

HIGH STREET FITNESS & WELLBEING

England & Wales · Charity number 1191451

Details

Status Registered

Legal form CIO

Registered 2020-09-23

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

Contact

Address High Street Fitness
2-4 George Street
Pontypool
Gwent
Torfein
NP4 6LR

Phone 07581207058

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Website [www.https://highstreetfitness.co.uk](https://highstreetfitness.co.uk)

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF THE UK AND ITS COMMUNITIES, THE PROVISION OF FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABLEMENT, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES OR FOR THE PUBLIC AT LARGE IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITION OF LIFE OF THE SAID INHABITANTSTO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: Community Charity to increase health and well-being via the use of fitness, advice and support to those in affected poor socioeconomic conditions.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Bridgend
- Caerphilly
- Torfaen

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£126,670	£101,792	-	-
2024-04-01	£87,975	£77,893	-	-
2023-04-01	£66,184	£89,098	-	-
2022-04-01	£15,561	£15,148	-	-
2021-04-01	£12,423	£11,836	-	-

Trustees

Name	Role	Appointed
Dafydd James	Chair	2022-01-01
Chay Billen		2023-02-02
Daniel Crandon		2024-03-01
Dr Paul Terence Thomas		2021-09-01
Judith Majors		2023-02-02

HIGH STREET FITNESS & WELLBEING

England & Wales - Charity number 1191451

Accounts

High Street Fitness Annual Return Report

Executive Summary

The past year has been a period of both challenge and progress for High Street Fitness. Despite economic pressures leading to a reduction in revenue from £78,012 to £66,184, we have remained steadfast in our mission to provide accessible fitness opportunities and essential support for individuals facing drug addiction and mental health challenges.

Our membership numbers have grown only slightly, reflecting increased community engagement and trust in our services. This growth has been accompanied by the expansion of our facilities and programs, ensuring that our members receive the best possible support. Our focus on integrating mental and physical health has resulted in successful rehabilitation programs that continue to make a tangible difference in people's lives.

Financially, we have implemented strategic cost-saving measures, allowing us to mitigate rising fixed costs and sustain our impact. We remain committed to financial prudence while exploring new fundraising opportunities to strengthen our long-term stability.

Chair's Report – Dafydd James

Over the past year, High Street Fitness has continued to serve as a crucial community resource, providing a safe and supportive environment for individuals looking to improve their physical and mental well-being. Our ability to adapt in response to economic difficulties has been commendable, thanks to our dedicated team and the generosity of our donors.

Membership growth has been a key highlight, reinforcing the importance of our work. The addition of new equipment and expanded facilities has allowed us to cater to a broader demographic, including those recovering from addiction and mental health struggles.

The expansion of our rehabilitation programs has been particularly impactful. The Recovery Through Fitness initiative has seen increased participation, helping individuals rebuild their confidence and physical strength while overcoming substance dependency. Likewise, our Mental Wellness Workshops have provided critical coping mechanisms for those dealing with anxiety, depression, and stress.

Looking ahead, we aim to continue growing our membership, forming partnerships with local organisations, and ensuring financial sustainability. High Street Fitness remains committed to supporting those who need us most and strengthening our role as a cornerstone of health and well-being in our community.

Founder's Statement – [Your Name], Operations Director

Reflecting on the past year, I am immensely proud of the resilience and growth High Street Fitness has demonstrated. While financial pressures have been unavoidable, our strategic approach to managing costs and maximising impact has ensured that we continue to serve our community effectively.

We have placed a strong emphasis on ensuring that every individual who steps through our doors has access to high-quality fitness facilities and tailored programs that support their journey to better health. This year, our investment in mental health initiatives and addiction recovery programs has been a defining achievement.

The coming year presents exciting opportunities for further expansion. Our goals include:

- Increasing Membership through enhanced marketing and outreach efforts.
- Enhancing Our Facilities with additional equipment and upgraded spaces.
- Strengthening Our Community Programs by integrating new support services tailored to those battling mental health challenges and addiction.
- Improving Financial Sustainability by launching innovative fundraising initiatives and securing grant funding.
- Appointing a new, more energised Operations Manager

I want to personally thank our members, volunteers, donors, and staff for their unwavering commitment. Your support fuels our mission and enables us to make a lasting impact on countless lives.

Financial Overview

This past year, our total revenue was £66,184, reflecting a decline from £78,012 the previous year. The primary reason for this decrease has been economic pressures affecting membership retention and attendance. Despite these challenges, we have remained financially stable due to careful budget management and cost-saving initiatives.

Key Financial Highlights:

- **Fixed Cost Increases:** Rising rent and electricity costs significantly impacted our budget.
- **Operational Adjustments:** Strategic staffing changes and energy efficiency initiatives helped offset these rising costs.
- **Fundraising Success:** Despite economic challenges, donor contributions and fundraising events remained strong, helping to sustain our core programs.

Our financial position remains stable, and we are actively exploring new income streams to support our future growth.

Cost Reduction Initiatives

In response to increasing operational costs, we implemented several cost-saving measures that allowed us to maintain financial stability while continuing to deliver high-quality services.

Key Cost-Saving Strategies:

1. **Energy Efficiency Upgrades:** LED lighting and optimized heating systems led to a 12% reduction in utility costs.
2. **Supplier Contract Renegotiations:** New contracts with suppliers helped us secure better rates for gym equipment and facility maintenance.
3. **Operational Efficiencies:** Adjustments to staffing hours and automation of administrative tasks reduced overhead expenses.

These measures have helped us balance our budget while ensuring the continued growth of our programs and facilities.

Membership and Community Impact

High Street Fitness has made significant strides in expanding our membership base and increasing our outreach. This year, we successfully introduced new fitness programs and community initiatives that have strengthened our role as a wellness hub.

Membership Growth

- Increased participation in group fitness classes and personal training sessions.
- Higher retention rates due to improved facilities and expanded program offerings.
- Strengthened support for underprivileged individuals through sponsored memberships and community outreach efforts.

Support for Drug Abuse Recovery and Mental Health

- **Recovery Through Fitness:** A structured program using exercise as a tool for addiction recovery.
- **Mental Wellness Workshops:** Sessions focused on mindfulness, stress management, and emotional resilience.
- **Partnerships with Local Health Organizations:** To provide a more holistic approach to wellness.

The positive feedback from participants highlights the success of these initiatives, reinforcing our commitment to expanding and refining our programs.

Looking Forward

The future of High Street Fitness is bright, and we have set ambitious goals to further our impact:

- **Expand Membership Programs:** Introduce flexible pricing and targeted marketing to attract new members.
- **Increase Community Outreach:** Strengthen partnerships with local organizations and healthcare providers.
- **Enhance Facility Infrastructure:** Invest in additional equipment and space modifications.
- **Secure Additional Funding:** Apply for grants and launch innovative fundraising campaigns to ensure long-term sustainability.

Our strategic focus is on growth, sustainability, and inclusivity, ensuring that we continue to make a meaningful difference in people's lives.

Acknowledgements

None of our achievements would be possible without the dedication and generosity of our supporters.

A Special Thanks To:

- Our Volunteers, whose dedication has been instrumental in maintaining our high standards of service.
 - Our Members, who make up the heart of High Street Fitness, who haven't run off to the latest big, hi-tech, selfie driven gym (we are sure they will be back) and contribute to our thriving community.
-
- Our Community Partners, who have helped us extend our impact beyond our gym's walls.

As we look ahead, we are grateful for the continued support of our community. Together, we are transforming lives and promoting healthier futures.

Dr Paul T Thomas

Dr Paul Thomas

Founder & Operations Director
High Street Fitness

Overview

So at a glance here is a summary of Highstreet Fitness has prepared its unaudited financial statements for the year ended 31 March 2024. These accounts have been compiled in accordance with the small companies' regime and comply with Section 1A of FRS 102.

