

# GIRLS ALIVE

England & Wales · Charity number 1189672

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-05-27

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

## Contact

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**Address** c/o a4c  
UNIT 18 & 19 Dean House Farm  
Church Lane  
Newdigate  
Surrey  
RH5 5DL

**Phone** 07517843339

**Email** [enquiries@girlsalive.org.uk](mailto:enquiries@girlsalive.org.uk)

**Website** <https://www.girlsalive.org.uk/>

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, TO ADVANCE THE HEALTH OF WOMEN IN ENGLAND IN PARTICULAR, BUT NOT EXCLUSIVELY, BY PROVIDING THEM WITH OPPORTUNITIES TO BE PHYSICALLY ACTIVE.FOR THE PURPOSE OF THIS CLAUSE, ÆPHYSICALLY ACTIVEÆ MEANS A RANGE OF SPORTING AND RECREATIONAL ACTIVITIES WHICH ARE WIDELY CONSIDERED TO BRING, BOTH, PHYSICAL AND MENTAL HEALTH BENEFITS.FOR THE PURPOSE OF THIS CLAUSE, ÆWOMENÆ MEANS ANYONE OVER THE AGE OF 18 THAT IDENTIFIES AS A WOMAN.

**Activities:** girls ALIVE's mission is to provide a platform to empower women to support each other in becoming healthier and increasing confidence through the power of community sport. We currently provide volunteer opportunities and activities for running, road cycling, mountain biking, pool swimming, open water swimming, cross-country cycling, and hiking. Operating in Surrey with plans to extend our reach.

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£17,546	£24,022	-	-
2024-03-31	£39,637	£21,185	-	-
2023-03-31	£34,246	£37,118	-	-
2022-03-31	£28,774	£30,894	-	-
2021-03-31	£22,605	£20,044	-	-

## Trustees

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Name	Role	Appointed
Alexa Dizon	Chair	2023-02-03
Agata Ewa Zborowska		2023-02-03
Esther Guy		2020-05-27
Katherine Daniel		2023-02-03
Philippa Curphey		2020-05-27

**GIRLS ALIVE**

England & Wales - Charity number 1189672

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# Accounts

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girls ALIVE Trustees' report  
for the year ended 31 March 2025

# girls ALIVE

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Full financial accounts - see separate management report for accounts year ending 31st March 2025

List of contributors

Trustee Declaration

## **Charity Information**

### **Charity and Trustee details**

**Charity name:** girls ALIVE

**Charity registration number:** 1189672

#### **Principal office address:**

girls ALIVE, c/o A4C, Unit 18 & 19 Dean House Farm, Church Lane, Newdigate, RH5 5DL

### **Charity Trustees**

Alexa Dizon - Chair of Trustees, Hike and run liaison

Esther Guy - Treasurer, Swimming liaison

Agata Zborowska - Trustee, Organisational processes, MTB liaison

Kate Daniel - Trustee, Communications, Road biking liaison.

### **Structure, governance and management**

Governing document - girls ALIVE Constitution

### **Objectives and activities**

Charity's purpose - For the public benefit, to advance the health of women in Surrey and south-east England in particular, but not exclusively, by providing them with opportunities to be physically and socially active.

Charity's main activities - girls ALIVE gives women the opportunity to become active by providing volunteer-led activity groups which are all-female, non-competitive and affordable. girls ALIVE is non-discipline specific and currently has running, road cycling, mountain biking, pool swimming, open water swimming and hiking groups. We offer regular activities and one-off events. Some participants decide they want to expand their involvement and give something back by becoming volunteers. They are provided with support, guidance and training (as appropriate) to help them grow into their role.

### **Public Benefit Declaration**

The Trustees have paid due regard to the Charity Commission's guidance on public benefit.

girls ALIVE's aim is to advance the health of women in Surrey and south-east England in particular, but not exclusively, by providing them with opportunities to be physically active. Our public benefit is apparent in the improved physical health, mental health and wellbeing of the women who are directly involved in our activities and also as a ripple effect, benefitting children, families, friends and whole communities.

Work is ongoing to ensure our activities meet with the aims and objectives of the charity and ensure Health and Safety requirements are met across all current and future activities. The Trustees will continue to monitor membership numbers as well as participant numbers across all activities to ensure our community continues to benefit and we are able to grow to reach more women, allowing them to be physically, as well as socially active.

The following reports incorporate how girls ALIVE continues to meet its aim.

## **Report of the Trustees**

### **Chair's report For the period 1 April 2024 – 31 March 2025**

#### **Overview**

This year has been another highly active and positive year for girls ALIVE, with strong engagement from members, continued delivery of our regular weekly programme, and successful special events such as our Reach Your Peak (RYP) programme designed to support people getting out and about through the winter months training for a stretch cycling, mountain biking and/or hiking event in April 2024. Our focus has remained firmly on providing accessible, inclusive, female-only, non-competitive physical activity to support women's physical and mental wellbeing, while fostering a supportive and welcoming community.

Throughout the year we have continued to be led by our members' interests and feedback, responding with new activities, skills sessions and events, all delivered by volunteers who generously give their time and expertise.

#### **Highlights from the Year**

##### ***Reach Your Peak (RYP)***

Building on the launch of the Reach Your Peak concept in early 2024, the programme became a key focus of our activity leading up to events at the beginning of this reporting period: In April 2024, we delivered our first Reach Your Peak "at home" weekend in the Surrey Hills. Over the course of the weekend, 61 women participated across 10 hiking, road cycling, mountain biking and swimming events. The weekend demonstrated the strength of our volunteer-led model and allowed members to stretch themselves in a supportive, inclusive environment with some members participating in multiple events across the weekend.

The success of the April weekend led to Reach Your Peak "away" events later in the year:

- June 2024 – Dorset "Swimventure" swim camp weekend, stretching our swimmers with multiple sea swims around the Jurassic coast, including a sunset swim and sea swim through Durdle Door.
- October 2024 – Brecon Beacons hiking weekend, providing an adventurous but supportive multi-day hiking experience taking in Pen Y Fan with a horseshoe hike, and Penderyn waterfall.
- October 2024 – Snowdonia (Eryri) mountain biking weekend, with guided riding enabling riders to develop technical skills and confidence on more challenging terrain.

We continued "Reach Your Peak" for 2025 with training activities during the winter months January – March to support members for the 2025 "Reach Your Peak" weekend in June, which will be reported on in next year's report.

These events gave members the opportunity to build confidence, resilience and friendships in a supportive group environment, with specialist coaching and guidance, while accessing experiences that could otherwise be out of reach.

### ***Special Events and Expanded Activities***

In response to member feedback, we expanded skills-based activity, including:

- Navigation courses, building map reading and route planning confidence
- Introductory road and mountain biking sessions
- Bike maintenance and skills coaching sessions
- Swim coaching, with both fitness and technique progression options

This year we also responded directly to member requests introducing and developing new activity strands:

- **Run Club:** Launched in February 2025, a weekly 16-week programme led by a volunteer run leader, supporting members to build confidence and consistency in running.
- **Women's health, information and skills events:** including expert talks delivered by professionals volunteering their time, including open water swimming education, strength training and bike maintenance.
- **Enhanced privacy swimming provision:** with additional coached sessions and small group lessons introduced towards the end of the reporting period.

### ***Community, Inclusion and Partnerships***

girls ALIVE continues to be rooted in community and inclusion. During the year we:

- Welcomed new members, expanding our reach and diversity.
- Set up a WhatsApp Community group to improve communication, engagement and peer support.
- Supported and celebrated women in sport, including sponsorship of a women's racing category at Cyclo-Cross Reigate in August 2024.
- Marked International Women's Day in February 2025 with both cycling and swimming activities, including participation in a large-scale sea swim in Brighton raising awareness of water quality and environmental issues.

We were also proud to see girls ALIVE represented at national conversations on inclusion in sport, with volunteers attending and contributing to Reframing MTB events and research projects focused on participation and access.

### ***Regular Weekly Activities***

Alongside our special events, we continued to deliver a full and consistent weekly timetable throughout the year, including:

- Road cycling
- Mountain biking
- Gravel cycling
- Hiking (midweek and weekends)
- Run club
- Pool swimming coaching and lane swimming
- Open water swimming

Between 1 April 2024 and 31 March 2025 girls ALIVE ran more than 350 events, including:

- 74 hikes – including Wednesday evening, weekend hikes, and special hike events – both local to Surrey and further afield.
- 75 MTB events — including regular weekly and monthly weekend rides taking in local trails, night rides, bike park trips, mountain bike coaching and a Bike Maintenance Session.
- 11 gravel (new activity) / XC rides — for our adventure-seekers and bridleway lovers, with interest and participation in gravel riding growing.
- 69 road cycling events — including regular local rides at varying distance and pace accommodating a range of riders, a Cotswolds trip and rides to Brighton and Shoreham.
- 8 run club evenings (new activity)
- 4 ski/snowboard trips — to Hemel Hempstead Snow Dome
- 118 pool and open water swimming sessions — Monday, Tuesday & Friday pool coaching, Friday pool general swims, open water swimming sessions at the Surrey Hills Adventure Company in Buckland, Polar Bear winter swimming challenge, night swimming and International Women’s Day sea swim in Brighton.
- 2 womens’ information evenings

Participation remained strong across all disciplines, with our hikers, cyclists and swimmers remaining active throughout the autumn and winter months, including open water swimmers continuing swimming safely through the colder months.

### **Volunteers**

Our volunteers remain the backbone of girls ALIVE. Throughout the year, volunteers:

- Led weekly activities across multiple disciplines
- Planned and delivered larger-scale weekends and trips
- Organised specialist coaching, skills sessions and talks
- Supported administration, communications, the charity’s finances, and training (eg, first aid)

All trustees and volunteers give their time freely, and the charity could not operate without their commitment, enthusiasm and generosity. We also held volunteer engagement meetings to support sustainability and future planning.

