

The Bar Gym

Charity No. 1181706

Company No. CE016294

Trustees' Report and Unaudited Accounts

31 January 2023

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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 2023.

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
J. Randall
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 is being achieved through the continuation of a fitness programme for youths and schoolchildren at no cost to the participants.

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

This is then 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 are 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 to assess and critique the student's progress.

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

ACHIEVEMENTS AND PERFORMANCE

This year has seen a steady increase in participants of the fitness programme. To supplement and increase the student's interest and understanding, a martial arts exhibition is held, which achieved a dual purpose: a. raising funds which assist in maintaining the school-aged student programme; and

b. an exhibition of how the martial arts contributes to general fitness and assists in achieving a general well-being.

The positive effects are beginning to bear fruit in that we have attracted new members, especially under 16 years old, as the community becomes more aware of the benefits from our programme.

FINANCIAL REVIEW

The charity does not charge a membership fee but requests that members, who can afford do so, to make a monthly donation to the running costs of the charity. This donation is entirely voluntary and no-one is refused access to the facilities if they do not, or are unable to, contribute. The fund-raising has been significantly improved by the fact that the majority of the members who do contribute have signed for the gift aid relief.

Finally, the trustees thank the public for their continuing support.

PLANS FOR FUTURE PERIODS

The Trustees are confident that we can continue to reach out to the youth of Worthing, and surrounding areas, and introduce and show the advantages of our regular health and fitness programme; with the resultant positive impact this will achieve in personal health and well-being.

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
18 August 2023

I report to the charity trustees on my examination of the financial statements of The Bar Gym for the year ended 31 January 2023 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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements 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 financial statements 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 financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.

Allan Gee FCCA
9 Waterworks Cottages
Hill Barn Lane
Worthing
West Sussex
BN14 9QQ
18 August 2023

The Bar Gym
Statement of Financial Activities
for the year ended 31 January 2023

		Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
	Notes			
Income and endowments from:				
Donations and legacies	4	86,230	86,230	51,006
Other trading activities	5	2,250	2,250	4,920
Other	6	-	-	14,096
Total		88,480	88,480	70,022
Expenditure on:				
Other	7	96,177	96,177	88,458
Total		96,177	96,177	88,458
Net gains on investments		-	-	-
Net expenditure	8	(7,697)	(7,697)	(18,436)
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		(7,697)	(7,697)	(18,436)
Other gains and losses				
Net movement in funds		(7,697)	(7,697)	(18,436)
Reconciliation of funds:				
Total funds brought forward		28,889	28,889	47,325
Total funds carried forward		21,192	21,192	28,889

The Bar Gym
Summary Income and Expenditure Account
for the year ended 31 January 2023

	2023 £	2022 £
Income	88,480	70,022
Gross income for the year	<u>88,480</u>	<u>70,022</u>
Expenditure	89,555	82,358
Depreciation and charges for impairment of fixed assets	6,622	6,100
Total expenditure for the year	<u>96,177</u>	<u>88,458</u>
Net expenditure before tax for the year	<u>(7,697)</u>	<u>(18,436)</u>
Net expenditure for the year	<u><u>(7,697)</u></u>	<u><u>(18,436)</u></u>

The Bar Gym
Balance Sheet
at 31 January 2023

Company No. CE016294	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	17,444	24,066
		<u>17,444</u>	<u>24,066</u>
Current assets			
Debtors	11	2,000	4,148
Cash at bank and in hand		1,748	1,095
		<u>3,748</u>	<u>5,243</u>
Creditors: Amount falling due within one year	12	-	(420)
Net current assets		<u>3,748</u>	<u>4,823</u>
Total assets less current liabilities		<u>21,192</u>	<u>28,889</u>
Net assets excluding pension asset or liability		<u>21,192</u>	<u>28,889</u>
Total net assets		<u>21,192</u>	<u>28,889</u>
The funds of the charity			
Restricted funds	13		
Unrestricted funds	13		
General funds		21,192	28,889
		<u>21,192</u>	<u>28,889</u>
Reserves	13		
Total funds		<u>21,192</u>	<u>28,889</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 2023 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 18 August 2023

And signed on its behalf by:

G.W. Burke
Trustee
18 August 2023

The Bar Gym
Statement of Cash flows
for the year ended 31 January 2023

	2023 £	2022 £
Cash flows from operating activities		
Net expenditure per Statement of Financial Activities	(7,697)	(18,436)
Adjustments for:		
Depreciation of property, plant and equipment	6,622	6,100
Decrease in trade and other receivables	2,148	10,421
Decrease in trade and other payables	(419)	(3,243)
Net cash provided by/(used in) operating activities	<u>654</u>	<u>(19,254)</u>
Net cash from investing activities	<u>-</u>	<u>6,422</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents	654	(12,832)
Cash and cash equivalents at the beginning of the year	1,095	14,642
Cash and cash equivalents at the end of the year	<u>1,749</u>	<u>1,810</u>
Components of cash and cash equivalents		
Cash and bank balances	1,748	1,095
	<u>1,748</u>	<u>1,095</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.