Financial Highlights

1. **Turnover:** The company's turnover for the year increased significantly to £87,975 compared to £66,185 in the previous year, reflecting a growth of approximately 33%.
2. **Profitability:**
 - o Operating profit stood at £10,082, a notable improvement from the operating loss of £5,705 recorded in the previous year.
 - o After accounting for interest expenses (£299), the company achieved a profit before taxation of £9,783.
3. **Retained Earnings:**
 - o The accumulated retained losses reduced from £22,806 in 2023 to £13,023 in 2024 due to the positive financial performance during the year.

Financial Position

1. **Assets:**
 - o Tangible fixed assets were valued at £30,779, down from £35,105 due to annual depreciation charges of £10,260.
 - o Cash at bank and in hand amounted to £2,053.
2. **Liabilities:**
 - o Current liabilities decreased to £28,584 from £34,866, primarily comprising social security obligations (£5,056) and other creditors (£23,528).
 - o Long-term liabilities, including bank loans, stood at £17,171, down from £25,347 in 2023.
3. **Net Liabilities:**
 - o The company's net liabilities decreased to £12,923 from £22,706 in 2023,

indicating a significant improvement in its financial health.

Key Cost Analysis

- Administrative expenses totaled £77,893, down from £89,090 in the prior year. Major cost components include:
 - o Rent: £29,617
 - o Light and heat: £10,269
 - o Repairs and maintenance: £10,934
 - o Depreciation: £10,260
- The decrease in administrative expenses, alongside increased turnover, contributed to the company's profitability.

Observations and Recommendations

1. Profitability:

- o The company has shown strong financial recovery, transitioning from a loss to a profit. Sustaining this trend requires continuous focus on cost control and revenue growth.

2. Liquidity:

- o The reduction in liabilities is positive, but cash reserves remain low (£2,053). Strengthening liquidity through increased cash flow management should be a priority.

3. Fixed Assets:

- o Investments in plant and machinery (£5,934 in 2024) indicate ongoing improvements. However, continuous monitoring of asset efficiency and depreciation impact is essential.

Conclusion

Highstreet Fitness Limited has demonstrated significant financial improvement during the year ended 31 March 2024. Despite the accumulated losses, the company is moving towards stability, backed by increased turnover and controlled expenses. Maintaining focus on operational efficiency and liquidity will be crucial for long-term growth and sustainability.

Report on Highstreet Fitness Limited – Year Ended 31 March 2024

ACCOUNTS

FOOKS & CO

Accountants and Business Advisors

14 High Street

Bargoed

Caerphilly

CF81 8RA

Financial Statements

Year ended 31 March 2024

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Highstreet Fitness Charity

Director's Report

Year ended 31 March 2024

The director presents his report and the unaudited financial statements of the company for the year ended 31 March 2024.

Director

The founder and director who served the company during the year was as follows:

Dr P T Thomas

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 19 December 2024 and signed on behalf of the board by:

Dr P T Thomas Director

Registered office:
2 George Street
Pontypool
NP4 6LR

Highstreet Fitness Charity

Statement of Income and Retained Earnings

Year ended 31 March 2024

		2024	2023
	Note	£	£
Turnover		87,975	66,185
Gross profit		87,975	66,185
Administrative expenses		77,893	89,090
Other operating income		–	17,200
Operating profit/(loss)		10,082	(5,705)
Interest payable and similar expenses		299	–
Profit/(loss) before taxation	5	9,783	(5,705)
Tax on profit/(loss)		–	–
Profit/(loss) for the financial year and total comprehensive income		9,783	(5,705)
Retained losses at the start of the year		(22,806)	(17,101)
Retained losses at the end of the year		(13,023)	(22,806)

All the activities of the company are from continuing operations.

Highstreet Fitness Charity

The notes on pages 4 to 7 form part of these financial statements.

Statement of Financial Position

31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	6	30,779	35,105
Current assets			
Cash at bank and in hand		2,053	2,402
Creditors: amounts falling due within one year	7	28,584	34,866
Net current liabilities		26,531	32,464
Total assets less current liabilities		4,248	2,641
Creditors: amounts falling due after more than one year	8	17,171	25,347
Net liabilities		(12,923)	(22,706)
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(13,023)	(22,806)
Shareholders deficit		(12,923)	(22,706)

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with Section 1A of FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

For the year ending 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

Highstreet Fitness Charity

These financial statements were approved by the board of directors and authorised for issue on 19 December 2024, and are signed on behalf of the board by:

Dr P T Thomas
Director

Company registration number: 12505718

The notes on pages 4 to 7 form part of these financial statements.

Highstreet Fitness Charity

Notes to the Financial Statements

Year ended 31 March 2024

1. General information

The not for profit company Charity, registered in England and Wales. The address of the registered office is 2 George Street, Pontypool, NP4 6LR.

2. Statement of compliance

These financial statements have been prepared in compliance with Section 1A of FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

3. Accounting policies Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer (usually on despatch of the goods); the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in equity, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in equity in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in equity in respect of that asset, the excess shall be recognised in profit or loss.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	-	25% reducing balance
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3. Accounting policies (continued)

Highstreet Fitness Charity

Notes to the Financial Statements (continued)

Year ended 31 March 2024

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the company are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

3. Accounting policies (continued) Financial instruments (continued)

Highstreet Fitness Charity

Notes to the Financial Statements (continued)

Year ended 31 March 2024

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Employee numbers

The average number of persons employed by the company during the year amounted to 1 (2023: 1).

5. Profit before taxation

Profit before taxation is stated after charging:

	2024	2023
	£	£
Depreciation of tangible assets	10,260	11,701

6. Tangible assets

	Plant and machinery £
Cost	
At 1 April 2023	77,864
Additions	5,934
At 31 March 2024	83,798
Depreciation	
At 1 April 2023	42,759
Charge for the year	10,260
At 31 March 2024	53,019
Carrying amount	
At 31 March 2024	30,779
At 31 March 2023	35,105

7. Creditors: amounts falling due within one year

	2024	2023
	£	£
Social security and other taxes	5,056	1,592
Other creditors	23,528	33,274

Highstreet Fitness Charity

Notes to the Financial Statements (continued)

Year ended 31 March 2024

		28,584	34,866
8. Creditors: amounts falling due after more than one year			
	2024	2023	
	£	£	
Bank loans and overdrafts	17,171	25,347	

9. Director's advances, credits and guarantees

During the year the director entered into the following advances and credits with the company: 2024

	Balance brought forward £	Advances/ (credits) to director £	the Balance outstanding £
Dr P T Thomas	(21,537)	10,634	(10,903)

	2023 Balance brought forward £	Advances/ (credits) to director £	the Balance outstanding £
Dr P T Thomas	(37,169)	15,632	(21,537)

Highstreet Fitness Charity

Management Information

Year ended 31 March 2024

The following pages do not form part of the financial statements.

Highstreet Fitness Charity

Detailed Income Statement

Year ended 31 March 2024

	2024	2023
	£	£
Turnover		
Sales	87,975	66,185
Gross profit	87,975	66,185
Overheads		
Administrative expenses	77,893	89,090
Other operating income	–	17,200
Operating profit/(loss)	10,082	(5,705)
Interest payable and similar expenses	(299)	–
Profit/(loss) before taxation	9,783	(5,705)

Highstreet Fitness Charity

Notes to the Detailed Income Statement

Year ended 31 March 2024

	2024	2023
	£	£
Administrative expenses		
Rent	29,617	27,194
Rates and water	1,800	1,800
Light and heat	10,269	9,538
Insurance	1,606	1,606
Repairs and maintenance	10,934	10,503
Cleaning costs	1,868	2,224
Travel and subsistence	2,770	394
Hire costs	1,330	
17,206		
Telephone	1,080	631
Computer costs	2,312	2,152
Printing postage and stationery	433	497
Sundry expenses	515	1,576
Advertising	1,113	365
Legal and professional fees	400	413
Accountancy fees	1,355	1,290
Depreciation of tangible assets	10,260	11,701
Bank charges	231	–
	77,893	89,090
Other operating income		
Grants	–	17,200
Interest payable and similar expenses		
Other interest payable and similar charges	299	–

[Draft Accounts](#)

12:48 on 19 December 2024

HIGH STREET FITNESS & WELLBEING

England & Wales - Charity number 1191451

Accounts

Annual
Return
2023



ANNUAL REPORT 2024

Company name

Email address: [email here]
Website: [website here]

Tel: [Telephone]
Address, City,
County/Region, Postcode



Logo
Name

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HIGH STREET FITNESS AND WELL BEING

Executive Summary

In a year marked by significant challenges and triumphs, High Street Fitness has steadfastly pursued its mission to promote health and well-being across our community, focusing particularly on individuals struggling with drug abuse and mental health issues. As we reflect on the past year, this report aims to outline our achievements, financial dynamics, and the strategies that have propelled our organization forward, despite a turbulent economic landscape.