### **Sustainability and Governance**

Towards the end of the reporting period, trustees undertook careful review of the charity’s finances and sustainability. All income continues to be reinvested directly into the charity.

### **Closing Reflections**

This year has demonstrated the strength of girls ALIVE’s community-led, volunteer-supported model. We continue to provide safe, inclusive and empowering opportunities for women to be active together, to build confidence, and to support physical and mental wellbeing.

On behalf of the Board of Trustees, I would like to thank every volunteer, member and supporter who has contributed to another successful year for girls ALIVE.



## **Treasurer's report**

The charity operates with a dedicated bank account and keeps thorough accounting records using Xero accounting software. Book-keeping is carried out weekly and each year a set of Charity Accounts is produced. The accounts form part of the Annual Return submitted to the Charity Commission each year.

### **Funding**

In 2023 grant funding was received which enabled girls ALIVE to run enhanced privacy swims for Muslim ladies within our community. Grant contributions were received from Mole Valley District Council, Active Surrey and Sport England, which totalled £15k. Not all funds were used in 2023/24 and therefore we had surplus to continue running the enhanced privacy swims into the 2024/25 financial year.

Other funding was received from the following sources:

- Membership fees       £9,308
- Activity sales           £7,760
- Merchandise           £140

The charity received a total income of just under £17.5k.

### **Costs**

The charity is predominantly volunteer lead, however there are certain costs which are required to keep the wheels turning these include:

- Venue hire & coaching
- Merchandise
- Administrative Support
- IT Software
- Bank fees
- Training costs
- Advertising
- Insurance

In 2024/25 the charity made a loss of £6k.

### **Statement of assets and liabilities at 31st March 2025**

The charity does not own any assets, although it has been agreed that a charity laptop would be a wise investment in the future.

*Esther Guy, Treasurer*

**List of contributors**

Agata Zborowska, Alex Pringle-Hood, Alexa Dizon, Ali Howell, Beatrix Bevernage, Beth Glanville, Caroline Kamp, Cathy Childs, Daphne Brown, Dawn Peters, Debbie Sage, Diana Lewis, Elen Shepard, Emma Lamberth, Emme Ledgerwood, Erica Chambers, Esther Guy, Gill Venables, Heidi LaPensee, Jayne Eite, Jenny Davidson, Karen Tee, Karen Venn, Kate Daniel, Keryn Wingrave, Liz Flavell, Lynne Carnie, Marie-Paule Ahanda, Phillipa Curphey, Rona Lucas, Sally Croft, Sarah Vardy, Sophie Dudgeon, Sue Ritchie, Tracey Sander, Zoe Woodman.

**Trustee Declaration**

Approved by the trustees on 07/01/2026 and signed on their behalf by Alexa Dizon, in her capacity as Chair.

**Attachments**  
**Company Tax Return**

**Uploaded Accounts:**

girls\_ALIVE\_-\_Charity\_Accounts 31-03-2025.pdf

### Your Company Tax Return

If we send the company a 'Notice' to deliver a Company Tax Return it has to comply by the filing date or we charge a penalty, even if there is no tax to pay.

A return includes a Company Tax Return form, any supplementary pages, accounts, computations and any relevant information. The CT600 Guide tells you how the return must be formatted and delivered. It contains general information you may need to deliver your return, links to more detailed advice and box-by-box guidance for this form and the supplementary pages.

The forms in the CT600 series set out the information we need and provide a standard format for calculations.

### Company information

1	Company name	GIRLS ALIVE									
2	Company registration number	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	Tax reference	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	Type of company	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Northern Ireland (NI)

Put an 'X' in the appropriate box(es) below

5	NI trading activity	<input type="checkbox"/>	6	SME	<input type="checkbox"/>
7	NI employer	<input type="checkbox"/>	8	Special circumstances	<input type="checkbox"/>

### About this return

This is the above company's return for the period

30 from DD MM YYYY     to DD MM YYYY

Put an 'X' in the appropriate box(es) below

40	A repayment is due for this return period	<input type="checkbox"/>
45	Claim or relief affecting an earlier period	<input type="checkbox"/>
50	Making more than one return for this company now	<input type="checkbox"/>
55	This return contains estimated figures	<input type="checkbox"/>
60	Company part of a group that is not small	<input type="checkbox"/>
65	Notice of disclosable avoidance schemes	<input type="checkbox"/>
Transfer Pricing		
70	Compensating adjustment claimed	<input type="checkbox"/>
75	Company qualifies for SME exemption	<input type="checkbox"/>





















## Allowances and charges not included in calculation of trading profits and losses-continued

	Capital allowances	Disposal value
Electric vehicle charge-points	737 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	738 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Enterprise zones	746 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	747 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Zero-emission goods vehicles	748 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	749 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Zero-emission cars	751 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	752 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## Qualifying expenditure

760 Machinery and plant on which first year allowance is claimed	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>
765 Designated environmentally friendly machinery and plant	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>
770 Machinery and plant on long-life assets and integral features	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>
771 Structures and buildings	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>
772 Machinery and plant - super-deduction	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>
773 Machinery and plant - special rate allowance	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>
775 Other machinery and plant	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>

## Losses, deficits and excess amounts

### Amount arising

	Amount	Maximum available for surrender as group relief
Losses of trades carried on wholly or partly in the UK	780 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	785 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Losses of trades carried on wholly outside the UK	790 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Non-trade deficits on loan relationships and derivative contracts	795 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	800 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
UK property business losses	805 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	810 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Overseas property business losses	815 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Losses from miscellaneous transactions	820 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Capital losses	825 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Non-trading losses on intangible fixed assets	830 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	835 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

### Excess amounts

	Amount	Maximum available for surrender as group relief
Non-trade capital allowances		840 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Qualifying donations		845 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Management expenses	850 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	855 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

### Northern Ireland information

856	Amount of group relief claimed which relates to NI trading losses used against rest of UK/mainstream profits	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
857	Amount of group relief claimed which relates to NI trading losses used against NI trading profits	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
858	Amount of group relief claimed which relates to rest of UK/mainstream losses used against NI trading profits	£ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>



## Bank details (for person to whom a repayment is to be made)

920	Name of bank or building society	<input type="text"/>
925	Branch sort code	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
930	Account number	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
935	Name of account	<input type="text"/>
940	Building society reference	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## Payments to a person other than the company

943	Put an 'X' in box 943 if there is a R&D payable credit and one of the conditions listed in the CT600 Guide is applicable	<input type="checkbox"/>
945	Complete the authority below if you want the repayment to be made to a person other than the company I, as (enter status - company secretary, treasurer, liquidator or authorised agent, etc)	<input type="text"/>
950	of (enter company name)	<input type="text"/>
955	authorise (enter name)	<input type="text"/>
960	of address (enter address)	<input type="text"/>
965	Nominee reference	<input type="text"/>
	to receive payment on company's behalf	
970	Name	<input type="text"/>

## Declaration

	<b>Declaration</b> I declare that the information I have given on this Company Tax Return and any supplementary pages is correct and complete to the best of my knowledge and belief. I understand that giving false information in the return, or concealing any part of the company's profits or tax payable, can lead to both the company and me being prosecuted.	
975	Name	<input type="text" value="Esther Guy"/>
980	Date DD MM YYYY	<input type="text" value="22"/> <input type="text" value="12"/> <input type="text" value="20"/> <input type="text" value="25"/>
985	Status	

Treasurer

### Guidance

Guidance about when and how to complete this supplementary page can be found in the CT600 Guide.

For further information read *What supplementary pages do I need to complete and include as part of the Company Tax Return?* to find out what supplementary pages you need to complete.

Also, read the Important points about all supplementary pages and CT600E – Charities and Community Amateur Sports Clubs (CASCs) for further guidance about completing this supplementary page.

### Company information

E1	Company name (name of charity or CASC)	GIRLS ALIVE
E2	Tax reference	3 5 9 1 3 1 8 9 7 2
Period covered by this supplementary page (cannot exceed 12 months)		
E3	from DD MM YYYY	0 1 0 4 2 0 2 4
E4	to DD MM YYYY	3 1 0 3 2 0 2 5

### Claims to exemption (this section should be completed in all cases)

Charity/CASC repayment reference	E5	ZD15140
Charity Commission registration number, or OSCR number (if applicable)	E10	1189672
Put an 'X' in the relevant box if during the period covered by these supplementary pages:		
The company was a charity/CASC and is claiming E15 exemption from all tax on all or part of its income and gains (Also put an 'X' in box E15 if the company was a charity/CASC but had no income or gains in the period)	E15	X
All income and gains are exempt from tax and have been, or will be, applied for charitable or qualifying purposes only	E20	X
Some of the income and gains may not be exempt or have not been applied for charitable or qualifying purposes only, and I have completed form CT600	E25	
I claim exemption from tax		
Name	E30	Esther Guy
Status	E35	Treasurer
Date DD MM YYYY	E40	2 2 1 2 2 0 2 5

# Repayments

To make a repayment claim for the period covered by these supplementary pages, please register and enrol to use the Charities Online service. See CT600 guide for further information

Put an 'X' in the box if during the period covered by these supplementary pages you have over claimed tax

E45

## Information required

Enter details of any income received from the following sources, claimed as exempt from tax in the hands of the charity/CASC. Enter the figure included in the charity's/CASC'S accounts for the period covered by this return.

Non-exempt amounts should be entered on form CT600 in the appropriate boxes.

