

The Bar Gym

Charity No. 1181706

Company No. CE016294

Trustees' Report and Unaudited Accounts

31 January 2024

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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 2024.

#### 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  
15 Willow View  
Catterick Village  
Richmond  
DL10 7PD

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 slight increase in participants of the fitness programme as the effects of the covid epidemic are being relaxed. In addition, the programme continues to stimulate the student's interest and understanding of martial arts which assist in maintaining the interest of students in the programme.

The positive effects are beginning to bear fruit in that we have attracted new members, especially under the age of 16, 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. Fund-raising has also 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 remain 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  
01 July 2024

I report to the charity trustees on my examination of the financial statements of The Bar Gym for the year ended 31 January 2024.

#### Responsibilities and basis of report

As the charity's trustees of the company (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:

- 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (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  
15 Willow View  
Catterick Village  
Richmond  
DL10 7PD

01 July 2024

The Bar Gym  
Statement of Financial Activities  
for the year ended 31 January 2024

		Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes			
Income and endowments from:				
Donations and legacies	4	100,160	100,160	86,230
Other trading activities	5	-	-	2,250
Other	6	2,200	2,200	-
Total		102,360	102,360	88,480
Expenditure on:				
Other	7	107,768	107,768	96,177
Total		107,768	107,768	96,177
Net gains on investments		-	-	-
Net expenditure	8	(5,408)	(5,408)	(7,697)
Transfers between funds		-	-	-
Net expenditure before other gains/(losses)		(5,408)	(5,408)	(7,697)
Other gains and losses				
Net movement in funds		(5,408)	(5,408)	(7,697)
Reconciliation of funds:				
Total funds brought forward		21,192	21,192	28,889
Total funds carried forward		15,784	15,784	21,192

The Bar Gym  
Summary Income and Expenditure Account  
for the year ended 31 January 2024

	2024 £	2023 £
Income	102,360	88,480
Gross income for the year	<u>102,360</u>	<u>88,480</u>
Expenditure	101,146	89,555
Depreciation and charges for impairment of fixed assets	6,622	6,622
Total expenditure for the year	<u>107,768</u>	<u>96,177</u>
Net expenditure before tax for the year	(5,408)	(7,697)
Net expenditure for the year	<u><u>(5,408)</u></u>	<u><u>(7,697)</u></u>

The Bar Gym  
Balance Sheet  
at 31 January 2024

Company No. CE016294	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	10	10,822	17,444
		<u>10,822</u>	<u>17,444</u>
Current assets			
Debtors	11	4,216	2,000
Cash at bank and in hand		746	1,748
		<u>4,962</u>	<u>3,748</u>
Net current assets		4,962	3,748
Total assets less current liabilities		<u>15,784</u>	<u>21,192</u>
Net assets excluding pension asset or liability		<u>15,784</u>	<u>21,192</u>
Total net assets		<u><u>15,784</u></u>	<u><u>21,192</u></u>
The funds of the charity			
Restricted funds	12		
Unrestricted funds	12		
General funds		15,784	21,192
		<u>15,784</u>	<u>21,192</u>
Reserves	12		
Total funds		<u><u>15,784</u></u>	<u><u>21,192</u></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 2024 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 01 July 2024

And signed on its behalf by:

G.W. Burke  
Trustee  
01 July 2024



The Bar Gym  
Statement of Cash flows  
for the year ended 31 January 2024

	2024 £	2023 £
Cash flows from operating activities		
Net expenditure per Statement of Financial Activities	(5,408)	(7,697)
Adjustments for:		
Depreciation of property, plant and equipment	6,622	6,622
Dividends, interest and rents from investments	(2,200)	-
(Increase)/Decrease in trade and other receivables	(2,216)	2,148
Decrease in trade and other payables	-	(419)
Net cash (used in)/provided by operating activities	<u>(3,202)</u>	<u>654</u>
Cash flows from investing activities		
Dividends, interest and rents from investments	2,200	-
Net cash from investing activities	<u>2,200</u>	<u>-</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net (decrease)/increase in cash and cash equivalents	(1,002)	654
Cash and cash equivalents at the beginning of the year	1,748	1,095
Cash and cash equivalents at the end of the year	<u>746</u>	<u>1,749</u>
Components of cash and cash equivalents		
Cash and bank balances	746	1,748
	<u>746</u>	<u>1,748</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.

### Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

### 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.

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 2023 £	Total funds 2023 £
Income and endowments from:		
Donations and legacies	86,230	86,230
Other trading activities	2,250	2,250
Total	<u>88,480</u>	<u>88,480</u>
Expenditure on:		
Other	96,177	96,177
Total	<u>96,177</u>	<u>96,177</u>
Net income	<u>(7,697)</u>	<u>(7,697)</u>
Net income before other gains/(losses)	(7,697)	(7,697)
Other gains and losses:		
Net movement in funds	<u>(7,697)</u>	<u>(7,697)</u>
Reconciliation of funds:		
Total funds brought forward	28,889	28,889
Total funds carried forward	<u>21,192</u>	<u>21,192</u>

4 Income from donations and legacies

Unrestricted	Total 2024	Total 2023
£	£	£
100,160	100,160	86,230
<u>100,160</u>	<u>100,160</u>	<u>86,230</u>

5 Income from other trading activities

	Total 2024	Total 2023
	£	£
Covid grants	-	2,250
	<u>-</u>	<u>2,250</u>

6 Other income

Unrestricted	Total 2024	Total 2023
£	£	£
Rent	2,200	-
<u>2,200</u>	<u>2,200</u>	<u>-</u>

7 Other expenditure

	Unrestricted	Total 2024	Total 2023
	£	£	£
Employee costs	57,475	57,475	44,116
Premises costs	40,366	40,366	36,264
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	6,622	6,622	6,622
General administrative costs	3,305	3,305	8,825
Legal and professional costs	-	-	350
	<u>107,768</u>	<u>107,768</u>	<u>96,177</u>

8 Net expenditure before transfers

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	6,622	6,622

9 Staff costs

	2024	2023
	£	£
Salaries and wages	57,475	44,116
	<u>57,475</u>	<u>44,116</u>

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

10 Tangible fixed assets

	Equipment	Total
	£	£
Cost or revaluation		
At 1 February 2023	-	32,673
At 31 January 2024	<u>-</u>	<u>32,673</u>
Depreciation and impairment		
At 1 February 2023	-	15,229
Depreciation charge for the year	-	6,622
At 31 January 2024	<u>-</u>	<u>21,851</u>
Net book values		
At 31 January 2024	<u>-</u>	<u>10,822</u>
At 31 January 2023	<u>-</u>	<u>17,444</u>

11 Debtors

	2024	2023
	£	£
Other debtors	2,216	-
Prepayments and accrued income	2,000	2,000
	<u>4,216</u>	<u>2,000</u>

12 Movement in funds

	At 1 February 2023	Incoming resources (including other gains/losses ) £	Resources expended £	At 31 January 2024 £
Restricted funds:				
Unrestricted funds:				
General funds	21,192	102,360	(107,768)	15,784
Total funds	<u>21,192</u>	<u>102,360</u>	<u>(107,768)</u>	<u>15,784</u>

13 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	10,822	10,822
Net current assets	4,962	4,962
	<u>15,784</u>	<u>15,784</u>

14 Reconciliation of net debt

	At 1 February 2023 £	Cash flows £	At 31 January 2024 £
Cash and cash equivalents	1,748	(1,002)	746
	<u>1,748</u>	<u>(1,002)</u>	<u>746</u>
Net debt	<u>1,748</u>	<u>(1,002)</u>	<u>746</u>

15 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 2024

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	100,160	100,160	86,230
	<u>100,160</u>	<u>100,160</u>	<u>86,230</u>
Other trading activities			
Covid grants	-	-	2,250
	<u>-</u>	<u>-</u>	<u>2,250</u>
Other	2,200	2,200	-
	<u>2,200</u>	<u>2,200</u>	<u>-</u>
Total income and endowments	102,360	102,360	88,480
Expenditure on:			
Employee costs			
Salaries/wages	57,475	57,475	44,116
	<u>57,475</u>	<u>57,475</u>	<u>44,116</u>
Premises costs			
Rent	28,350	28,350	24,000
Rates	2,162	2,162	-
Light, heat and power	8,129	8,129	9,014
Premises repairs and maintenance	1,725	1,725	3,250
	<u>40,366</u>	<u>40,366</u>	<u>36,264</u>
General administrative costs, including depreciation and amortisation			
Depreciation of Equipment	-	-	-
Depreciation of	6,622	6,622	6,622
Equipment leasing and hire charges	1,219	1,219	2,822
Equipment repairs and maintenance	-	-	2,750
General insurances	2,086	2,086	1,997
Software, IT support and related costs	-	-	911
Sundry expenses	-	-	345
	<u>9,927</u>	<u>9,927</u>	<u>15,447</u>
Legal and professional costs			
Accountancy and bookkeeping	-	-	350
	<u>-</u>	<u>-</u>	<u>350</u>
Total of expenditure of other costs	<u>107,768</u>	<u>107,768</u>	<u>96,177</u>

The Bar Gym  
Detailed Statement of Financial Activities

Total expenditure	107,768	107,768	96,177
Net gains on investments	-	-	-
	<u>(5,408)</u>	<u>(5,408)</u>	<u>(7,697)</u>
Net expenditure			
Net expenditure before other gains/(losses)	<u>(5,408)</u>	<u>(5,408)</u>	<u>(7,697)</u>
Other Gains	-	-	-
Net movement in funds	<u>(5,408)</u>	<u>(5,408)</u>	<u>(7,697)</u>
Reconciliation of funds:			
Total funds brought forward	21,192	21,192	28,889
Total funds carried forward	<u>15,784</u>	<u>15,784</u>	<u>21,192</u>