Financially, High Street Fitness experienced a decrease in total revenue, down from £78,012 the previous year to £66,184. This decline primarily reflects the broader economic pressures that have affected membership and attendance rates. Despite these financial headwinds, our commitment to our mission has never wavered, and we have strategically navigated these challenges through prudent financial management and innovative cost-saving measures.

Throughout the year, we have seen growth in both our membership base and in the scope of services we offer. Thanks to our dedicated staff and the generous support of our donors and volunteers, we have been able to expand our facilities, incorporating state-of-the-art fitness equipment that has significantly enhanced our service offerings. This expansion is not just in terms of physical infrastructure but also in the breadth of our programs, which now more effectively address the critical issues of drug abuse and mental health.

Our programs designed to support individuals battling drug addiction and mental health problems have seen increased participation and have made a substantial impact in our community. These programs are essential not only for recovery but also for the integration of healthier lifestyle choices through physical fitness and mental wellness education.

Looking ahead, we remain committed to our mission. Plans are already underway to further increase our membership, enhance our facilities, and expand our community support programs. We are setting ambitious but achievable goals to ensure that our financial health and organizational growth are sustainable over the long term.

In this report, you will find detailed sections on our financial strategies, cost management initiatives, membership growth, community impact, and forward-looking plans from our Chair, Dafydd James, and myself as the Founder and Operations Director. These sections will provide deeper insights into how High Street Fitness is building a resilient and impactful community resource that stands as a beacon of hope and health.

Think a document that looks this good has to be difficult to format? Think again! To easily apply any text formatting you see in this document with just a tap, on the Home tab of the ribbon, take a look at Styles.

A Note from Dafydd

Chair's Report by Dafydd James

As the Chair of High Street Fitness, it is my privilege to address you in our annual report, reflecting on a year of resilience, growth, and community impact. Despite the economic hurdles that have affected many sectors, including our own, our charity has demonstrated remarkable adaptability and commitment to our cause.

This year, our revenue faced a downturn, dropping to £66,184 from last year's £78,012. This reduction, largely influenced by the broader economic conditions, posed significant challenges but also pushed us towards creative solutions and strategic adjustments in our operations. Our response was not merely reactive; we proactively engaged in initiatives that would secure our future and deepen our impact.

Membership Growth and Facility Expansion

Our membership numbers have grown substantially this year, a testament to the trust and value our community places in our services. With increased membership, we took significant steps to upgrade our facility, ensuring it meets the growing demand and maintains the high standard our members expect. We've invested in advanced fitness equipment that not only enhances our capability to serve our members better but also supports a wide range of health and wellness programs.

This equipment has been instrumental in expanding our outreach to individuals dealing with drug abuse and mental health issues. By integrating physical health with mental health initiatives, we have created a holistic approach to wellness that is increasingly recognized as essential by health professionals and our community alike.

Enhanced Support for Drug Abuse and Mental Health

This year, we deepened our commitment to providing support for drug abuse and mental health. Our programs have been tailored to not only assist in recovery but to empower our members to lead healthier lives through structured physical activity and mental health support. The success of these programs has been evident in the increased engagement levels and positive feedback from participants, which motivates us to continue and expand these vital services.

Looking to the Future

Looking ahead, we are poised to build on this year's successes. Our goals for the coming year include further increasing our membership, continuing to enhance our facilities, and extending our reach in supporting mental health and recovery from addiction. We are also exploring partnerships with local organizations to broaden our impact and incorporate a more extensive network of support for our members.

The journey of the past year has set a solid foundation for our future endeavours. With a committed team, supportive community, and clear strategic objectives, I am confident that High Street Fitness will continue to thrive and expand its role as a pivotal resource in promoting health and wellness in our community.

Founder's Statement by Dr Paul Thomas



As the Founder and Operations Director of High Street Fitness, I am immensely proud to reflect on the strides we have taken this past year. Each challenge we faced has strengthened our resolve and deepened our commitment to our core mission: to empower our community through health and wellness, particularly supporting those battling drug abuse and mental health issues.

Resilience in Financial Management

This year's financial landscape was challenging, with our revenue decreasing to £66,184 from the previous year's £78,012. This reduction was a direct reflection of the economic pressures that have swept across various sectors. However, our approach to navigating these financial strains was both strategic and innovative. We focused on tightening our operational efficiencies, improving our resource allocation, and implementing cost-saving measures without compromising the quality of our services.

Strengthening Core Values and Mission

Despite financial hurdles, our commitment to our community has never been stronger. We have successfully broadened our reach and deepened our impact, enhancing our facilities and expanding our program offerings. This year, we have seen a notable increase in our membership, with more community members turning to us for support and guidance in their wellness journeys.

Our expansion has not only been in numbers but also in scope. We have added new, state-of-the-art equipment that has allowed us to offer more diverse and effective fitness programs. These programs are specially designed to support individuals in recovery from drug abuse and those dealing with mental health challenges, integrating physical fitness with mental wellness strategies.

Commitment to Community and Innovation

Our innovative approach extends beyond our equipment and programs. This year, we have strengthened our operational framework to ensure that we can continue to deliver exceptional service and support to our members. We have streamlined processes, embraced new technologies, and fostered a culture of continuous improvement among our staff.

Looking Forward

As we look ahead, our vision for High Street Fitness is clear. We aim to further cement our position as a leader in community health and wellness. We plan to expand our services, reach more individuals in need, and continue to innovate in how we deliver health and wellness solutions. Our goals for the coming year are ambitious, focusing on expanding our membership, enhancing our facilities, and above all, enriching the lives of those we serve.

Thank you to everyone who has supported us—our staff, volunteers, donors, and members. Your belief in our mission fuels our passion and drives our success. Together, we are making a significant difference, and I am excited for what we will achieve next.

FINANCIAL SUMMARY

This past year at High Street Fitness, our financial performance reflected the broader economic challenges, yet also showcased our resilience and strategic adaptiveness. Our total revenue for the year stood at **£66,184**, a decrease from the previous year's **£78,012**. This downturn was primarily due to reduced membership fees and attendance, influenced by economic pressures felt widely across the sector.

include membership fees, fundraising events, and donations. The decline in attendance and reduced membership growth directly impacted these streams. However, we managed to partly offset these declines through increased fundraising efforts and a boost in donations, reflecting the strong support from our community and the trust they place in our mission. Despite the economic downturn, our financial strategy was robust, focusing on maximizing every revenue opportunity while maintaining tight control over our expenditures. This strategy was crucial in navigating the financial challenges without compromising our service quality.

Expenditure and Cost ManagementOn the expenditure side, we faced significant increases in fixed costs, particularly in utilities such as rent and electricity, which rose considerably over the year. In response, we implemented several cost-saving measures that proved to be effective:

1. **Energy Efficiency Initiatives** We upgraded to energy-efficient lighting and HVAC systems, which, despite the initial investment, reduced our electricity costs by approximately 12%.
2. **Vendor Negotiations:** We renegotiated contracts with suppliers, securing more favourable terms that reduced our supply costs.
3. **Operational Efficiencies:** By optimizing our staffing and operational hours, we ensured that our workforce was more effectively aligned with member attendance patterns, reducing labour costs without affecting service quality. These measures not only helped us manage expenses but also contributed to our sustainability goals, reducing our overall environmental footprint.