Type of income	Amount
Enter total turnover from exempt charitable trading activities	E50 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 1 7 4 8 5 . 0 0
Investment income – exclude any amounts included on form CT600	E55 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
UK land and buildings – exclude any amounts included on form CT600	E60 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
Gift Aid – exclude any amounts included on form CT600	E65 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
From other charities – exclude any amounts included on form CT600	E70 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
Gifts of shares or securities received	E75 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 6 1 . 0 0
Gifts of real property received	E80 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
Other sources (not included above)	E85 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . 0 0
Total of boxes E50 to E85	E90 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 1 7 5 4 6 . 0 0

Enter details of expenditure as shown in the charity's/CASC'S accounts for the period covered by these supplementary pages

Type of expenditure	Amount
Trading costs in relation to exempt charitable activities (in box E50)	E95 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 1 4 4 5 3 . 0 0
UK land and buildings costs in relation to exempt charitable activities (in box E60)	E100 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . 0 0
All general administration/governance costs	E105 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 9 5 6 9 . 0 0
All grants and donations made within the UK E	E110 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
All grants and donations made outside the UK	E115 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
Other expenditure not included above, or not used in calculating figures entered on the form CT600	E120 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 0 . 0 0
Total of boxes E95 to E120	E125 £ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> 2 4 0 2 2 . 0 0



**GIRLS ALIVE**

England & Wales - Charity number 1189672

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# Accounts

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girls ALIVE Trustees' report  
for the year ended 31 March 2024

# girls ALIVE

## Contents

### Charity Information

- Charity and Trustee details
- Structure, governance and management
- Objectives and activities

### Public Benefit Declaration

### Report of the Trustees:

#### Chair's report

- Highlights
- Our volunteers
- Our members
- The year in pictures

#### Treasurer's report

- Funding
- Costs
- Statement of assets and liabilities at 31st March 2024

Full financial accounts - see separate management report for accounts year ending 31st March 2024

List of contributors

Trustee Declaration

## **Charity Information**

### **Charity and Trustee details**

**Charity name:** girls ALIVE

**Charity registration number:** 1189672

#### **Principal office address:**

girls ALIVE, c/o A4C, Unit 18 & 19 Dean House Farm, Church Lane, Newdigate, RH5 5DL

### **Charity Trustees**

Alexa Dizon - Chair of Trustees, Hike liaison

Esther Guy - Treasurer, Swimming liaison

Agata Zborowska - Trustee, Organisational processes, MTB liaison

Kate Daniel - Trustee, Communications, Road biking liaison.

### **Structure, governance and management**

Governing document - girls ALIVE Constitution

### **Objectives and activities**

Charity's purpose - For the public benefit, to advance the health of women in Surrey and south-east England in particular, but not exclusively, by providing them with opportunities to be physically and socially active.

Charity's main activities - girls ALIVE gives women the opportunity to become active by providing volunteer-led activity groups which are all-female, non-competitive and affordable. girls ALIVE is non-discipline specific and currently has running, road cycling, mountain biking, pool swimming, open water swimming and hiking groups. We offer regular activities and one-off events. Some participants decide they want to expand their involvement and give something back by becoming volunteers. They are provided with support, guidance and training (as appropriate) to help them grow into their role.

### **Public Benefit Declaration**

The Trustees have paid due regard to the Charity Commission's guidance on public benefit.

girls ALIVE's aim is to advance the health of women in Surrey and south-east England in particular, but not exclusively, by providing them with opportunities to be physically active. Our public benefit is apparent in the improved physical health, mental health and wellbeing of the women who are directly involved in our activities and also as a ripple effect, benefitting children, families, friends and whole communities.

Work is ongoing to ensure our activities meet with the aims and objectives of the charity and ensure Health and Safety requirements are met across all current and future activities. The Trustees will continue to monitor membership numbers as well as participant numbers across all activities to ensure our community continues to benefit and we are able to grow to reach more women, allowing them to be physically, as well as socially active.

The following reports incorporate how girls ALIVE continues to meet its aim.

## **Report of the Trustees**

### **Chair's report**

#### **Highlights from the year**

##### **reach OUT**

The girls ALIVE reach OUT campaign aims to reach groups currently under-represented in sports participation and provide accessible, female-only, non-competitive activities to support physical and mental health.

In April 2023 we launched our weekly reach OUT hikes supporting a group of refugee women to get out for a walk and talk.

Following on from the success of the hikes, and after receiving funding from Active Surrey in September 2023, we were able to start offering enhanced privacy swim sessions in partnership with the Dorking Muslim Association. These sessions run weekly and offer the opportunity to either learn to swim with a qualified swim coach, or just come along with friends and enjoy a swim in a female only environment.

These sessions have been literally life-changing for some of our ladies as these opportunities can otherwise be difficult to come by. One of our swimmers shared just how valuable these sessions have become:

*"I can't even express how much I look forward to these sessions. I'm always grinning and beaming with pride because I learn something new every week and it still shocks me that I'm actually doing it!"*

*"I'm so grateful to Steph and Daph for always making me feel safe and helping me work towards and achieve something that's been on my bucket list literally my whole life"*

In addition to the activities run under the reach OUT campaign, we put a plea out to our members for equipment to allow those refugees at the Copthorne Hotel in Gatwick the opportunity to use the car park space for sports and activities. Thanks to the wonderful generosity of a number of members as well as the Dorking Casual Ladies Netball Club, and Createur we were able to provide bibs and equipment to get a netball team set up.

## **gA Activity Highlights**

In **May**, Cathy, our Duke of Edinburgh expert, led a **navigation course** attended by 12 members which covered grid references, map work, map symbols, contours, interpreting map features in real life and measuring distances and timings.

*“I really enjoyed learning new skills, the walk and the company”*

*“I really enjoyed the course and learnt a lot. Thank you everyone for putting this on and for giving up your time!”*

We were delighted to be offered the opportunity to sponsor the U12 & U14 girls **Old Reigatian Rugby** teams and proudly display our logo on their tour tops.

At the request of a number of our members, we launched weekly **Qigong** classes linked to our Thursday Woodland Walks at Holmwood Common. Qigong is a traditional Chinese practice that combines movement, breathing, and meditation to improve health and well-being.

*“Such a lovely experience”*

*“Really lovely to meet you all and I really enjoyed the Qigong. What a treat!”*

*“Had a special time - nice to meet you all and enjoy something special, new and different.”*

Our annual **summer picnic** took place on an unseasonably chilly evening in early **July**. Our community are nothing but dedicated and loyal, and despite the chilly weather, turned up in their numbers and enjoyed a summer picnic at the view point on Box Hill.

**July** also saw 10 of our mountain bikers race in the Hurtwood Enduro in Peaslake - most of them racing for the first time. Later in **July**, 12 gA riders set off to ride the South Downs Way - a hilly 100 mile off-road route from Winchester to Eastbourne.

In **August** gA sponsored the inaugural Reigate Cyclo-cross event in August, organised by one of our road ride leaders, Emma. It was hugely successful and we'll report on the even bigger August 2024 event in next year's report.

**Summer Swimventure update:** Sadly, adverse summer weather conditions coupled with a devastating incident involving the sinking of Chloe McCardel's boat, meant none of our three teams managed to take on their planned Jurassic Coast supported relays. Despite this, seven of the 24 ladies travelled to Dorset for mini swimming adventures and Swimventure was confirmed for 2024 allowing more girls ALIVE members the opportunity to join.

Renata, one of our Swimventure members told us how joining girls ALIVE has helped her overcome her fears:

*“With the support of girls ALIVE, I've been able to swim in the sea, despite being scared of the waves. I still don't like it, but I have managed to go swimming in the sea when it is*

*choppy despite my fears. I remember saying to Esther 'I don't like it....' during a training session. Esther said 'imagine the waves are massaging your body'. I went back into the water with a new mantra in mind 'it is just a massage...'*

*"As our Swimventure 2023 has been postponed to summer 2024, my fitness goals for the coming months are to keep on swimming, and work towards swimming a bit faster."*

We were once again lucky enough to be one of the selected charities for Brockham's weekly charity fundraiser, **Teas on the Green**. The event was a huge success, raising £300 in **September**.

Towards the end of 2023 a conscious decision was made to improve the timetable of weekly activities for members. We also wanted to give members the chance to try new sporting disciplines or stretch themselves within an existing area of skill. To give focus to this we launched the '**Reach Your Peak**' campaign in January 2024. Many special events were scheduled for spring and autumn 2024, which will be covered in the next girls ALIVE Annual Report.

To support the '**Reach Your Peak**' events, we boosted our regular timetable with more weekend mountain biking, road cycling and hiking activities, including introductions to road and mountain biking sessions, and incorporated more hill training in our hikes.

### **Changes to the Board of Trustees**

November 2023 saw two of our wonderful girls ALIVE Trustees make the decision to step down from the board, Gill Venables and Phillipa Curphey.

Gill, our first Chair of Trustees moved on to take on her dream job teaching in the special needs unit at her school as well as continuing to teach Music and French.

Phil came to the end of her two-year girls ALIVE Trustee tenure - coinciding with increased responsibilities with Wheels for All, the charity Phil works for.

girls ALIVE is absolutely indebted and grateful to Gill and Phil for their commitment, time, energy, creativity and general awesomeness.

### **Our volunteers**

Without our wonderful volunteers giving up their weekends, mornings or evenings to lead our activities; planning trips and events; baking cakes; donating kit; we wouldn't be able to do what we do. To each and every one of our volunteers, thank you.

## **Our members**

### ***Just a few of our members' amazing achievements this year:***

#### ***Esther and Rona's Ice Mile***

January 2024 saw Esther and Rona complete their first, and possibly last, ice mile swim. A 1600m open water swim, wearing just a swimming costume, hat and goggles, in a lake where the water temperature is beneath 5 degrees celcius! Both completed their swims in around 38 minutes and have entered the IISA Hall of Fame.

