

N-ABLE

England & Wales · Charity number 1188718

Details

Status Registered

Legal form CIO

Registered 2020-03-24

Register [View on the Charity Commission register](#)

Contact

Address 1 Ffordd Y Coedwyr
Llwyn Y Gog
Staylittle
Llanbrynmair
Powys
SY19 7DE

Phone 07927220410

Email Stevecox54129@live.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:1. TO PROVIDE OR ASSIST IN THE PROVISION IN THE INTERESTS OF SOCIAL WELFARE OF FACILITIES FOR PHYSICAL RECREATION AND SPORT FOR PEOPLE HAVING A PHYSICAL OR MENTAL DISABILITY;2. THE ADVANCEMENT OF AMATEUR SPORT FOR PERSONS WITH PHYSICAL OR MENTAL DISABILITIES BY:A. PROVIDING SPORTING OPPORTUNITIES;B. SUPPORTING THEM IN COMPETITION OR ASSISTING IN PARTICIPATION IN COMPETITIONS SUCH AS BY PROVIDING A RANGE OF SUPPORT, ASSISTANCE AND FACILITIES;C. PROVIDING OPPORTUNITIES FOR BENEFICIARIES TO ENHANCE THEIR SPORTING SKILLS TO PROVIDE SUPPORT IN TRAINING AND COMPETING TO FULFIL THEIR SPORTING POTENTIAL SUCH AS SPECIAL OLYMPICS EVENTS REGIONALLY, NATIONALLY AND INTERNATIONALLY.

Activities: Operating in Wales, we provide and assist people with a physical or mental disability to take part in physical recreation; advancing or enhancing sporting skills and supporting and assisting their amateur sports opportunities and their participation in competitions. We provide equipment, and facilitate and supervise physical recreation through weekly sessions.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Amateur Sport
- **Who:** Children/young People, People With Disabilities

Geography

- Powys

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-26	£14,668	£11,308	-	-
2024-04-26	£14,728	£10,136	-	-
2023-04-26	£1,902	£1,616	-	-
2022-07-31	£600	£840	-	-
2021-07-31	£975	£2,213	-	-

Trustees

Name	Role	Appointed
Alice Ruth Price Davies		2019-10-10
Carol Ainsworth		2024-06-05
Carol Phillips		2019-10-10
Donna Marie McNally		2019-10-10
Graham Edward Davies		2019-10-10
Neil Ainsworth		2024-06-05
STEPHEN COX		2020-03-23

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Annual Report 2024/2025

Every Tuesday during termtime we hold our Multisport sessions. We have various activities: Boccia, Badminton, Archery, Table Tennis, Basketball, Connect 4. These sessions are well attended with a regular number of between 15 to 20 participants. The participants abilities vary, there are some who have low vision, some with physical limits and some who have learning difficulties. We continue to adapt each activity to suit each individual but allow them to participate fully.

Every Wednesday during termtime we hold our Wheelchair Basketball sessions which are open to all abilities. These sessions are regularly attended by 10 to 15 participants. These sessions run for an hour and a half with all sports wheelchairs provided by us.

During the summer holidays we hold our Annual Joshua Ainsworth Memorial Boccia Tournament. We had 11 teams of 3 participating for the coveted trophy. Every participant was awarded a medal with the 2 finalist teams awarded Silver and Gold medals.

Every Thursday our Neuro Café meet at a local café. This group is a social group for stroke survivors and anyone with a neurological condition. An opportunity to meet up and chat about anything and everything!

We continue to encourage young people into coaching roles and build confidence in all our attendees.

TREASURER'S REPORT APRIL 2024 to APRIL 2025

**BALANCE B/F FROM APRIL 2024
£7566.65**

INCOME:

FUNDRAISING
£9630.35

SUBS
£5037.54

TOTAL INCOME
£14,667.89

EXPENDITURE:

EQUIPMENT
£5091.16

HALL HIRE
£3934.18

TRAVEL EXPENSES

£1704

INSURANCE

£476.69

BANK CHARGES

£102.13

TOTAL EXPENDITURE

£11,308.16

BALANCE AT 27th APRIL 2025

£10,926.38

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Treasurer's Report 3rd April 2024

Balance brought forward from 26th April 2023 £2974.80

Income

Grants and donations

NLTC	£992.80	
Sport Lottery	£6456	
Rotary	£2250.95	
Fundraisers	£395	£10,094.75

Subscriptions £4632.90

Total Income £14,727.65

Expenses

Room Hire	£3,201.40
Mileage	£1,565.28
Bank Charges	£73.25
Insurance	£450.01
Wheelchairs	£2,700
Shelving	£768
Printing etc	£319.60
Equipment	£1,058.26

Total Expenses £10,135.74

Balance at 3rd April 2024 £7,566.65

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carol phillips <calaphillips@gmail.com>

N-Able

Stephen Cox` <stevecox54129@live.co.uk>
To: carol phillips <calaphillips@gmail.com>

25 May 2024 at 18:22

2022-2023.

RE BUILDING POST COVID , VARIOUS INDOOR SPORTS MOSTLY PEOPLE FROM DAY CENTERS.
WHEELCHAIR BASKETBALL [ALL ABILITIES].

WE CONTINUE TO ADAPT GAMES TO SUIT ABILITIES.

WE ARE AN UMBRELLA ORGANISATION FOR OTHER SITUATIONS SUCH AS A SOCIAL STROKE /NEURO
CAFE ,EDUCATING YOUNG PEOPLE INTO COACHING ROLES AND WORKING WITH SCHOOLS AND THE
LOCAL COLLEGE.