Financial Health and Sustainability The financial health of High Street Fitness remains stable, thanks to our proactive management and the commitment of our community. Our financial reserves have allowed us to invest in critical areas, such as facility upgrades and program expansion, which are essential for long-term sustainability. Looking forward, we are focusing on enhancing our revenue streams through innovative fundraising campaigns, expanding our membership base, and exploring new grant opportunities. Our goal is to strengthen our financial position to ensure that we continue to serve our community effectively, especially those in need of support for drug abuse recovery and mental health challenges.

This section provides a detailed overview of the financial status and strategies employed by High Street Fitness over the past year. If this meets your expectations, the Cost Reduction Initiatives section is next

Cost Reduction Initiatives

In response to the increased financial pressures of the past year, High Street Fitness implemented a series of strategic cost reduction measures aimed at sustaining our operations without compromising the quality of services offered to our community. These initiatives were crucial in managing the sharp rise in our fixed costs, particularly as we faced higher utility bills and rent increases.

Strategic Cost Management

- 1. Utility Savings** One of our most effective strategies was the implementation of energy-saving technologies. By installing energy-efficient lighting and optimizing our heating, ventilation, and air conditioning systems, we significantly reduced our energy consumption. These changes not only lowered our utility costs but also aligned with our commitment to environmental stewardship.
- 2. Supplier Contract Renegotiations:** We revisited our contracts with key suppliers, from equipment manufacturers to service providers. By renegotiating these agreements, we secured more cost-effective rates and better terms, which reduced our overall expenditure on necessary goods and services.
- 3. Staffing Optimization:** We carefully analysed our staffing needs against peak and off-peak hours, which led to a more efficient allocation of staff shifts. This not only ensured that we maintained high levels of service during busier times but also minimized unnecessary labour costs during quieter periods.

Operational Efficiencies

In addition to these targeted measures, we embraced broader operational efficiencies:

- **Digital Transformation:** We increased our use of digital tools for both internal management and member engagement. This reduced our reliance on paper, lowered mailing costs, and improved our operational agility.
- **Preventative Maintenance:** By investing in preventative maintenance for our equipment, we avoided costly repairs and extended the lifespan of valuable assets, thereby reducing long-term capital expenditure.

Impact of Cost Reduction Initiatives

The impact of these initiatives has been substantial. We have not only mitigated the effects of increased fixed costs but have also improved our financial stability. The savings generated have been reinvested into expanding our services and enhancing our facilities, ensuring that we continue to meet the needs of our members, particularly those participating in our drug abuse recovery and mental health programs.

Looking ahead, we will continue to refine these strategies and explore new ways to reduce costs. Our focus remains on maintaining financial health without sacrificing the quality of our services or our mission-driven goals.

Membership and Community Impact

This past year, High Street Fitness has not only grown in terms of membership numbers but has also significantly broadened its impact within the community. The growth in membership reflects the trust and value our community places in our programs, particularly those designed to assist with drug abuse recovery and mental health issues.

Throughout the year, we welcomed a substantial increase in new members, bringing our total membership to a record number. This growth is a direct result of our targeted outreach efforts and the enhancement of our facility with state-of-the-art equipment. Our members range from young adults seeking to improve their physical fitness to older individuals focused on maintaining their health, as well as people recovering from substance abuse and mental health challenges.

The diversity of our membership base has enriched the community spirit at High Street Fitness, fostering an environment of support and motivation that transcends fitness goals.

Enhanced Facilities and Equipment

In response to our growing membership, we have made significant investments in our facilities. This year, we acquired new, advanced fitness equipment that supports a wide variety of physical activities—from cardiovascular machines that are gentle on the joints to strength-training equipment that caters to various skill levels.

Moreover, we redesigned our spaces to create more welcoming and functional areas that accommodate group classes and individual training sessions. These improvements have not only increased the satisfaction and retention of our members but have also made our center more inclusive and accessible to people of all ages and abilities.

Community Programs and Health Initiatives

One of the cornerstones of our success this year has been the expansion of our programs that address mental health and drug abuse recovery. These programs integrate physical exercise with mental health support, providing a holistic approach to recovery and wellness that is grounded in scientific research and best practices.

Recovery Through Fitness: Our specialised program for individuals recovering from drug abuse uses exercise as a pillar of recovery. Participants engage in structured workouts that help reduce cravings, improve mood, and build a supportive community of peers.

Mental Wellness Workshops: In collaboration with local mental health professionals, and supported by DNA Definitive Experts, we offer workshops that educate members on coping strategies, stress management, and healthy lifestyle choices. These workshops are complemented by yoga and meditation classes that promote mental clarity and emotional stability.

Impact and Feedback

The feedback from our members has been overwhelmingly positive, with many reporting significant improvements in their physical health and mental well-being. Our community outreach initiatives have also garnered praise, enhancing our reputation as a pivotal health resource within the community.

Looking Ahead

As we look to the future, we are committed to continuing our growth and expanding our reach. We plan to launch more inclusive programs, further tailor our services to meet the diverse needs of our community, and keep strengthening our impact on public health.

FINANCIAL STATEMENTS

Statement of Income and Retained Earnings Year ended 31 March 2023

	Note	2023 £	2022 £
Turnover		66,184 □□□□□□□□	78,012 □□□□□□□□
Gross profit		66,184	78,012
Administrative expenses		89,089	61,534
Other operating income		17,200 □□□□□□□□	5,000 □□□□□□□□
Operating (loss)/profit		(5,705)	21,478
Interest payable and similar expenses		- □□□□□□□□	1,102 □□□□□□□□
(Loss)/profit before taxation	5	(5,705)	20,376
Tax on (loss)/profit		- □□□□□□□□	- □□□□□□□□
(Loss)/profit for the financial year and total comprehensive income		(5,705) □□□□□□□□	20,376 □□□□□□□□
Retained losses at the start of the year		(17,101) □□□□□□□□	(37,477) □□□□□□□□
Retained losses at the end of the year		(22,806) □□□□□□□□	(17,101) □□□□□□□□

- Still a significant input by Dr Thomas

Statement of Financial Position

31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	6	35,105	42,889
Current assets			

NOTES TO FINANCIAL STATEMENTS

Looking Forward

As we look to the future, High Street Fitness remains dedicated to building on the successes and lessons of the past year. Our plans are ambitious and reflect our commitment to being a leader in community health and wellness. Here's what we envision for the upcoming year and beyond.

Strategic Growth and Expansion

Increasing Membership: One of our primary goals is to continue growing our membership base. We plan to enhance our marketing strategies, engage in community events, and leverage social media platforms to reach a broader audience. This will help us bring more people into our supportive community, providing them access to our comprehensive health and wellness services.

Facility Upgrades: To accommodate our expanding membership and to provide the best possible environment for health and fitness, we intend to further upgrade our facilities. This includes the addition of new fitness equipment and the renovation of existing spaces to make them more functional and welcoming.

Extended Program Offerings: We aim to diversify and expand our program offerings to include more specialized classes and workshops that cater to a wider range of needs and interests. This will involve launching additional programs for mental health, senior fitness, and rehabilitation services.

Enhanced Community Impact

Partnerships and Collaborations: To broaden our impact, we plan to establish partnerships with local healthcare providers, schools, and community organizations. These collaborations will allow us to offer a more integrated approach to health and wellness and reach more individuals in need of support.

Focus on Holistic Health: We will continue to emphasize the importance of integrating physical fitness with mental health initiatives. Our goal is to create a more holistic approach to wellness that addresses the mind and body, ensuring our members receive comprehensive care and support.

Sustainability and Financial Health

Innovative Fundraising: To ensure our financial sustainability, we will explore innovative fundraising methods, including online campaigns, charity events, and grant applications. These efforts will support our operational needs and our strategic initiatives.

- **Cost-Management Measures:** We will maintain our focus on cost management, continuously seeking ways to optimize our operations and reduce expenses without impacting the quality of our services.

Commitment to Our Mission

Above all, we remain steadfast in our commitment to our mission of promoting health and well-being in our community, particularly supporting those struggling with drug abuse and mental health issues. We believe that through our dedicated efforts and the support of our community, we can make a significant difference in many lives.

Acknowledgements

As we close another remarkable year at High Street Fitness, we extend our deepest gratitude to all those who have supported our journey and contributed to our mission. Our achievements this year were made possible through the collective effort of numerous individuals and organizations whose commitment to health and wellness mirrors our own.

