



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	17	9	2022		16	9	2023

Section A Reference and administration details

Charity name

The Chapel Gym Corby

Other names charity is known by

Registered charity number (if any)

1185403

Charity's principal address

The Chapel Gym

Elizabeth Street

Corby

Postcode

NN17 1TU

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1 Revd. Paul Frost	Chair		
2 Dr Paul Buckingham	Treasurer		
3 Mrs Lynn Hay	Secretary		
4 Mrs Susan Norman	Trustee		
5 Mr Daniel Eastwood	Trustee		
6 Mr James Watkins	Trustee		
7			

Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Foundation Trust with Trust Deed
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Current Trustees as per constitution

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the Chapel Gym, Corby are

A. The preservation and protection of good physical and mental health by promoting and providing access to healthy recreation, physical activity and information, advice and training in subjects relating to health, primarily through the establishment and operation of a public gym facility, and to carry out this purpose with a Christian ethos and as an outworking of the Christian faith;

B. The advancement of the Christian religion by the provision of facilities for worship, prayer, Bible reading and reflection.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Charity provides the facilities for a gymnasium There is an employed staff to run the facility and personal trainers to assist members. Although there is a subscription for membership, a considerable part of the activities is devoted to the support and development of

Children/young People,

Elderly / old People,

People with Disabilities,

Other Charities and Voluntary Bodies, such as mental health, substance abuse, school excludees, etc.

The charity helps by providing buildings/facilities/open space; services, advocacy / advice/ information.

The trustees have had due regard to the guidance issued by the Charity Commission on public benefit

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The Chapel Gym has continued to provide an excellent fitness facility for the people of Corby. Ensuring our memberships are significantly lower than any comparable gym and this, when combined with our even cheaper rates for those on benefits, enables us to make fitness more accessible.

In the past 12 months we provided two intervention courses with two local secondary schools. Targeting 10 year 8-10 students most at risk of permanent exclusion from school, we combined a range of physical activities (including boxing, BJJ, football, circuit training) with informal mentoring using gym instructors with lived experience.

In recognition of the success of the first intervention course, in the November we were nominated for the North Northamptonshire Council Active Communities Award 2022 as a project that improved lives in the local community.

Following a virtual talk with the Gretton WI during lockdown, we ran a strength conditioning course for older ladies. The importance of building strength in older age is well established and the carefully designed programme was greatly appreciated by the participants. Four of the ladies continued their strength building after the course and have made lifting weights part of their weekly schedule.

By creating a community gym we have seen an increase in conversations taking place and friendships being made. This is especially significant for our male members who are at risk of isolation and poor mental health.

Our partnership with the Spirit of Siam Academy continues and the free children's Thai Boxing classes regularly have between 60 and 70 participants. Encouraging parents to exercise with their children has been a valuable feature of this activity.

Section E Financial review

Section E Financial review

Brief statement of the charity's policy on reserves

A reserve in the current account is enough to manage cash-flow (£10,000)

Details of any funds materially in deficit

The CIO bank balance on 16th September 2023 was £41,634. The loan from HMG (currently £26,819) offsets this, but if income comes at the usual rate this loan will be paid off in a year or two.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The Chapel Gym is a going concern. It has to date relied upon income from membership subscriptions, and Corby Council and North Northants Council for foregoing business rates charges.

Chapel Gym Trustees are most grateful for this support

Section F

Other optional information

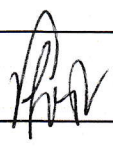
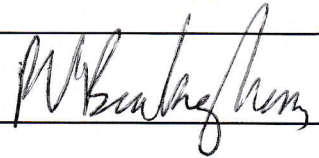
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

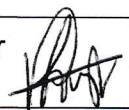
Signature(s)

	
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Full name(s)

Paul William Frost	Paul Vinton Buckingham
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**Position (eg Secretary,
Chair, etc)**

Chair 	Treasurer
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Date

2-5-24



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

The Chapel Gym Corby

On accounts for the year
ended

16th September 2023

Charity no
(if any)

1185403

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 16/09/2023

Responsibilities and
basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

~~[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination ~~(other than that disclosed below*)~~ which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

20.9.2023

Name:

John Hindle

Relevant professional
qualification(s) or body

(if any):

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Address:

49 Kirby Road,

Gretton,

Northants NN17 3DB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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