#### ***Elen's Chase the Sun!***

In June 2024 Elen took on Chase the Sun, a 330km ride with just under 3,000 metres of climbing. Starting at 4:45am at Minster on the Isle of Sheppey on the longest day, riders cycled across the country to arrive in Weston Super Mare before the sun set that evening. Despite the heat and the gruelling challenge, Elen crossed the finish line just after 7pm. The first female finisher!

## **Our activities**

This year, we delivered 1387 activities to 104 women - see a selection of images from our activities below.

**A year in pictures: 2023 - 2024**



## **Treasurer's report**

The charity operates with a dedicated bank account and keeps thorough accounting records using Xero accounting software. Book-keeping is carried out weekly and each year a set of Charity Accounts is produced. The accounts form part of the Annual Return submitted to the Charity Commission each year.

## **Funding**

In 2023 grant funding was received which enabled girls ALIVE to run enhanced privacy swims for Muslim ladies within our community. Grant contributions were received from Mole Valley District Council, Active Surrey and Sport England, which totalled £15k.

Other funding was received from the following sources:

- Membership fees      £9.5k
- Activity sales        £12.5k
- Merchandise         £1k

The charity enjoyed a total income of just under £40k.

## **Costs**

The charity is predominantly volunteer led, however there are certain costs which are required to keep the wheels turning these include:

- Venue hire & coaching
- Merchandise
- Administrative Support
- IT Software
- Bank fees
- Training costs
- Advertising
- Insurance

In 2023 the charity made a loss, in contrast we show a healthy profit in 2024, however it should be noted that the grant funding costs, linked to the enhanced privacy swims, will be falling into the 2025 financial year.

## **Statement of assets and liabilities at 31st March 2024**

The charity does not own any assets, although it has been agreed that a charity laptop would be a wise investment in the future.

*Esther Guy, Treasurer*

### **List of contributors**

**Agata Zborowska**, Ailsa Fraser, Alex Pringle-Hood, **Alexa Dizon**, Ali Howell, Beth Glanville, Caroline Kamp, Daphne Brown, Dawn Peters, Debbie Sage, Diana Lewis, Elen Shephard, Emma Lamberth, Emme Ledgerwood, Erica Chambers, **Esther Guy**, Gill Venables, Heidi Edwards, Heidi LaPensee, Jayne Eite, Jenny Davidson, Karen Tee, Karen Venn, **Kate Daniel**, Kelly Ewing, Keryn Wingrave, Liz Flavell, Lynne Carnie, Marie-Paule Ahanda, Phillipa Curphey, Rona Lucas, Sarah Vardy, Sue Ritchie, Tracey Sanders, Zoe Woodman.

### **Trustee Declaration**

Approved by the trustees on 23/01/2025 and signed on their behalf by Alexa Dizon, in her capacity as Chair.

# Charity Accounts

girls ALIVE

For the year ended 31 March 2024

Prepared by A4C

# Contents

- 3 Profit and Loss
- 4 Balance Sheet

# Profit and Loss

girls ALIVE

For the year ended 31 March 2024

	2024	2023
<b>Trading Income</b>		
Activity sales	12,559	18,698
Interest Income	121	11
Merchandise sales	1,142	289
Other Revenue	15	29
Sales	9,504	11,727
<b>Total Trading Income</b>	<b>23,340</b>	<b>30,753</b>
<b>Cost of Sales</b>		
Direct Expenses	2,650	17,332
Direct Wages	5,945	740
Merchandise	1,718	162
<b>Total Cost of Sales</b>	<b>10,313</b>	<b>18,234</b>
<b>Gross Profit</b>	<b>13,027</b>	<b>12,519</b>
<b>Other Income</b>		
Donation	544	3,371
Grant funding	15,753	-
<b>Total Other Income</b>	<b>16,297</b>	<b>3,371</b>
<b>Operating Expenses</b>		
Advertising & Marketing	193	790
Bank Fees	216	220
Charitable and Political Donations	-	275
Consulting	6,433	14,487
Entertainment-100% business	148	69
General Expenses	128	507
Insurance	185	112
IT Software and Consumables	2,233	1,486
Postage, Freight & Courier	-	3
Spond fees	1	253
Staff Training	660	29
Stripe fees	674	565
Sumup processing fees	-	2
Travel - National	-	8
<b>Total Operating Expenses</b>	<b>10,872</b>	<b>18,806</b>
<b>Net Profit</b>	<b>18,452</b>	<b>(2,915)</b>

# Balance Sheet

## girls ALIVE As at 31 March 2024

	31 MAR 2024	31 MAR 2023
<b>Assets</b>		
<b>Bank</b>		
girls ALIVE Current Acc	596	11,317
girls ALIVE Reserve Acc	22,481	2,361
<b>Total Bank</b>	<b>23,078</b>	<b>13,678</b>
<b>Current Assets</b>		
Accounts Receivable	202	731
<b>Total Current Assets</b>	<b>202</b>	<b>731</b>
<b>Total Assets</b>	<b>23,280</b>	<b>14,409</b>
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Accounts Payable	275	10,165
Loan Account - Eleanor	-	20
Loan Account - Esther	1,538	1,210
<b>Total Current Liabilities</b>	<b>1,813</b>	<b>11,394</b>
<b>Total Liabilities</b>	<b>1,813</b>	<b>11,394</b>
<b>Net Assets</b>	<b>21,467</b>	<b>3,014</b>
<b>Equity</b>		
Current Year Earnings	18,452	(2,915)
Retained Earnings	3,014	5,930
<b>Total Equity</b>	<b>21,467</b>	<b>3,014</b>

# Charity Accounts

girls ALIVE

For the year ended 31 March 2024

Prepared by A4C

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# Profit and Loss

girls ALIVE

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Charitable and Political Donations	-	275
Consulting	6,433	14,487
Entertainment-100% business	148	69
General Expenses	128	507
Insurance	185	112
IT Software and Consumables	2,233	1,486
Postage, Freight & Courier	-	3
Spond fees	1	253
Staff Training	660	29
Stripe fees	674	565
Sumup processing fees	-	2
Travel - National	-	8
<b>Total Operating Expenses</b>	<b>10,872</b>	<b>18,806</b>
<b>Net Profit</b>	<b>18,452</b>	<b>(2,915)</b>

# Balance Sheet

girls ALIVE  
As at 31 March 2024

31 MAR 2024      31 MAR 2023

## Assets

### Bank

girls ALIVE Current Acc	596	11,317
girls ALIVE Reserve Acc	22,481	2,361
<b>Total Bank</b>	<b>23,078</b>	<b>13,678</b>

### Current Assets

Accounts Receivable	202	731
<b>Total Current Assets</b>	<b>202</b>	<b>731</b>

<b>Total Assets</b>	<b>23,280</b>	<b>14,409</b>
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## Liabilities

### Current Liabilities

Accounts Payable	275	10,165
Loan Account - Eleanor	-	20
Loan Account - Esther	1,538	1,210
<b>Total Current Liabilities</b>	<b>1,813</b>	<b>11,394</b>

<b>Total Liabilities</b>	<b>1,813</b>	<b>11,394</b>
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<b>Net Assets</b>	<b>21,467</b>	<b>3,014</b>
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## Equity

Current Year Earnings	18,452	(2,915)
Retained Earnings	3,014	5,930
<b>Total Equity</b>	<b>21,467</b>	<b>3,014</b>

**GIRLS ALIVE**

England & Wales - Charity number 1189672

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# Accounts

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# girls ALIVE Trustees' report

## for the year ended 31 March 2023



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#### Page 2

- Charity and Trustee details
- Structure, governance and management
- Objectives and activities

#### Page 3

- Financial review of reserves
- Public benefit statement

#### Page 4

- Achievements and performance

#### Page 5-16

- The girls ALIVE year – some highlights

## **Charity and Trustee details**

Charity name - girls ALIVE

Charity registration number - 1189672

Principal office address – c/o a4c Unit 18 & 19 Dean House Farm, Church Lane, Newdigate, Surrey, RH5 5DL

Charity Trustees

Gill Venables - Chair of Trustees, Road Cycling liaison

Esther Guy - Treasurer, Swimming liaison

Philippa Curphey - Trustee, Marketing, Running liaison

Agata Zborowska - Trustee, Organisational processes, MTB liaison

Alexa Dizon - Trustee, Events co-ordination

Kate Daniel - Trustee, Communications, Hike liaison.

## **Structure, governance and management**

Governing document - girls ALIVE Constitution

## **Objectives and activities**

Charity purpose - For the public benefit, to advance the health of women in England in particular, but not exclusively, by providing them with opportunities to be physically active.

Charity's main activities- girls ALIVE gives women the opportunity to become active by providing volunteer-led activity groups which are all-female, non-competitive and affordable. girls ALIVE is non-discipline specific and currently has running, road cycling, mountain biking, pool swimming, open water swimming and hiking groups. We offer regular activities and one-off events. Some participants decide they want to expand their involvement and give something back by becoming volunteers. They are provided with support, guidance and training (as appropriate) to help them grow into their role.

**Financial review of reserves**

As a young charity having faced a challenging and uncertain start, we have not yet been in a position to build reserves.

**Public benefit statement**

The trustees have referred to the guidance contained in the Charity Commission’s general guidance on public benefit when reviewing the charity’s objectives and activities, and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the objectives and activities that have been set. In so doing, the trustees have complied with the duty in section 4 of the 2006 Act to have due regard to guidance on public benefit, published by the commission.

girls ALIVE’s aim is, for the public benefit, to advance the health of women in England in particular, but not exclusively, by providing them with opportunities to be physically active. Our public benefit is apparent in the improved health, mental health and wellbeing of the women who are directly involved in our activities and also as a ripple effect, benefitting children, families, friends and whole communities.