Gratitude to Our Staff and Volunteers

Our dedicated staff and the tireless efforts of our volunteers are the backbone of High Street Fitness. Their unwavering dedication and passion for helping others have been essential in delivering high-quality services and fostering a welcoming, supportive environment for all our members. We are immensely grateful for their hard work and commitment.

Thanks to Our Members

We also express our heartfelt thanks to our members, who have not only engaged with our programs but have also been vocal advocates for our work in the community. Your trust in us fuels our efforts and motivates us to continue enhancing our offerings and expanding our reach.

Appreciation for Our Donors and Sponsors

Special thanks go to our donors and sponsors, whose generous contributions have enabled us to upgrade our facilities, expand our programs, and maintain our commitment to those in need. Your financial support is vital in helping us achieve our goals and make a lasting impact in the community.

Acknowledgement of Partnerships

We acknowledge and appreciate our partners in the healthcare and community sectors. These collaborations have been instrumental in broadening the scope of our services and enhancing our ability to meet diverse community needs effectively.

Final Thoughts

As we look forward to the coming year, we are inspired by the support and enthusiasm of our community. We pledge to continue our work with renewed vigor and commitment, striving to reach even greater heights in our service to others.

Thank you to everyone who has been a part of this year's journey. Together, we are making a difference, promoting health and well-being, and changing lives for the better.

This section provides an overview of the forward-looking strategies and commitments of High Street Fitness. It sets a positive and ambitious tone for the future, aligning with the organization's mission and goals. If this meets your expectations, I can move on to drafting the final section, ****Acknowledgements****. When you have a document that shows a lot of numbers, it's a good idea to have a little text that explains the numbers. You can do that here.



1. Financial Overview and Cost Reduction Initiatives:

This past financial year has been challenging yet enlightening. Our total revenue was £66,184, down from the previous year's £78,012. This decline reflects broader economic pressures which have influenced membership and attendance. It's also worth noting that the impact of not paying membership is playing a significant role in the loss. We have found that at least 25% of gym users have no membership.

Significant Increase in Fixed Costs:

We've observed a sharp increase in fixed costs, particularly utilities such as rent and electricity. To address this, we've implemented several cost-saving measures:

Unplugging Machines at Night.: This simple action significantly reduces our electricity usage.

Installation of LED Lighting.: By replacing all lighting with LED alternatives, we're seeing an average monthly saving of £2,000.

Despite these efforts, our operational losses this year amounted to **£5,705**, a pivot from last year's loss of **£21,478** and **£37k** the year before this, so signs are in the correct direction. These figures highlight the delicate balance we must maintain between managing costs and investing in quality service.

Statement of Financial Position
31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	6	35,105	42,889
Current assets			
Cash at bank and in hand		2,402	1,522
Creditors: amounts falling due within one year	7	34,866	53,129
	
Net current liabilities		32,464	51,607
	
Total assets less current liabilities		2,641	(8,718)
Creditors: amounts falling due after more than one year	8	25,347	8,283
	
Net liabilities		(22,706)	(17,001)
	
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(22,806)	(17,101)
	
Shareholders deficit		(22,706)	(17,001)
	

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with Section 1A of FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of directors and authorised for issue on 22 March 2024, and are signed on behalf of the board by:

Dr P T Thomas
Director
Daniel Crandon
Trustee

Additional Information

Transition to Gymflow Membership Management software System

To streamline our operations and improve your gym experience, we are transitioning from Glofox to **Gymflow**. This new system is more reliable and user-friendly, allowing for better management of bookings and memberships.

Key changes include:

Self-Service Setup.: You will manage your membership directly via the Gymflow app.

Enhanced Check-In System.: All members will now scan in and out, improving our service and security.

No More Volunteer Reception.: Given the challenges in maintaining volunteer support, this transition allows us to automate

This should happen within this reporting period.

Health Resilience Centres

SUPPORTING INDIVIDUALS TODAY FOR A HEALTHY COMMUNITY TOMORROW



PURPOSE:

Develop our community's ownership of their personal health, wellbeing and belonging through supporting educational growth, body, and mind activities delivered in an inclusive and welcoming HUB.

FOCUS AREAS:

- ✓ Nutritional Advice
- ✓ Developing Personal Resilience
- ✓ Mental Health Support
- ✓ Body & Mind Activities
- ✓ Individual & Collective courses and classes
- ✓ Inclusive and sustainability culture

SUCCESS SO FAR:

Infographics with results, suggested areas below

- Participation rates overall - 1200 members with an average of 300 daily visits



- 37% are first time fitness users
- 28 members train before 6am
- 8% have free members due to economic issues
- 27 volunteers to open/staff the centre
- Members age ranges from 12 (supervised) to 87 years old
- 21% of users report a decrease or stopping of prescription medicine
- 26% of users stop using recreational drug use, commonly steroid and amphetamine use
- 95% of Centre users feel their fitness has improved

KEY OBJECTIVES:

1. Support generational change for the lifelong participation in health, activity, and support
 - Inspiring young people to develop active and healthy lifestyles, 30%+ participation
 - promoting health to the adult population to reconnect or commence fitness activity to influence and guide future generations
 - working with partners and stakeholders (such as Health Boards, GP, providers, schools, health, etc) to promote local opportunities (for example social prescribing and co-creation)

2. Building capacity to support local participation, performance, skills development (first time experiences - through to long term sustainability and repeat activities to remove communities out of ill-health cycles) and confidence of all ages
 - Building community capacity by empowering/upskilling people to deliver lifelong participation - at least 30 volunteers at each HRC
 - Support community ownership of health and fitness through enterprise initiatives, such as mentoring, support packages, sharing best practice
 - Work with providers to support their provision of participation programmes, events, performance development particularly focusing on under-represented groups to access the centre

3. Enhancing the partner delivery model to develop the current framework such as Health Wales, Future Generations Act, across the rest of Wales
 - Promoting advocacy and engagement with stakeholders to ensure effective shared learning to improve and impact health of individuals,
 - Development of support packages (for example a toolkit and app) to enable and empower new areas to promote and develop the health option ethos and values. We also want outreach programmes to get to hard-to-reach communities.
 - Working with key partners and stakeholders to deliver and promote social prescribing with access to the health as a primary focus

Values: 'RAISE HEALTH'

Respect - Respect; the venue, others and yourself

Achieve - Be Your Best

Inspire - Be the inspiration for a healthier society

Selfless - Go out of your way to help those around you

Engage - Be a positive force within the community

Honest - Be truthful and sincere in our actions

Equal - Promote an environment that provides opportunities and equality for all

Active - Actively strive to be the best we can be

Loyal - Loyal to the gym, its members and our community

Transparent - Be transparent in everything we do

Helpful - Provide a Gold Standard service to the community

Our Results



Summary

High Street Fitness and Wellbeing is set up by Dr Paul Thomas in 2005, but more formally in 2018 with the Charity formation in 2019. The Senior Operation Trustees are Dan Crandon (Memberships and PR), alongside the support from Chair Dafydd James (former British Lions/Wales), and Saffir Thomas.

We are very passionate about getting our community active and healthy and our aim is to run a facility which is driven by the needs and wants of community members. We will be a community fitness centre with a big heart, run by the people for the people.

Why HSF

Even before the impact of Covid-19 was felt in Wales, it was well recognised that delivering improved health outcomes would involve adapting and adopting new ideas and sustainable ways of working that would result in a positive impact on people, patients, staff, volunteers.

We want a co-created, citizen-hospital-based Health services Centre that coordinates the development of a health-in-community approach through action. Wales currently has disparate fragments of world-leading expertise in for healthcare in universities, council

trusts, the NHS and commercial sector. With an increasing, aging society and disease, variations in surgical outcomes, high levels of user abandonment and tightening regulations all contribute to the need for a treat the cause rather than the symptoms approach allowing all the services to collaboratively developed a Health Resilience Centres in each high street, town, and area of high need.