WE ARE A SMALL GROUP OF VOLENTEERS WITH AN EVER EXPANDING CLEONTELE WITH AN AVERAGE 60
PER WEEK AND STILL GROWING IN NUMBERS .

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From: carol phillips <calaphillips@gmail.com>
Sent: 23 May 2024 16:55
To: Stephen Cox` <stevecox54129@live.co.uk>
Subject: Re: N-Able

[Quoted text hidden]

Treasurer's Report 26/4/23

Balance from December including transfer from Nat West
£2688.92

Income:

Concert	£491.76
Donation (Rotary)	£500
Subs from clubs	£1310.22
Total	£1901.98

Expenses:

Room Hire	£760.56
Flyers	£217.49
Bibs/Sweatshirts	£334.75
Banner	£80
Trophy	£19.50
Mileage	£114.40
Sundries	£33.47
Bank charges	£55.95
Total	£1616.10

Balance at 26/4/2023
£2974.80

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N-Able Trustee Financial Report from 01/08/2021 to 31/07/2022

Sessions finally re-started in the new school year following Covid-19 lockdown and the subsequent restrictions that followed.

Members are gradually returning to the club as confidence gradually increases, so have the numbers of members attending.

Fund raising from local community groups and grant applications have been resumed.

Trustee's stayed in touch via e-mail and regular trustee meetings and an AGM have been successfully in place.

Trustee's are actively pursuing new streams of funding in order for the club to move forward successfully.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
N-Able

No (if any)
1198718

CC16a

Receipts and payments accounts

For the period from 01/08/2021 To 31/07/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation Income	600	-	-	600	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	600	-	-	600	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	600	-	-	600	-
A3 Payments					
	840	-	-	840	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	840	-	-	840	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	840	-	-	840	-
Net of receipts/(payments)	- 240	-	-	- 240	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 240	-	-	- 240	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank/ In Hand	2,998	-	-
		-	-	-
		-	-	-
	Total cash funds	2,998	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK


	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	Wheelchairs			-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	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
	C. BRICK	8/11/23

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N-Able Trustee Financial Report from 21/03/2020 to 31/07/2021

Very little to report during this period of time due to Covid -19.

No sessions were held due to lockdown and then the restrictions that followed meant it was impossible to deliver sessions to a vulnerable group of individuals, particularly as the majority of sessions are close contact sports and involve sharing equipment.

Trustee's stayed in touch via e-mail and zoom sessions in order to try and maintain moral as we all struggled with the unprecedented situation.

Most income streams were therefore also on hold and few transactions during this time period

N-Able Accounts 24/03/2020 - 31/07/2021

Opening Balance: £4,577.14

Date	Description	Expenditure
3/25/2020	Chq. 000149 - BISA	£ 300.00
4/23/2020	Chq. 000154 - Purchase of Wheelchairs	£ 1,620.00
6/17/2020	Income - Rotary	
6/18/2020		£ 292.93
7/8/2020	Income - Newtown Rotary	
12/8/2020	BISA	
		£ 2,212.93

Closing balance: £3,339.21

Income	Balance
	4277.14
	2657.14
£ 500.00	3157.14
	2864.21
£ 250.00	3114.21
£ 225.00	3339.21
£ 975.00	

Opening Balance: 3339.21

Date	Description	Expenditur
12/20/2021	Income -Newtown Rotary	
12/28/2021	Income - Llani Rotary	
3/8/2022	Chq. 000159 - Howden	£ 292.93
4/12/2022	Chq. 000162 - Freedom Leisure	£ 114.75
4/14/2022	Chq. 000164 - Howden	£ 46.61
4/26/2022	Chq. 000165 - Freedom Leisure	£ 3.90
5/6/2022	Chq. 000166 - Ink/Stamps	£ 152.80
5/17/2022	Chq. 000167 - Freedom Leisure	£ 91.80
6/7/2022	Chq. 000168 - Freedom Leisure	£ 91.80
7/4/2022	Chq. 000169 - Freedom Leisure	£ 45.90
		£ 840.49

Closing Balance: £2,998.72

For return:

Income - £600

Expenditure - £840.49

Unless any other payments were
made after 04/07/22

Income	Balance
£ 100.00	£ 3,339.21
£ 500.00	£ 3,839.21
	£ 3,546.28
	£ 3,431.53
	£ 3,384.92
	£ 3,381.02
	£ 3,228.22
	£ 3,136.42
	£ 3,044.62
	£ 2,998.72
£ 600.00	

Ongoing Income & Expenditure

Date	Description	Expenditure	
12/20/2021	Income -Newtown Rotary		
12/28/2021	Income - Llani Rotary		
3/8/2022	Chq. 000159 - Howden	£	292.93
4/12/2022	Chq. 000162 - Freedom Leisure	£	114.75
4/14/2022	Chq. 000164 - Howden	£	46.61
4/26/2022	Chq. 000165 - Freedom Leisure	£	3.90
5/6/2022	Chq. 000166 - Ink/Stamps	£	152.80
5/17/2022	Chq. 000167 - Freedom Leisure	£	91.80
6/7/2022	Chq. 000168 - Freedom Leisure	£	91.80
7/4/2022	Chq. 000169 - Freedom Leisure	£	45.90
		£	840.49

Income	Balance
£ 100.00	£ 3,339.21
£ 500.00	£ 3,839.21
	£ 3,546.28
	£ 3,431.53
	£ 3,384.92
	£ 3,381.02
	£ 3,228.22
	£ 3,136.42
	£ 3,044.62
	£ 2,998.72
	£ 2,998.72
	£ 2,998.72
	£ 2,998.72
	£ 2,998.72
	£ 2,998.72
	£ 2,998.72
	£ 2,998.72
£ 600.00	