## **Achievements and performance**

### **A challenging year**

The focus for girls ALIVE during this period has been on streamlining processes for administrative efficiency; expanding the paid and voluntary team and on innovating to remain viable during the cost of living crisis.

As everyone tightens their belts and carefully considers all expenditure due to rising costs, some naturally decided to stop or pause their girls ALIVE membership, so there has been a dip to reflect this. This, combined with social shifts and changing habits and attitudes following the pandemic, has been a significant challenge.

Additionally, funding streams that were previously targeted at equality and womens' sport have been steered towards health and deprivation. Despite these challenges, girls ALIVE has retained a core active membership and continued regular activities during 2022-2023, with even more planned for 2023-2024 and beyond, including #reachyourpeak challenges, swimventures and more.

During 2022-2023, we have had substantial changes in personnel. Eleanor Lestrage, one of our founders, who was also CEO of girls ALIVE had been the driving force behind our day to day operations as well as the instigator of our longer term plans, supported and guided by the trustees.

It was time for Eleanor to move on to embark on a new career, which forced the organisation to reflect and evolve. We advertised both within and beyond the girls ALIVE community, and secured three new trustees, who were inducted during this year. The trustees are now six strong and each have very clear roles.

A few months later, Clare Dibble, our administrator also left to take on a new employment opportunity, leading to a recruitment process to replace her. Clare's contribution and dedication to girls ALIVE was significant. We thank her for all her hard work and enthusiasm and wish her well.

After receiving numerous applications, girls ALIVE recruited two fabulous new members of the team, Suzie Pearson and Zoe Woodman, to job share the Charity Co-ordinator role.

## The girls ALIVE year – some highlights

Girls ALIVE continued to offer regular activities in the disciplines of hiking, mountain biking, road cycling, swimming, open-water swimming, as well as a regular programme of coached swim sessions and enhanced-privacy swim sessions.

In the summer months, girls ALIVE members enjoyed the better weather and undertook longer hikes in the evenings and weekends. Regular Wednesday evening hike club went 'on tour' to sample some different routes in the lighter evenings.

**Girls ALIVE was proud to enter a team of runners, each raising funds for the girls ALIVE 'reach OUT' campaign.**

Road cyclists took part in various sportives, supporting each other in training and in preparations for the events. Some members planned their own longer adventure rides, taking in the countryside beyond the Surrey Hills.

Friday ride club continues to be a staple of the girls ALIVE weekly schedule, with a variety of rides each week, led by our road cycling volunteers. The girls ALIVE 'colour chart' has proven to be an invaluable tool for communicating the likely pace, distance and elevation of the rides, so members can choose what suits them best.

In autumn 2022, girls ALIVE hosted an extremely successful 'Teas on the Green' fundraiser. The support of our volunteers and members was incredible and the event helped to spread the word about girls ALIVE as well as raising much needed funds.

**From time to time, girls ALIVE members come together from various activities and disciplines to explore something new, or share a love for a different active pursuit. Fun and non-competitive support is always at the heart of everything we do.**

**Open-water swimmers keeping up the girls ALIVE tradition of fun, festive activities!**

**Head torches and heady heights - evening hiking in Spring 2023**

**... and muddy mountain biking!**

**Sunny cycles and happy hikes!**

## **Volunteers**

girls ALIVE is extremely proud of our network of volunteers, numbering around 40! They are the life-blood of the charity, running activities, welcoming new members and coming up with new challenges and ideas. Volunteers are offered first aid training as well as discipline-specific training and are supported by our team of trustees and by the girls ALIVE Charity Co-ordinator. In addition to our robust and regularly reviewed Equal Opportunities and Safeguarding Vulnerable Children and Adults Policies, we have a detailed Volunteering Policy to help ensure that our volunteers are safe, happy and supported.

Our volunteer trustees embrace working hard to juggle every element of running a vibrant charity. We are proud to have expanded our trustee team this year.

## **In summary**

Throughout an exceptionally challenging third full year as a charity, girls ALIVE has evolved and adapted to successfully deliver its charitable aims. We have reigned in plans in response to changing criteria for funding in sport, whilst bolstering our commitment to actively diversify. We will continue to focus on supporting and inspiring our existing membership base, whilst actively seeking to reach women for whom barriers make it harder to engage in active, sociable and emotionally fulfilling communities. The support, the passion, the inspiration and the benefits are in an ever-increasing loop, where each member gains more than they put in and our community is much more than the sum of its parts.

The Trustees are excited about the future of girls ALIVE with a determination to bring the life-changing benefits of exercising together in a women-led, supportive community to women in greater numbers and with increasing diversity across Mole Valley and beyond! We would like to thank every girls

ALIVE member, volunteer, sponsor and supporter who contribute to our ambitious, caring community. You are AWESOME!

# Charity Accounts

girls ALIVE

For the year ended 31 March 2023

Prepared by A4C

# Contents

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# Profit and Loss

girls ALIVE

For the year ended 31 March 2023

	2023	MAR 2022-FEB 2023
<b>Trading Income</b>		
Activity sales	18,698	18,399
Interest Income	11	9
Merchandise sales	289	281
Other Revenue	36	936
Sales	11,760	13,415
<b>Total Trading Income</b>	<b>30,793</b>	<b>33,039</b>
<b>Cost of Sales</b>		
Direct Expenses	17,332	17,274
Direct Wages	740	640
Merchandise	162	912
<b>Total Cost of Sales</b>	<b>18,234</b>	<b>18,826</b>
<b>Gross Profit</b>	<b>12,559</b>	<b>14,213</b>
<b>Other Income</b>		
Donation	3,453	4,322
<b>Total Other Income</b>	<b>3,453</b>	<b>4,322</b>
<b>Operating Expenses</b>		
Advertising & Marketing	790	801
Bank Fees	220	220
Charitable and Political Donations	275	275
Consulting	14,487	14,079
Entertainment-100% business	69	69
General Expenses	585	562
Insurance	112	112
IT Software and Consumables	1,486	1,419
Postage, Freight & Courier	3	16
Spond fees	253	255
Staff Training	29	29
Stripe fees	565	584
Sumup processing fees	2	2
Travel - National	8	8
<b>Total Operating Expenses</b>	<b>18,884</b>	<b>18,431</b>
<b>Net Profit</b>	<b>(2,871)</b>	<b>105</b>

# Balance Sheet

girls ALIVE  
As at 31 March 2023

31 MAR 2023

## Assets

### Bank

girls ALIVE Current Acc	11,317
girls ALIVE Reserve Acc	2,361
<b>Total Bank</b>	<b>13,678</b>

### Current Assets

Accounts Receivable	768
<b>Total Current Assets</b>	<b>768</b>

### Total Assets

**14,446**

## Liabilities

### Current Liabilities

Accounts Payable	10,158
Loan Account - Eleanor	20
Loan Account - Esther	1,210
<b>Total Current Liabilities</b>	<b>11,387</b>

### Total Liabilities

**11,387**

## Net Assets

**3,059**

## Equity

Current Year Earnings	(2,871)
Retained Earnings	5,930
<b>Total Equity</b>	<b>3,059</b>

The accounts were prepared on behalf of the Trustees of Girls Alive Charity.

The members acknowledge that a formal audit is not required, but that the accounts have been prepared to ensure that a true and fair view of the charity's operating activities is disclosed.

Esther Guy

Treasurer & Trustee

*Esther Guy is licensed and regulated by the AAT under licence number FMAAT – 10375743*

**GIRLS ALIVE**

England & Wales - Charity number 1189672

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# Accounts

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# girls ALIVE Trustees' report for the year ended 31 March 2022



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Page 5	The girls ALIVE year – some highlights
Page 12	Evolving our direction
Page 13	Activity beneficiaries
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## **Charity and Trustee details**

Charity name - girls ALIVE

Charity registration number - 1189672

Principal office address – c/o a4c Unit 18 & 19 Dean House Farm, Church Lane, Newdigate, Surrey, RH5 5DL

Charity Trustees

Gill Venables - Chair

Esther Guy - Treasurer

Philippa Curphey - Trustee

## **Structure, governance and management**

Governing document - girls ALIVE Constitution

## **Objectives and activities**

Charity purpose - For the public benefit, to advance the health of women in England in particular, but not exclusively, by providing them with opportunities to be physically active.

Charities main activities- girls ALIVE gives women the opportunity to become active by providing volunteer-led activity groups which are all-female, non-competitive and affordable. girls ALIVE is non-discipline specific and currently has running, road cycling, mountain biking, pool swimming, open water swimming and hiking groups. We offer regular activities and one-off events. Some participants decide they want to expand their involvement and give something back by becoming volunteers. They are provided with support, guidance and training (as appropriate) to help them grow into their role.

## **Financial review of reserves**

As a young charity having faced a challenging and uncertain start, we have not yet been in a position to build reserves.

**Public benefit statement**

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's objectives and activities, and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the objectives and activities that have been set. In so doing, the trustees have complied with the duty in section 4 of the 2006 Act to have due regard to guidance on public benefit, published by the commission.

girls ALIVE's aim is, for the public benefit, to advance the health of women in England in particular, but not exclusively, by providing them with opportunities to be physically active. Our public benefit is apparent in the improved health, mental health and wellbeing of the women who are directly involved in our activities and also as a ripple effect, benefitting children, families, friends and whole communities.



## Achievements and performance

### A challenging start

Recovering and adapting as we all emerge from the depths of the pandemic has raised significant challenges for girls ALIVE, as a small, new charity. Lockdowns provided opportunities for our charity to meet the mental health, exercise and social needs of our members by providing a programme of remote sessions to keep them active and engaged.