The effective implementation of such a Centre in each high street, has the potential to increase the health output; provide new opportunities for people and reduce the need for drugs; and create a competitive advantage for Wales around the production of healthcare innovation.

So what?

- We will decrease the need for prescription medicine
- Provide front line medical support for diabetes, blood pressure, health checks
- Increase the participation and ownership of health in each community in Wales
- Drive a change in lifestyle to a healthier Wales
- Create a nutrition led health and fitness
- Provide a holistic approach to health with a mental health support team
- Allow each Health Resilience Centre to be co-created by the community needs/wants
- Re-invest 'profits' back into the service, covering costs and allowing innovations
- Create a safe, fun and social space to talk through issues

High Street Fitness and Wellbeing will be the leading destination for all things health, fitness and wellness with a full range of fitness and exercise facilities, classes, courses which range from nutrition, exercise and meditation, sports performance and personal training and with lifestyle advice. We also aim to provide many other activities and sessions such as children/teen sessions, older adult classes, videos, blogs, newsletters, news updates along with a big social media presence. Our facility and online presence will be a community health and wellbeing hub which will focus on an array and health and fitness topics including the all-important diet, mental and emotional health, and motivational support to start becoming a healthier nation. Our daily goal therefore is to provide engaging sessions, courses and content that motivates people to lead healthier and happier lives.



We

want to make community fitness, health and wellbeing, trendy, modern using the latest information, techniques, equipment and delivery styles which will include a 360 approach to community wellbeing. Not only that but High Street Fitness and Wellbeing will be the leading destination, “go to” place, for all things health, fitness and wellbeing in the area. The HSF Health Resilience Centre is a Charity with a simple vision on enhancing people’s physical & mental health and wellbeing, enhancing economic return and social value through facilitating a space co-habited by experts such as Universities, Health, and activities and fun classes. HSF envisages a significant generational change in which engagement with health is the ‘norm’ for the community regardless of age, health and economic status. We aim to build capacity to support local participation, performance, skills development; enhance their current partner delivery model to develop a robust framework across Wales and throughout the UK; and to develop quality products capable of providing enjoyable outdoor experiences. HSF focuses predominantly on grass roots participation, strengthened by GP referrals and support, with Health Boards, Universities and research to ensure an effective development continuum for participants, while simultaneously supporting the strategically vital work of HB’s. We will also explore the subjective experience and the Social Return On Investment in all active members referred by social prescribers, GP practices, and local community mental health teams.

What do the community say?

Richard Phillips, Volunteer - He states: "I love being at the gym, it's a really nice bunch of people, with a great atmosphere- feels like family." Richard went on to say: "Being at High Street has helped with confidence and self-esteem. Given me new challenges and a load of new skills like talking to people, customer service and even problem solving. I have severe Asperger's so suffered with bad nerves, and I was anxious all the time. Now I feel able to take on challenges like additional courses. The gym has helped me meet new people, I am not lonely any more. I have new friends and we all help each other out. I really enjoy it! In the future I want to promote my business more, I am a sports masseur, and improve my health."

Jade Badham, Volunteer - I started volunteering to boost my confidence and help with my anxiety. I was so nervous going there alone. But everyone was so nice and friendly, I don't suffer with any of that anymore. I have found my confidence.

Eden, Volunteer - "having been bullied at school I was looking for somewhere friendly and welcoming to spend my time. I now have that thanks to High Street Fitness. I have friends, built up my self esteem and I have found my love for health and wellbeing and am working towards a qualification to allow me to work within the sector long term."

Joel, Volunteer - "I came to volunteer at the gym as a last resort. I was just out of jail, had lost my job and felt I had nowhere to go. No qualifications and no hope. But I came in and was given an opportunity to repay back to my local community. I improved my people skills and customer service and was given help writing my CV and applying for jobs. As a result I now have a full time. Without the help of High Street Fitness keeping me on the straight and narrow I would probably be back in jail. But now I am flourishing."

Liz, Member - "Brilliant, amazing, fabulous! It's that simple. Being in my 70's I now find it hard just to walk in to a gym. But not here. Everyone is friendly, accommodating and helpful. I just love it."

Gavin, Member - "I have been in prison, suffer with anxiety and depression and my weight. I have also used drugs recreationally. But I feel welcome here. I am not judged and love coming in just to talk to people. Sometimes I can't afford the membership, but that is never a problem I am still allowed to work out as they all realise how important it is to my wellbeing"

Our Vision

'To change our nation through the power of fitness and wellbeing in every Community'



Our Passion

High Street Fitness and Wellness will be a modern, unique, facility that offers a wide range of health and wellbeing services, activities, courses and classes for all ages and abilities, using an affordable pricing structure in a friendly and welcoming environment. We want this to be more than a Gym, with the primary goal to create a safe space for everyone. The HSF will be 'owned and run' by the community and its users to ensure their needs in terms of health, mental health and fitness in met.

At HSF our belief is in the concept of **POW.... Participation, Ownership and Warrantee**. If we get our users to participate in all aspect of the gym, they will feel ownership, with the feeling of owning the gym we know we can achieve amazing results.

It is our passion is to evolve the notion community health and wellbeing from one which is been done to residents, to one of supporting and empowering community members to improve their own health and wellbeing by using a "something for everyone" approach in that we are a venue with a difference. With HSF by being run and 'owned' by the community with spend, equipment, classes etc all dictated by the members themselves and not the SLT the members themselves create a sustainable service.

We publish the income, expenditure and plans for monthly approval by members. The users themselves have a say in the equipment bought and what classes are arranged. We also offer a body-mind gym support, with the whole body catered for in normal weights and fitness for the body but a separate offer for the mind, with unique 'mindfulness classes' alongside mental health support from invited charities. Even the simple notion of loneliness will be tackled by the volunteer segment of the business, creating a 'HSF support gang' to outreach and events.

High Street Fitness will bring this wide range of health and wellbeing activities and services much closer together and will offer members of public and local businesses a 360 solution to all of their health and wellbeing needs with **24/7 365-day access**. High Street Fitness will offer a wide range of normal services such as fitness and exercise classes, one to one training and support, diet and nutrition advice, mental and emotional wellbeing courses and classes, massage therapists, physiotherapists, complimentary therapists and many other services.

This business will ensure that the community health and wellbeing will not have the stigma of being dated and perhaps even a bit boring, so we want to make community fitness, health and wellbeing, a trendy, modern using the latest information, techniques, equipment and delivery styles including podcasts, apps, Facebook and website to support the transformation in lifestyles needed.

We help run for example...

- Personal Training and fitness studio
- Kids Fit sessions
- Teen classes (rugby sessions, Bootcamp etc.)
- Full range of mainstream adult classes (Body pump, Bootcamp, legs, bums and tums, Slam ball, Funky Pump etc.)
- Gentle exercise classes
- Chair based aerobics
- Personal training and lifestyle coaching (which will include full consultations, and specific tailored programmes for each individual using a person-centred approach)
- Body testing
- Nutritional advice and group talks
- Cookery sessions
- Dedicated schools programme that is suitable to use alongside the latest National Curriculum.
- Community outreach sessions (go-get-um classes in the streets)

All our facility will have:

- Full range of cardiovascular equipment
- Extensive range and resistance equipment and loose weights
- Functional/sports performance training area (This will include AstroTurf, sledges, prowlers, TRX, Tyres etc.)
- A place of mental health safety and advice.
- Medical support and clinicians
- Co-habit space for innovation, public research and change experiments
- Private consultation room or counselling and rehab - Mental Health Partnerships
- Group education, course and workshop area
- Café and cooking facilities

Health, Fitness and wellbeing information hub

High Street Fitness will be the leading destination for all things health, fitness and wellbeing with a full range of fitness and exercise facilities classes and courses, sports performance training, personal training and lifestyle advice and many other activities and sessions such as children/teen sessions, older adult classes, podcasts, videos, blogs, newsletters, news updates and a big social media presence. This will be run by our volunteers and supporters. Our facility and online presence will be a community health and wellbeing hub which will focus on an array and health, fitness and wellbeing topics including diet and fitness, mental and emotional health and motivation and support. We

aim to provide engaging sessions, courses and content that motivates people to lead healthier and happier lives!