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.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

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 2022 £	Total funds 2022 £
Income and endowments from:		
Donations and legacies	51,006	51,006
Other trading activities	4,920	4,920
Other	14,096	14,096
Total	70,022	70,022
Expenditure on:		
Other	88,458	88,458
Total	88,458	88,458
Net income	(18,436)	(18,436)
Net income before other gains/(losses)	(18,436)	(18,436)
Other gains and losses:		
Net movement in funds	(18,436)	(18,436)
Reconciliation of funds:		
Total funds brought forward	47,325	47,325
Total funds carried forward	28,889	28,889

4 Income from donations and legacies

Unrestricted	Total 2023	Total 2022
£	£	£
86,230	86,230	51,006
<u>86,230</u>	<u>86,230</u>	<u>51,006</u>

5 Income from other trading activities

	Unrestricted	Total 2023	Total 2022
	£	£	£
Fundraising	2,250	2,250	4,920
	<u>2,250</u>	<u>2,250</u>	<u>4,920</u>

6 Other income

	Total 2023	Total 2022
	£	£
Covid grants	-	14,096
	<u>-</u>	<u>14,096</u>

7 Other expenditure

	Unrestricted	Total 2023	Total 2022
	£	£	£
Employee costs	44,116	44,116	37,202
Premises costs	36,264	36,264	37,799
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	6,622	6,622	6,100
General administrative costs	8,825	8,825	7,007
Legal and professional costs	350	350	350
	<u>96,177</u>	<u>96,177</u>	<u>88,458</u>

8 Net expenditure before transfers

	2023	2022
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	6,622	6,100

9 Staff costs

	2023	2022
	£	£
Salaries and wages	44,116	37,202
	<u>44,116</u>	<u>37,202</u>

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

10 Tangible fixed assets

	Equipment		Total
	£	£	£
Cost or revaluation			
At 1 February 2022	-	32,673	32,673
At 31 January 2023	-	32,673	32,673
Depreciation and impairment			
At 1 February 2022	-	8,607	8,607
Depreciation charge for the year	-	6,622	6,622
At 31 January 2023	-	15,229	15,229
Net book values			
At 31 January 2023	-	17,444	17,444
At 31 January 2022	-	24,066	24,066

11 Debtors

	2023	2022
	£	£
Trade debtors	-	148
Prepayments and accrued income	2,000	4,000
	<u>2,000</u>	<u>4,148</u>

12 Creditors:

amounts falling due within one year

	2023	2022
	£	£
Trade creditors	-	419
Accruals	-	1
	<u>-</u>	<u>420</u>

13 Movement in funds

	At 1 February 2022	Incoming resources (including other gains/losses) £	Resources expended £	At 31 January 2023 £
Restricted funds:				
Unrestricted funds:				
General funds	28,889	88,480	(96,177)	21,192
Total funds	<u>28,889</u>	<u>88,480</u>	<u>(96,177)</u>	<u>21,192</u>

14 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	17,444	17,444
Net current assets	3,748	3,748
	<u>21,192</u>	<u>21,192</u>

15 Reconciliation of net debt

	At 1 February 2022	Cash flows	At 31 January 2023
	£	£	£
Cash and cash equivalents	1,095	653	1,748
	<u>1,095</u>	<u>653</u>	<u>1,748</u>
Net debt	<u>1,095</u>	<u>653</u>	<u>1,748</u>

0 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 2023

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:			
Donations and legacies	86,230	86,230	51,006
	<u>86,230</u>	<u>86,230</u>	<u>51,006</u>
Other trading activities			
Fundraising	2,250	2,250	4,920
	<u>2,250</u>	<u>2,250</u>	<u>4,920</u>
Other			
Covid grants	-	-	14,096
	<u>-</u>	<u>-</u>	<u>14,096</u>
Total income and endowments	88,480	88,480	70,022
Expenditure on:			
Employee costs			
Salaries/wages	44,116	44,116	37,202
	<u>44,116</u>	<u>44,116</u>	<u>37,202</u>
Premises costs			
Rent	24,000	24,000	22,000
Light, heat and power	9,014	9,014	7,672
Premises repairs and maintenance	3,250	3,250	8,127
	<u>36,264</u>	<u>36,264</u>	<u>37,799</u>
General administrative costs, including depreciation and amortisation			
Depreciation of Equipment	-	-	-
Depreciation of	6,622	6,622	6,100
Equipment leasing and hire charges	2,822	2,822	2,505
Equipment repairs and maintenance	2,750	2,750	2,171
General insurances	1,997	1,997	1,680
Information and publications	-	-	300
Software, IT support and related costs	911	911	-
Sundry expenses	345	345	351
	<u>15,447</u>	<u>15,447</u>	<u>13,107</u>
Legal and professional costs			
Accountancy and bookkeeping	350	350	350
	<u>350</u>	<u>350</u>	<u>350</u>
Total of expenditure of other costs	<u>96,177</u>	<u>96,177</u>	<u>88,458</u>

The Bar Gym
Detailed Statement of Financial Activities

Total expenditure	96,177	96,177	88,458
Net gains on investments	-	-	-
	<u>(7,697)</u>	<u>(7,697)</u>	<u>(18,436)</u>
Net expenditure			
Net expenditure before other gains/(losses)	<u>(7,697)</u>	<u>(7,697)</u>	<u>(18,436)</u>
Other Gains	-	-	-
Net movement in funds	<u>(7,697)</u>	<u>(7,697)</u>	<u>(18,436)</u>
Reconciliation of funds:			
Total funds brought forward	28,889	28,889	47,325
Total funds carried forward	<u>21,192</u>	<u>21,192</u>	<u>28,889</u>