

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.

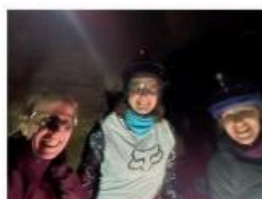
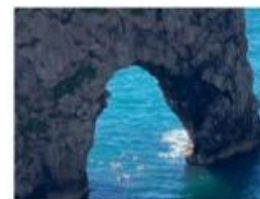
Elen's Chase the Sun!

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
Trading Income		
Activity sales	12,559	18,698
Interest Income	121	11
Merchandise sales	1,142	289
Other Revenue	15	29
Sales	9,504	11,727
Total Trading Income	23,340	30,753
Cost of Sales		
Direct Expenses	2,650	17,332
Direct Wages	5,945	740
Merchandise	1,718	162
Total Cost of Sales	10,313	18,234
Gross Profit	13,027	12,519
Other Income		
Donation	544	3,371
Grant funding	15,753	-
Total Other Income	16,297	3,371
Operating Expenses		
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
Total Operating Expenses	10,872	18,806
Net Profit	18,452	(2,915)

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
Total Bank	23,078	13,678
Current Assets		
Accounts Receivable	202	731
Total Current Assets	202	731
Total Assets	23,280	14,409
Liabilities		
Current Liabilities		
Accounts Payable	275	10,165
Loan Account - Eleanor	-	20
Loan Account - Esther	1,538	1,210
Total Current Liabilities	1,813	11,394
Total Liabilities	1,813	11,394
Net Assets	21,467	3,014
Equity		
Current Year Earnings	18,452	(2,915)
Retained Earnings	3,014	5,930
Total Equity	21,467	3,014

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
Trading Income		
Activity sales	12,559	18,698
Interest Income	121	11
Merchandise sales	1,142	289
Other Revenue	15	29
Sales	9,504	11,727
Total Trading Income	23,340	30,753
Cost of Sales		
Direct Expenses	2,650	17,332
Direct Wages	5,945	740
Merchandise	1,718	162
Total Cost of Sales	10,313	18,234
Gross Profit	13,027	12,519
Other Income		
Donation	544	3,371
Grant funding	15,753	-
Total Other Income	16,297	3,371
Operating Expenses		
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
Total Operating Expenses	10,872	18,806
Net Profit	18,452	(2,915)

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
Total Bank	23,078	13,678
Current Assets		
Accounts Receivable	202	731
Total Current Assets	202	731
Total Assets	23,280	14,409
Liabilities		
Current Liabilities		
Accounts Payable	275	10,165
Loan Account - Eleanor	-	20
Loan Account - Esther	1,538	1,210
Total Current Liabilities	1,813	11,394
Total Liabilities	1,813	11,394
Net Assets	21,467	3,014
Equity		
Current Year Earnings	18,452	(2,915)
Retained Earnings	3,014	5,930
Total Equity	21,467	3,014