“We aim to ensure community health by supporting and empowering community members to improve their health and wellbeing in a facility that is run by the people for the people”

Our Growth Desires

- Our aim is to launch 2 new centres per year, reinvesting money from each HRC
- We aim to market the platform to our existing contacts, connections and social media groups
- Alongside this we will be marketing online using SEO, PPC, and social media advertising across various platforms. We aim to have 600 members within one month of launch and at least 1000 after 6 months at each centre.



The Health Resilience Centre (HRC) has 4 key aims, each with discrete, achievable and realistic objectives:

4. Seek to deliver generational change to encourage lifelong participation in health, activity, and support recovery from the Covid pandemic, through
 - Inspiring young people to be active and to deliver sustainable health benefits to the community of the future - at least 30% participation
 - promoting health to the adult population to reconnect or commence fitness activity to influence and guide future generations
 - working with partners and stakeholders (such as Health Boards, GP, providers, schools, health, etc) to promote local opportunities (for example social prescribing and co-creation)
 - Develop a continuum to support participation from the community, through volunteering to eventually employment or sustainable healthy, active lifestyles



In delivering these objectives we will focus on the following priorities:

- Equality, Diversity & Inclusion by Targeting under-represented & disadvantaged groups in all communities
- Focusing on young people, disengaged and disadvantaged
- Sustainable use of natural resources through purchasing refurbished equipment and flooring, alongside policy of no single use plastics, enhanced partnership working and removal of system waste
- Mental & Physical Health and Wellbeing - particularly in supporting the Covid recovery
- Employability - where difficulties in recruitment are identified (particularly in the recovery from covid) consideration of training/awareness raising/ and opportunities
- Shared learning & knowledge and good practice and research-based decision making
- Tackling/breaking down barriers e.g., access, transport, social norms, etc
- Volunteer - building capacity and community clubs/NGBs

Social Prescribing

Social prescribing (SRx) is a means of enabling GPs, Link Workers and other care professionals to refer people to a range of local, non-clinical activities and interventions. We will offer non-medical alternatives towards improving participants' mental and physical wellbeing and their practical needs through participation in a wide variety of activities, in their own communities.

We also aims to support individuals take greater control of their own health. People who benefit from referrals to social prescribing schemes include those with long-term mental health problems, vulnerable groups, people who are socially isolated, and those who frequently attend primary or secondary healthcare services.

There is emerging evidence that SRx promotes improved outcomes in terms of physical, emotional and social wellbeing. However, robust and systematic evidence on the effectiveness of social prescribing is still very limited. Studies tend to be small scale, focus on progress rather than outcomes and relate to individual interventions rather than the social prescribing model. Much of the evidence relates to qualitative assessments which typically rely on self-reported experiences or outcomes (PREMs and PROMs). Determining the cost effectiveness of social prescribing is particularly difficult. Several studies highlight the importance of measuring the wider social value generated through social prescribing, for example through reducing welfare benefit claims.

Year two targets

YEAR 2	Membership	Personal Trainers onsite
Month 1	2000	5
Month 6	2500	10
Month 12	3000	12
Month 24	4000	20

What makes High Street Fitness the business different?

- There is no other health and fitness facility in the area that gives members of public access to such a wide variety of fitness, health and wellbeing training, classes, courses, events, and specialists 24/7 365-days a year.
- We will be a venue that has modern training facilities, training and equipment and support at an affordable price for all members of the community
- We aim to be led by the needs and wants of our community members. So thinking and acting local
- We will be a low-cost health and fitness facility that is run by the people for the people. Indeed we encourage people even though they cannot afford the monthly fee to attend free of charge or volunteer to help.
- No other venue in the local area supports children and adult in sports performance in such a specialised, modern, motivating and educational way
- We will create through volunteers, employment and educational qualifications in Sport and training
- We will provide a safe and friendly environment for those most at need.

Legal requirements

The legal and insurance requirements that apply in the business are:

- 1 Public liability insurance
- 2 Health and safety policy
- 3 Risk assessments
- 4 Food safety
- 5 PPL Licence
- 6 Terms and conditions
- 7 Privacy policy
- 8 Data protection

We already have in place the requirements above by

1. We intend to meet all insurance requirements as necessary.
2. Having appropriate Health and safety policies and procedures written.
3. Having appropriate risk assessments completed
4. Ensure we meet all requirements with regard to food safety
5. Having appropriate and robust T&C's and privacy policies written by a commercial law specialist and displaying this information in an appropriate place on our platform.
6. Having an appropriate privacy policy written
7. Ensure that we comply with all data protection regulations.

Market research

Having worked in the local area we feel that we have a very good knowledge of the services available to community members. We feel we have identified many areas where there could be much improvement such as services offered, delivery, motivation and support and making health and fitness fun trendy, modern using the latest information, techniques, equipment and delivery styles at an affordable cost.

Profiling customers

The customers we are selling to are:

- Members of our local community in South Wales and community areas

Pricing

Full membership		Corporate		Student/OAP		PAYG class or gym		
Month	Monthly DD	Cash	Monthly DD	Monthly	Monthly DD	Adult	Teen (11-16)	Student/OAP
£18.99	£18.99	£18	£15	£10	£18.99	£4.50	£3	£3

The Team

Owner & CEO - **Dr Paul Thomas (CV in Appendix)**, has spent over 30 years researching, working in and about leadership and the issues facing the 21st century workforce. Crucially he also spent years with businesses, large and small, on the ground, the globe, at all levels, across multiple industries, on improve the way they work and getting the best engagement from their people. He was the subject BBC TV documentaries in which the cameras



Paul writing

working across how to

of six

followed his work with an organisations as he advised them on changing their traditional structure, procedures and leadership with the aim of improving efficiency and cost-savings. His work has taken him from Bangor to London, from China to the US, and has included senior positions and advisory roles at prestigious universities and global organisations. He has also spent many years overseas consulting, teaching and working in India, China, Pakistan and parts of Europe, gaining significant experience in development and implementation of leadership within varying cultural environments. Paul is the leader and founder of the research and collaboration organisation, DNA Definitive which involves Universities around the world, Special Forces, Elite Athletes and Business Executives seeking alternative ways for sustainable business and higher performance. He was the Chair of the Chartered Management Institute, Wales. With a combination of research, seminars, conferences and education programme to senior managers aimed at thinking, and simply challenging the way things are done. He is currently tasked as Subject Matter Expert, along with his team in helping a large financial bank, change and transform to meet a fast changing, and technology driven environment. He is also a visiting Professor for the Drucker Management Institute, Switzerland and NEOMA Paris and the speaker on the 20/20 Leadership Programme at Bangor and Cardiff Metropolitan University.



Trustee - Mr Daniel Crandon, Dan started in sport and coaching fifteen years ago when he combined studying for a BSc in Sports Performance with professional sport at Bath Rugby. During this time Dan became a qualified SAQ coach and rugby coach outside of his other studies. Dan held the position of Head Coach at Clifton College, Bristol during this time whereby he spent 3 years overseeing the rugby programme at one of the UK's leading private schools, which was also his alma mater.

Since then, Dan moved into the police force where he is still a serving officer. Dan has worked within a number of frontline roles within the police service. Having vast experience in response policing, Dan has also worked within the PSU environment having policed large-scale events such as the Champions League Final 2017 and the London riots. Dan has also worked within community policing and has vast experience in working with partners and alternate agencies to solve the problems that have the greatest effect on our communities. Dan has since moved into the tutoring and mentoring of student officers within a frontline setting and is a qualified PEQF coach and assessor. Dan is now able to coach and mentor student officers into a frontline role ensuring they are able to achieve the highest levels of public service. This involves a great deal of planning and preparation to ensure that each individual student has their needs met. Dan holds an IPLDP diploma in policing.

Dan also has experience within the Social Media Marketing world having worked with a number of "influencer" accounts as well as starting local businesses on their social media journey. Success working with local businesses has delivered an increase in brand awareness, brand advocacy and sales.