As the world changes again to a 'new normal', women have a range of IRL options available to them and many have a strong desire to re-engage in-person. Some have been overwhelmed by the return to previous possibilities and expectations, combined with the demands of 24/7 access to work and the pressures this can bring. Others are juggling family responsibilities or the effects of long-Covid or other health concerns.

How can girls ALIVE continue to meet the needs, bringing our wonderful community to more women, with this backdrop of evolving work and life patterns and ever-increasing time and money pressures for women? How can we provide for the girls ALIVE membership of 200+ women and ensure that we reach diverse cross-sections of the wider community? How much geographical expansion is appropriate in the current conditions? These questions have prompted a lot of research and soul-searching for the trustees.



## The girls ALIVE year – some highlights

In April 2021 girls ALIVE was still operating under strict social distancing rules. There continued to be demand for some remote sessions such as Strength and Conditioning Low Impact Zooms. Some girls ALIVE runners took on challenges such as a 10K running training programme, meeting remotely to support each other and planning routes to briefly converge at a shared finish line. gA cyclists enjoyed looking for and posing amongst the bluebells as they toured the lanes. Glorious hikes took members up Box Hill and further afield.



May 2021 saw gA activities continue to move back to 'in-person', with regularly reviewed Covid procedures adopted by all disciplines, in line with government guidelines. Road cyclists took part in an undulating sportive starting at Alice Holt wood and the pink and yellow Channel Relay swimming teams continued their training in earnest.



In June 2021, rain stopped play for several activities, although rain never stops our hiking groups! A team of intrepid road cyclists also headed to East Sussex to take part in a sportive through the stunning countryside, led by Davina McCall. Newer and more experienced riders find that this is a great event to support those attempting their first sportive.

In July 2021, girls ALIVE members on two wheels took part in the Women's Festival of Cycling, with a celebration of rides across disciplines. The summer weather encouraged volunteers to put on a wide range of activities, from gentle strolls to cycling hill practise sessions. Cross-country riders used the Downs link path to cycle to the coast, meeting girls ALIVE road cyclists for chips on Brighton beach! A first aid training session was very well-attended, investing in our wonderful volunteers. Hikes included a further afield tour of a beautiful Sussex estate. Runners represented gA in the Dorking 10s race and incredibly, the pink Channel Relay Team completed their epic crossing in 15 hours!



August 2021 was the quietest month of the year, as always, as routines alter for holidays. Opportunities were taken for some easy cross-country rides as well as a scattering of the usual rides and runs. Wednesday night hikers stop for nothing, offering welcome continuity for some. The girls ALIVE yellow Channel Relay Team smashed their challenge in an incredible 12 hours and 13 minutes.



September 2021 brought more achievements as part of a 10 week coached and supported couch to 5k course. Runners, riders and hikers also took advantage of some lovely weekend weather as well as the last of the lighter evenings, to slot in some extra activities. girls ALIVE hosted a wonderful girls ALIVE get TOGETHER in a field belonging to a member.

Lively chatter, a fire pit with marshmallows, challenge-planning conversations, dancing and friendship in the

beautiful outdoors made this a night to remember!





In October 2021, 12 members headed off on a 26.2 mile hike through the beautiful Surrey hills, to earn themselves a medal in the Virtual 2021 London Marathon. This month also saw the usual range of activities with special opportunities for different groups of cyclists. Off-riders enjoyed a trip to the YT mill near Guildford, for a guided ride and a chance to try out different bikes. Road cyclists took part in the Ride Reigate sportive and enjoyed an informal meet up at Goodwood motor circuit, where they had fun practising skills and speed in a traffic-free environment. Seasoned cross-country riders took on a challenge taking them from Arundel to Dorking with over 1000m

of ascent. Breaststroke to front crawl coached swim sessions also took place throughout the month and swimmers met at a local lake for open water sessions. Interest in the girls ALIVE channel relay was high, with a well-attended information evening.

In November 2021, girls ALIVE road cyclists were treated to a girls ALIVE pizza, prosecco and bike maintenance evening hosted at a local bike shop, empowering members to have confidence in the face of mechanicals. A coffee morning social was also organised to allow members from different disciplines to have a chance to socialise. Saturday rides and hikes combined with weekday activities and a trial West Sussex road ride catered for a range of women. Mountain Bikers joined roadies in their now traditional 'Pudsey ride' to mark Children in Need by riding up Box Hill via trails or the zig zag, as appropriate.





December 2021 was a time for festive rides and social gatherings with members wearing tinsel, bells or even full Santa costumes for meet ups! Sport England funded a coached swim session in collaboration with girls ALIVE and Surrey Minority Ethnic Forum for a female-only swim, in an exciting development. Our festive Jingle Jog was a real family success with children and adults running a 5K route to receive a gA medal presented by Father Christmas. It was the turn of the mountain bikers to benefit from the girls ALIVE pizza, prosecco and bike maintenance evening. Eleanor LeStrange and Phil Curphey, girls ALIVE's founders, were recipients of the Prime Minister's 'Points of Light' Award for their incredible dedication to our charity.



January 2022 saw a successful New Members' Week, signing up trial members at a coffee morning attended by lots of girls ALIVE volunteers to welcome new faces. Gravel rides, MTB and hiking activities were as regular as ever through the month. Road cycling groups opted to hike instead of cycling in the ice. Wednesday night hikers opted for slightly flatter or shorter route some nights, due to extreme cold, but nothing stops them going out for their weekly exercise and social! Swimming coaching numbers were strong, with lots of resolutions to be fulfilled for the New Year.



February 2022 brought more swim coaching sessions for intermediate/advanced swimmers and those transitioning from breaststroke to front crawl, while mountain bikers enjoyed glorious muddy trails. Wednesday evening hikers armed with head torches benefitted from the full 'snow' moon in the middle of the month and road cyclists made use of indoor trainers when conditions were too icy to hit the lanes. Other riders grabbed their gravel bikes and headed out for a long Saturday off-road adventure taking in Reigate, Polesden Lacey, Headley, Box Hill and Ranmore. Runners took part in Kelly's Guildford 10k as a warm up event for the London Landmarks Half Marathon later in the spring.



In March 2022 our Hikers celebrated International Womens' Day; Mountain Bikers enjoyed Saturday rides and provided beginner/slower pace rides as well as options for more experienced riders; girls ALIVE ran trial road cycling sessions in both Reigate and West Sussex; and Mole Valley girls ALIVE volunteers gathered for an evening social. Our range of hiking options included Tuesday morning, Wednesday evening, Thursday morning, Thursday evening and long weekend hikes, all with different paces, distances and elevations. The girls ALIVE London Landmarks Half Marathon team held a successful and hugely enjoyable quiz night to raise money towards this incredible challenge. This marks the first time that girls ALIVE has secured fundraising places in a major sporting event.

## **Evolving our direction**

Prior to the pandemic, there was a clear focus in grant criteria on levelling the playing field for women and girls in sport. Sport England had grants available in each district to help further this goal.

More recently, the funding focus has shifted towards health and recovery, and so girls ALIVE is seeking new ways to meet this vital need whilst remaining financially viable in a tough financial backdrop. Expanding geographically has been thoroughly investigated and trialled in some areas. Useful research and ideas are on record for expansion to Reigate and Banstead, Epsom and Ewell and also to West Sussex. However, these plans must be kept on hold, while we firm up our base in Mole Valley, seek new funding streams and ensure we are the most relevant to our membership and to available funds.

Covid-recovery, supporting physical health and mental health along with seeking out harder-to-reach communities of women are substantial and worthy goals for us, moving forward.





### Activity beneficiaries

From April 2020 to March 2021 our registered beneficiary numbers grew from 165 to 302, through unprecedented sign up levels during lockdowns. This number has levelled off to average between 200 and 220 members as in-person activities have resumed.

In the year from April 2021 to March 2022, girls ALIVE put on a total of 497 individual events, including 79 runs, 69 hikes and a total of 200 rides! These were split across 59 road rides, 10 cross-country, 65 MTB and 66 Zwift. There were 1378 attendees across these activities.

girls ALIVE attracted 162 trial members during the same time period. These are prospective members who benefit from a chance to dip their

toes in any activities they like the sound of, during a free trial. Of these, 48 became full members, giving a conversion rate of 29.6%.

In our third year of operations as a registered charity, we will seek new opportunities to deepen our impact and grow our membership.

## Volunteers

girls ALIVE is extremely proud of our network of volunteers, numbering around 40. They are the life-blood of the charity, running activities, welcoming new members and coming up with new challenges and ideas. Volunteers are offered first aid training as well as discipline-specific training and are supported by our team of trustees and by the girls ALIVE Charity Co-ordinator. In addition to our robust and regularly reviewed Equal Opportunities and Safeguarding Vulnerable Children and Adults Policies, we have a detailed Volunteering Policy to help ensure that our volunteers are safe, happy and supported.

Our volunteer trustees embrace working hard to juggle every element of running a vibrant charity. In our third year of operations, we will seek to increase our trustee team from the 3 founding trustees to a total of 5 or more, so as to share the load, widen our skills base and broaden our reach.



## **In summary**

Throughout an exceptionally challenging second full year as a charity, girls ALIVE has evolved and adapted to successfully deliver its charitable aims. We have reigned-in plans for geographical growth, in response to changing criteria for funding in sport, whilst bolstering our commitment to actively diversify. We will continue to focus on supporting and inspiring our existing membership base, whilst actively seeking to reach women for whom barriers make it harder to engage in active, sociable and emotionally fulfilling community activities. The support, the passion, the inspiration and the benefits are in an ever-increasing loop, where each member gains more than they put in and our community is much more than the sum of its parts.

