.W. Burke

Trustee

22 January 2021

The Bar Gym
Statement of Cash flows
for the year ended 31 January 2021

	2021 £	2020 £
Cash flows from operating activities		
Net income per Statement of Financial Activities	39,753	7,572
Adjustments for:		
Depreciation of property, plant and equipment	1,578	929
Dividends, interest and rents from investments	(17,811)	(6)
Increase in trade and other receivables	(9,664)	(4,905)
Increase in trade and other payables	4,012	366
Net cash provided by operating activities	<u>17,868</u>	<u>3,956</u>
Cash flows from investing activities		
Payments for property, plant and equipment	(21,070)	(3,929)
Dividends, interest and rents from investments	17,811	6
Net cash used in investing activities	<u>(3,259)</u>	<u>(3,923)</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase in cash and cash equivalents	14,609	33
Cash and cash equivalents at the beginning of the year	33	-
Cash and cash equivalents at the end of the year	<u>14,642</u>	<u>33</u>
Components of cash and cash equivalents		
Cash and bank balances	14,642	33
	<u>14,642</u>	<u>33</u>

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
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Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
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Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
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Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
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Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
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Volunteer help	The value of any volunteer help received is not included in the accounts.
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Investment income	This is included in the accounts when receivable.
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Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
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Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
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Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Equipment	25% straight line
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The majority of the equipment used by the charity is owned by a company domiciled in West Sussex. The equipment is leased to the charity for a nominal charge of £1 per annum.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2020 £	Total funds 2020 £
Income and endowments from:		
Donations and legacies	49,080	49,080
Investments	6	6
Total	<u>49,086</u>	<u>49,086</u>
Expenditure on:		
Charitable activities	1,429	1,429
Other	40,085	40,085
Total	<u>41,514</u>	<u>41,514</u>
Net income	<u>7,572</u>	<u>7,572</u>
Net income before other gains/(losses)	7,572	7,572
Other gains and losses:		
Net movement in funds	<u>7,572</u>	<u>7,572</u>
Reconciliation of funds:		
Total funds carried forward	<u><u>7,572</u></u>	<u><u>7,572</u></u>

4 Income from donations and legacies

Unrestricted	Total 2021	Total 2020
£	£	£
46,493	46,493	49,080
<u>46,493</u>	<u>46,493</u>	<u>49,080</u>

5 Income from investments

Total 2021	Total 2020
£	£
-	6
<u>-</u>	<u>6</u>

6 Other income

Unrestricted	Total 2021	Total 2020
£	£	£
17,811	17,811	-
<u>17,811</u>	<u>17,811</u>	<u>-</u>

7 Expenditure on charitable activities

	Total 2021	Total 2020
	£	£
<i>Expenditure on charitable activities</i>	-	1,429
<i>Governance costs</i>	<u>-</u>	<u>1,429</u>

8 Other expenditure

	Unrestricted	Total 2021	Total 2020
	£	£	£
Employee costs	1,589	1,589	11,851
Premises costs	18,310	18,310	22,182
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	1,578	1,578	929
General administrative costs	3,074	3,074	5,123
	<u>24,551</u>	<u>24,551</u>	<u>40,085</u>

9 Net income before transfers

	2021	2020
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	1,578	929

10 Staff costs

Salaries and wages	1,589	11,851
	<u>1,589</u>	<u>11,851</u>

No employee received emoluments in excess of £60,000.

11 Tangible fixed assets

	Equipment		Total
	£	£	£
Cost or revaluation			
At 1 February 2020	-	3,929	3,929
Additions	-	21,070	21,070
At 31 January 2021	-	24,999	24,999
Depreciation and impairment			
At 1 February 2020	-	929	929
Depreciation charge for the year	-	1,578	1,578
At 31 January 2021	-	2,507	2,507
Net book values			
At 31 January 2021	-	22,492	22,492
At 31 January 2020	-	3,000	3,000

12 Debtors

	2021	2020
	£	£
Trade debtors	69	-
Prepayments and accrued income	14,500	4,905
	14,569	4,905

13 Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	3,662	-
Accruals and deferred income	716	366
	4,378	366

14 Movement in funds

	At 1 February 2020	Incoming resources (including other gains/losses)	Resources expended	At 31 January 2021
	£	£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	7,572	64,304	(24,551)	47,325
Revaluation Reserves:				
Total funds	7,572	64,304	(24,551)	47,325

15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	22,492	-	22,492
Net current assets	28,495	(3,662)	24,833
	<u>50,987</u>	<u>(3,662)</u>	<u>47,325</u>

16 Reconciliation of net debt

	At 1 February 2020 £	Cash flows £	At 31 January 2021 £
Cash and cash equivalents	33	14,609	14,642
	<u>33</u>	<u>14,609</u>	<u>14,642</u>
Net debt	<u>33</u>	<u>14,609</u>	<u>14,642</u>

17 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The Bar Gym
Detailed Statement of Financial Activities
for the year ended 31 January 2021

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:			
Donations and legacies	46,493	46,493	49,080
	<u>46,493</u>	<u>46,493</u>	<u>49,080</u>
Investments	-	-	6
	<u>-</u>	<u>-</u>	<u>6</u>
Other	17,811	17,811	-
	<u>17,811</u>	<u>17,811</u>	<u>-</u>
Total income and endowments	64,304	64,304	49,086
Expenditure on:			
Charitable activities	-	-	1,429
	<u>-</u>	<u>-</u>	<u>1,429</u>
Total of expenditure on charitable activities	-	-	1,429
Employee costs			
Salaries/wages	1,589	1,589	11,851
	<u>1,589</u>	<u>1,589</u>	<u>11,851</u>
Premises costs			
Rent	14,750	14,750	18,000
Rates	-	-	1,271
Light, heat and power	3,182	3,182	2,153
Other premises costs	378	378	758
	<u>18,310</u>	<u>18,310</u>	<u>22,182</u>
General administrative costs, including depreciation and amortisation			
Depreciation of Equipment	-	-	-
Depreciation of	1,578	1,578	929
Bank charges	-	-	543
Equipment leasing and hire charges	1,782	1,782	4,184
Equipment repairs and maintenance	798	798	-
General insurances	185	185	106
Information and publications	-	-	214
Subscriptions	300	300	-

The Bar Gym
Detailed Statement of Financial Activities

Sundry expenses	9	9	76
	<u>4,652</u>	<u>4,652</u>	<u>6,052</u>
Total of expenditure of other costs	<u>24,551</u>	<u>24,551</u>	<u>40,085</u>
Total expenditure	24,551	24,551	41,514
Net gains on investments	-	-	-
	<u>39,753</u>	<u>39,753</u>	<u>7,572</u>
Net income			
Net income before other gains/(losses)	<u>39,753</u>	<u>39,753</u>	<u>7,572</u>
Other Gains	-	-	-
	<u>39,753</u>	<u>39,753</u>	<u>7,572</u>
Net movement in funds			
Reconciliation of funds:			
Total funds brought forward	<u>7,572</u>	<u>7,572</u>	-
Total funds carried forward	<u><u>47,325</u></u>	<u><u>47,325</u></u>	<u><u>7,572</u></u>