The Trustees are excited about the future of girls ALIVE with a determination to bring the life-changing benefits of exercising together in a women-led, supportive community to women in greater numbers and with increasing diversity across Mole Valley and beyond! We would like to thank every girls ALIVE member, volunteer, sponsor and supporter who contributes to our ambitious, caring community. You are AWESOME!



**Balance Sheet**  
**girls ALIVE**  
**As at 31 March 2022**

**31 Mar 2022**

**Assets**

**Total Bank** £6,787.81

**Current Assets** £426.05

**Total Assets** £7,213.86

**Liabilities**

**Current Liabilities** £1,283.92

**Total Liabilities** £1,283.92

**Net Assets** £5,929.94

**Equity**

Current Year Earnings -£2,120.59

Retained Earnings £8,050.53

**Total Equity** £5,929.94

**Profit and Loss**  
**girls ALIVE**  
**For the 12 months ended 31 March 2022**

**Mar-22**

**Income**

Activity sales	£8,434.07
Interest Income	£0.08
Merchandise sales	£3,951.03
Other Revenue	£900.99
Sales	£12,116.14
<b>Total Income</b>	<b>£25,402.31</b>

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**Less Cost of Sales**

Direct Expenses	£6,297.13
Merchandise	£3,839.20
<b>Total Cost of Sales</b>	<b>£10,136.33</b>

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**Gross Profit**

**£15,265.98**

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**Plus Other Income**

Donation	£2,402.31
Grant funding	£970.00
<b>Total Other Income</b>	<b>£3,372.31</b>

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**Less Operating Expenses**

Advertising & Marketing	£666.96
Bank Fees	£281.44
Consulting	£15,867.02
Entertainment-100% business	£46.87
General Expenses	£271.64
Health & Safety	£13.98
Insurance	£112.00
IT Software and Consumables	£1,939.03
Legal Expenses	£0.00
Postage, Freight & Courier	£35.12
Printing & Stationery	£2.50
Spond fees	£323.45
Staff Training	£721.95
Stripe fees	£474.79
Sumup processing fees	£2.13
<b>Total Operating Expenses</b>	<b>£20,758.88</b>

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**Net Profit**

**-£2,120.59**

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The logo for 'girls ALIVE' is centered at the top of the page. It consists of the word 'girls' in a lowercase, sans-serif font, followed by 'ALIVE' in a larger, uppercase, sans-serif font. Both words are white and set against a solid black rectangular background.

For the financial year ending 31<sup>st</sup> March 2022, the girls ALIVE bookkeeping was undertaken by two paid members of the team. These were then independently reviewed and the Management Accounts were prepared by our Trustee Treasurer.

Further information available on request.

The girls ALIVE Trustees

**GIRLS ALIVE**

England & Wales - Charity number 1189672

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# Accounts

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# girls ALIVE Trustees' report for the year ended 31 March 2021



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- Charity and Trustee details
- Structure, governance and management
- Objectives and activities
- Financial review of reserves

Page 3

- Public benefit statement

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- Achievements and performance

## **Charity and Trustee details**

- Charity name - girls ALIVE
- Charity registration number - 1189672
- Principal office address - 8 Bentsbrook Park, North Holmwood, Dorking RH5 4JN
- Charity Trustees
  - Gill Venables - Chair
  - Esther Guy - Treasurer
  - Philippa Curphey - Trustee

## **Structure, governance and management**

Governing document - girls ALIVE Constitution

## **Objectives and activities**

Charity purpose - For the public benefit, to advance the health of women in England in particular, but not exclusively, by providing them with opportunities to be physically active.

Charities main activities- girls ALIVE gives women the opportunity to become active by providing volunteer-led activity groups which are all-female, non-competitive and affordable. girls ALIVE is non-discipline specific and currently has running, road cycling, mountain biking, pool swimming, open water swimming and hiking groups. We offer regular activities and one-off events. Some participants decide they want to expand their involvement and give something back by becoming volunteers. They are provided with support, guidance and training (as appropriate) to help them grow into their role.

## **Financial review of reserves**

As a young charity having faced a challenging and uncertain start, we have not yet been in a position to build reserves.

**Public benefit statement**

The trustees have referred to the guidance contained in the Charity Commission’s general guidance on public benefit when reviewing the charity’s objectives and activities, and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the objectives and activities that have been set. In so doing, the trustees have complied with the duty in section 4 of the 2006 Act to have due regard to guidance on public benefit, published by the commission.

girls ALIVE’s aim is, for the public benefit, to advance the health of women in England in particular, but not exclusively, by providing them with opportunities to be physically active. Our public benefit is apparent in the improved health, mental health and wellbeing of the women who are directly involved in our activities and also as a ripple effect, benefitting children, families, friends and whole communities.



## Achievements and performance

### A challenging start

The emergence of the pandemic and the restrictions that followed presented significant challenges for girls ALIVE as a newly formed charity. Our work became more important than ever as physical activity and social contact were desperately needed to support physical and mental health through successive lockdowns.

Faced with the shutdown of our in-person activities, due to government restrictions, we had to be dynamic and adapt quickly in order to continue to support our beneficiaries, who at the time numbered 165 women.



### The emergency plan

The Trustees and management met regularly (virtually) as the situation developed to carefully plan how best we could support our members and to continue to deliver our charitable purpose. 4 main aims were identified

- Keep moving
- Stay connected
- Keep members informed
- Stay safe

## Keep moving

We began by running a series of online physical activities including yoga, strength and conditioning, low impact workout etc. These quickly grew popular and were a great tool for keeping people connected as well as supporting physical wellbeing. We continued to run a weekly programme of this kind until 4 weeks after the last lockdown.

### *Virtual activities schedule and marketing material*

**girls ALIVE**  
virtual activities

Supporting the health and well-being of women during the national lockdown

Supported by Sport England, Active Surrey and The National Lottery  
girls ALIVE is able to bring you free virtual activity sessions to help us stay active and connected

Welcoming & encouraging | All-female | Free sessions | For all ages (18+) and ability levels

**Low impact workout** - for all including those with lower mobility  
**Strength and conditioning** - intermediate  
**Mindfulness** - a chance to take a moment for yourself  
**HIIT** - higher intensity training  
**Pilates** - for all abilities  
**Run coaching** - from beginner to intermediate  
**Yoga** - for all abilities  
**Skills sharing** - build confidence in the skills we need to be independently active  
**Community cuppa** - virtual catch up over a cuppa  
**Swim zone** - swim related topics for those missing the water

To register and for full weekly schedule go to [www.girlsalive.org.uk](http://www.girlsalive.org.uk)  
@girlsaliveuk or email [eleanor@girlsalive.org.uk](mailto:eleanor@girlsalive.org.uk)

LOTTERY FUNDED | girls ALIVE | SPORT ENGLAND | ACTIVE SURREY

**girls ALIVE virtual programme**

<b>Monday</b>	10-10.45am Low impact workout 8-8.30pm Skills sharing
<b>Tuesday</b>	2-2.15pm gA community cuppa 6.30 pm Strength and conditioning
<b>Wednesday</b>	12-12.45pm Mindfulness
<b>Thursday</b>	8.00 - 8.30 am HIIT class 7.30-8pm virtual ride on Zwift
<b>Friday</b>	11-11.45am Pilates 2-2.15pm gA community cuppa
<b>Saturday</b>	9-9.30am Improve your run form
<b>Sunday</b>	10am Morning yoga

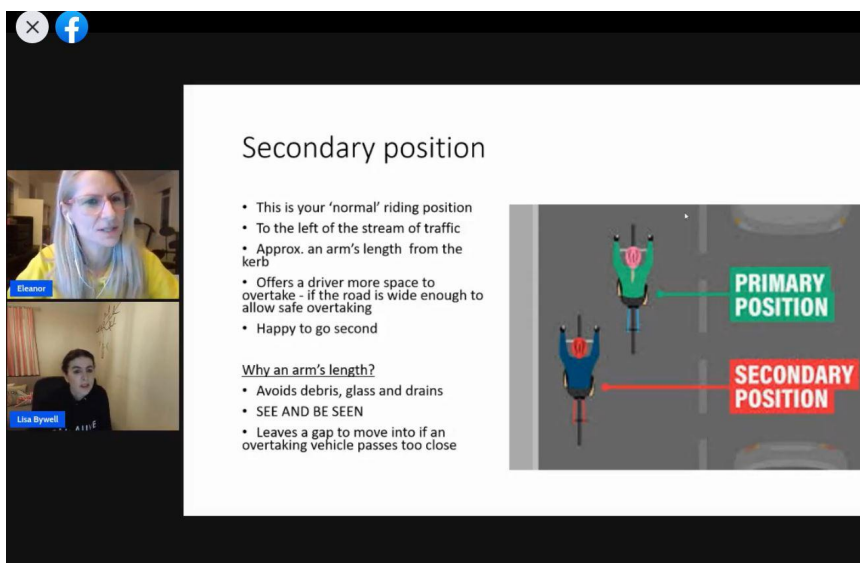
### *Social chat before low impact workout*



## Staying connected

We further developed our online programme to include well being check ins, which we called Community Cuppas, and skills sharing sessions hosted by volunteers who had knowledge of a particular topic. Safe road positioning and map reading, amongst others, were hosted by our brilliant volunteers, who enjoyed the challenge of preparing for the session and sharing their skills with other members. For our swimmers who were desperately missing the water, we hosted inspiring talks by Channel swimmers, authors and champion ice swimmers, as well as shared safety information about open water swimming.

### Safe road positioning for cyclists webinar - Eleanor and Lisa



The screenshot shows a webinar interface with two video thumbnails on the left: one for Eleanor and one for Lisa Bywell. The main content is a slide titled "Secondary position" with the following text:

**Secondary position**

- This is your 'normal' riding position
- To the left of the stream of traffic
- Approx. an arm's length from the kerb
- Offers a driver more space to overtake - if the road is wide enough to allow safe overtaking
- Happy to go second

Why an arm's length?

- Avoids debris, glass and drains
- SEE AND BE SEEN
- Leaves a gap to move into if an overtaking vehicle passes too close

On the right side of the slide, there is a diagram of a road with two cyclist icons. The top cyclist is in a green jersey and is labeled "PRIMARY POSITION". The bottom cyclist is in a blue jersey and is labeled "SECONDARY POSITION".

### Map reading webinar - Tracey and Alex



The screenshot shows a webinar slide titled "How to stay on your route". The main content is a photograph of a hand holding a compass over a map. The text on the slide reads:

**How to stay on your route**

**Setting your map -** Using a compass OR Using features

At the bottom of the slide, there is a small text box that says "steampunk.com is sharing your screen" and a "Stop sharing" button. There is also a "hide" button and a small logo for "Map Reading and Navigation | Matt and Rozzie".

*Mountain bike maintenance - Jenny, Keryn and Zoe*



Social media was a very useful tool that we used to keep our members moving, connected and reaching out to new beneficiaries. We ran a series of online challenges such as 'Lockdown to Lapland', 'Join in Jan' and 'gA Strava art' challenge. There was clearly a huge appetite for good online content that kept people feeling positive and connected as our Facebook membership grew significantly during this period.

Our activity app, Spond, played a part in connecting people and keeping them active too. When government restrictions allowed people to meet in 2's for exercise, we adapted our app permissions to enable our members to connect with each other to arrange to 'buddy up' for walks, runs and cycles.

*Nellie and Seema getting together for a hike in the rain*



*Rona and Esther featuring in one of our newsletters to highlight our buddy system and our photo competition to inspire others to get out when possible*



### **Our lockdown #2 photo competition**

We have loved seeing how you have buddied up over the last few weeks and even shared some of your gorgeous photos on our Facebook community page.

Well done to Esther and Rona who took a dip in the Channel yesterday in an effort to continue their swim training and hang on to their cold water acclimatization. Just look at those post-swim smiles.

We'd love to get a collection of photographs together tell the story of how we have survived another lockdown with the support of our girls ALIVE buddies so we thought we'd run a little competition. Keep an eye on our Facebook community page next Wednesday for details of what you could win!!!

If you are not already a member get on over there for all the girls ALIVE latest [Click this link to request membership to this closed page on Facebook and join in the fun.](#)

To keep our members motivated to get outside and remain active we ran a number of physical challenges including girls ALIVE PB challenge and virtual Couch to 5K.

The idea of the PB challenge was to set and train for your own personal goal and once completed you got a medal. This challenge was inclusive, fun and inspiring and certainly helped our beneficiaries to feel connected and to retain a sense of community during a time when many were feeling isolated and anxious.

### Theresa's girls ALIVE PB Challenge



The Couch to 5K challenge encouraged those who have not tried running before to engage with the NHS Couch to 5K programme and cheer each other on via our social media channels. We were able to create a real sense of teamwork and encouragement through both of these challenges

### Abi completing her Couch to 5K challenge



### Keeping people informed (and smiling)

Throughout the changing times of the pandemic we sent out regular newsletters to keep members and volunteers informed of the latest restrictions and what support was currently available through girls ALIVE. We also used social media and our member app to inform members of changes to activities and covid protocols.

*An example of our typically jovial yet informative member update & Amanda, Eleanor, Carolyn, Emma, Emily and Vicki enjoying a bit of Channel swimming chat on zoom*



Happy Friday << Test First Name >>.

We are nearly there. This annus horribilis (reference for those old enough to remember 1992) is almost at an end. But before we say farewell, or good riddance, to 2020, we have been gifted the opportunity to get back to what we love for the last few weeks of the year.

As always, after the government announces changes to restrictions, we are awaiting guidance from Sport England, however, it is highly likely that we will be able to resume our activities **under tier 2 COVID protocols** from Wednesday 2nd December. It may be a few days before we have full details but here at gAHQ we are planning ahead for our a full schedule of activities to restart from Wednesday morning.

## Staying safe

Each time government restrictions were lifted, we were quick to resume any permitted activities under strict covid protocols. We used our club app, Spond, to support us in keeping accurate attendance records, restrict group numbers, organise groups, communicate plans and covid protocols.

*Member Covid update & Tuesday morning hike demonstrating social distancing during the rule of 6*



**We want you to feel confident and able to return to your beloved activities in the knowledge that we are doing what's required to keep our groups COVID safe.**

**Here is a reminder of our COVID code which applies across all our activities, without exception.**

### **girls ALIVE COVID Code**

- 1 - Register your attendance using the Spond app
- 2 - Remain in your pod of 6 or fewer
- 3 - Maintain social distancing at all times - before, during and after your activity
- 4 - Wash/sanitise your hands before, during and after your activity. Please bring a small bottle of hand sanitiser for personal use.
- 5 - Strictly, no sharing of food, drink or equipment
- 6 - You must not attend a girls ALIVE activity if you have COVID symptoms, someone in your household has COVID symptoms or if you have been asked to self isolate by NHS track and trace.
- 7 - If you develop Covid symptoms or test positive for COVID, please email [eleanor@girlsalive.org.uk](mailto:eleanor@girlsalive.org.uk) immediately.

## Using the time to plan ahead

During lockdowns we used the time wisely to put new structures, procedures and policies in place for our fledgling charity.

The Trustees and management worked hard so that once restrictions were lifted we would be as ready as possible to get back to our in-person activities.

We developed and planned our volunteer training programme during this time so that it was ready to be implemented in April 2021.

*Volunteer ride leader training  
Tracey, Fiona, Gill, Georgina, Karen and Lisa*



*Volunteer hike leader training  
Seema, Hilary, Kate, Violetta, Tasha and Smita*



## **Growth in beneficiary numbers**

From March 2020 to March 2021 our registered beneficiary numbers grew from 165 to 302.

## **In summary**

Throughout an exceptionally challenging first full year as a charity, girls ALIVE adapted rapidly and successfully delivered its charitable aims with drive, determination and passion. A dedicated team worked extremely hard to widen our reach and in doing so almost doubled the number of direct beneficiaries.

The Trustees are very satisfied that girls ALIVE is in a great position to deliver even more in its second year and beyond.



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# Management Accounts ye 31/03/2021

girls ALIVE

30 November 2021

Prepared by Esther Guy

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girls ALIVE  
For the 12 months ended 31 March 2021

Mar-21

<b>Income</b>	
Activity sales	5,399
Interest Income	-
Merchandise sales	2,128
<b>Total Income</b>	<b>7,526</b>
<b>Less Cost of Sales</b>	
Direct Expenses	6,289
Merchandise	1,538
<b>Total Cost of Sales</b>	<b>7,827</b>
<b>Gross Profit</b>	<b>(300)</b>
<b>Plus Other Income</b>	
Donation	7,859
Grant funding	7,220
<b>Total Other Income</b>	<b>15,079</b>
<b>Less Operating Expenses</b>	
Advertising & Marketing	864
Bank Fees	464
Consulting	8,590
General Expenses	132
Health & Safety	162
Insurance	236
IT Software and Consumables	1,443
Postage, Freight & Courier	41
Spond fees	19
Staff Training	201
Stripe fees	65
<b>Total Operating Expenses</b>	<b>12,217</b>
<b>Net Profit</b>	<b>2,562</b>

# Balance Sheet



## girls ALIVE As at 31 March 2021

31 Mar 2021

### Assets

<b>Bank</b>	
girls ALIVE Current Acc	5,186
girls ALIVE Reserve Acc	1,601
<del>XXXXXXXXXXXXXXXXXXXX</del>	1,024
<b>Total Bank</b>	<b>7,811</b>
<b>Current Assets</b>	
Accounts Receivable	1,479
Gifts & Vouchers	-
<b>Total Current Assets</b>	<b>1,480</b>
<b>Total Assets</b>	<b>9,291</b>

### Liabilities

<b>Current Liabilities</b>	
Accounts Payable	543
Loan Account - <del>XXXXXXXXXXXXXXXXXXXX</del>	356
Loan Account - <del>XXXXXXXXXXXXXXXXXXXX</del>	341
Rounding	(1)
<b>Total Current Liabilities</b>	<b>1,240</b>
<b>Total Liabilities</b>	<b>1,240</b>
<b>Net Assets</b>	<b>8,051</b>

### Equity

Current Year Earnings	2,562
Retained Earnings	5,489
<b>Total Equity</b>	<b>8,051</b>

## girls ALIVE March 2021

	Current	February	January	December	Older	Total
<b>Receivables</b>						
<del>xxxxxx</del> XXXXXXXXXX	-	-	-	-	(1)	(1)
<del>xxxxxx</del> XXXXXX	-	-	-	-	-	-
Mole Valley District Council	1,000	-	-	-	-	1,000
Victoria Hotel	-	-	-	-	480	480
<b>Total Receivables</b>	<b>1,000</b>	-	-	-	<b>479</b>	<b>1,479</b>
	67.6%	0.0%	0.0%	0.0%	32.4%	

## girls ALIVE March 2021

	Current	February	January	December	Older	Total
<b>Payables</b>						
CS&PF	340	-	-	-	-	340
Elxaxo Co XXXXXXX	120	-	-	-	-	120
Google Ireland	83	-	-	-	-	83
<b>Total Payables</b>	<b>543</b>	-	-	-	-	<b>543</b>
<b>Total Expense Claims</b>						
	-	-	-	-	-	-
<b>Total</b>	<b>543</b>	-	-	-	-	<b>543</b>
	100.0%	0.0%	0.0%	0.0%	0.0%	