Trustee - Miss Saffir Thomas, currently studying Politic and History and has run the Brynmawr Fitness Centre for the past months including driving new membership and class programmes. Saffir is also our Social Media expert and video creator for Instagram

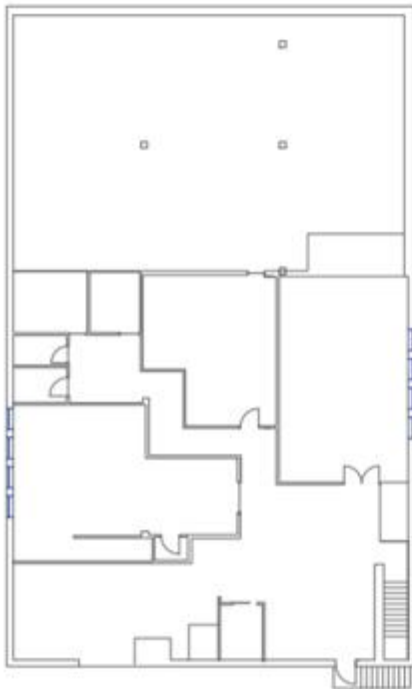
All will manage the business full time with the aim of building the team of volunteers who will specialise in various areas as fitness, health and wellbeing, marketing, administration general maintenance.



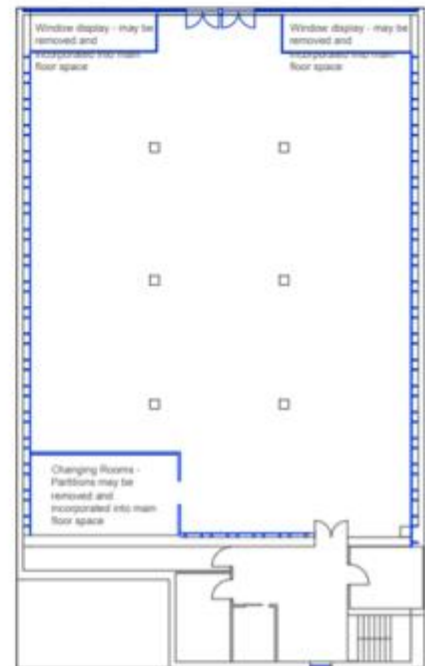
17

up
such
and

Premises (So far...)
Pontypool



Lower Ground floor



Ground Floor

British Lions/Welsh Player Dafydd James and Aberdare Site MD, Saffir Thomas



HIGH STREET FITNESS & WELLBEING

England & Wales - Charity number 1191451

Accounts

**High Street Health & Well
Being Charity and Not for
Profit Org.**

Annual Report

2021-2023

Overview

High Street Fitness and Wellbeing (Charity no 1191451) – CIO
High Street Fitness Operations – (company registration: 12505718) Not for Profit
_NfP

The director presents his report and the unaudited financial statements of the company for the period ended 31 March 2021 and 2022. With Combined Financial notes for the Charity 2021 & 2022.

Trustee (CIO)

The trustees are as follows:

- 1. Dr. Paul Terence Thomas (Founder and Director of HSF CIO & HSF NfP) Operation**
- 2. Daniel James Crandon (CIO Secretary)**
- 3. Dafydd James - Chair Appointed 2021**
- 4. Chay Billon**
- 5. Judith Major**
- 6. Saffir Eleanor Thomas**

Directors (NfP)

The directors who served the NfP during the set-up period were as follows:

Dr P T Thomas	(Appointed 9 March 2020 to date)
Mrs S E Thomas	(Appointed 1 January 2021 to
Mr C J Filler	(Served from 1 January 2021 to 4 th Mav 21)

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This Annual report was approved by the board of Trustees on 29 December 2022 and signed on behalf of the board by:

Dr P T Thomas
Charity
Founder &
Director

Registered office:
2 George Street
Pontypool
NP4 6LR

Chairs Statement

High Street Fitness and Wellbeing was officially founded as a registered charity on 23rd September 2020 with the founding member and acting Chair Dr Paul Thomas. He was joined by Danial Crandon, Craig Fillier and Saffir Thomas. The concept and shoots of what we would see today was started by Dr Paul Thomas in 2007 in his garage and grew into what we now understand was the very beginning of High Street Fitness and Well-being. High Street Fitness is based in the understanding of Complex Systems Thinking which places the human at the forefront and builds upon trust, creativity, ownership and empowerment.

HSF was created as a not-for-profit ltd company at the start, alongside the Trust application simply to maintain progress whilst the full charity status application was being constructed. The need was to ensure the 'not for profit' and volunteer ethos would never be challenged in its future operations.



Having spent a large amount of time prior to its official registration looking for the right town and premises, lease terms were agreed and signed for in November 2020 with refurbishment work and the moving of equipment and kit starting also immediately. In order for the CIO to be as sustainable as possible High Street Fitness and Wellbeing have sourced kit and equipment from a number of places mainly from Dr Paul Thomas, on a second hand or used basis and/or all refurbishing and decorative work taken within the building was done by the Trustees, their families and friends on a volunteer basis. It was important from the start that no-one benefited financially in the creation and operation of the Trust or NfP.

This part of the project was not without issue thought. The beginning of the Covid-19 pandemic had hit and as such the ability to set up a business, social or not, was changing. Landlords and lenders would not allow the project to borrow or use any of the business as collateral and therefore both Dr Paul Thomas and Daniel Crandon had to become personal guarantees on the building lease and the equipment financing became incredibly expensive, with Dr Thomas taking out a number of financial loans to maintain progress. The onset of the pandemic also brought other issues in that more traditional charitable supporters and funders such as Sport Wales and more only now funding Covid related projects. Out of a total of 28 funding opportunities applied for to this date, High Street Fitness and Wellbeing have only been awarded two (2).

With the refurbishment and equipment procurement complete High Street Fitness and Wellbeing was ready to open its doors to the on Monday 4th January 2021.



However, the development of the Delta Covid variant saw The Welsh Assembly Government plunge Wales in to a nationwide lockdown meaning that High Street Fitness and Wellbeing were unable to trade. Therefore, the project found itself in a position whereby it was unable to gain any long term, substantial funding and was also told by the local authority that it would not be eligible for any Covid relief due to the age of the business.

Therefore, it was left up to the founders to self-fund the project, but again the largest financial burdon fell to Dr Paul Thomas, placing in £4-6K per month to stay operational ready for opening, whenever this would be in the pandemic. Placing in these large sums into the project purely to keep the project afloat long enough to see the doors open post lockdown. This was done at great personal cost and risk to the founder. Nevertheless, total lockdown restrictions were lifted for May 2021 and therefore High Street Fitness and Wellbeing were able to open its doors on 3rd May 2021.

Opening day itself was a huge success for the project, despite the torrential rain. Hundreds of new members signed up and worked out while a local DJ played music all day, Big Dog Coffee Company supplied free coffee and cakes were provided by Bronwen Thomas, myself as the charities Chairperson, Dafydd James (Wales and British Lions) was on hand to provide some expert advice and the day was powered by volunteers.

The project has continued to grow ever since and has become a cornerstone of the local community and the high street.

**Chair
Dafydd James
2023**

High Street Fitness the Difference

High Street Fitness and Wellbeing is true to its mantra of being an holistic centre for 360° health and wellbeing while being community lead and driven. Since opening on 3rd May 2021 powered by the trustees, High Street Fitness and Wellbeing has seen its volunteer pool grow to near 45 individuals. All from the local community and all giving up their time free of cost. Proudly, the volunteer base is high diverse group of people including an even split of males and females, boasting an age range of 16 to 64, includes individuals both in and out of employment and supports those with disabilities. As such, the project supports those looking to beat loneliness, gain work experience, looking to socialise and those looking to work on other personal skills.



High Street Fitness and Wellbeing is also hub for local business and particularly those starting a business. As such, the project has helped no fewer than 20 businesses set up and trade from its facility in Pontypool. Seeking only donations to the charity if the ideas and people make money and feel the need to support the charity

PTR by Macey was started and consulted on by High

Street Fitness and Wellbeing. The business grew to a level whereby it had 33 fulltime personal training clients and also large number of sports massage clients. The help given by High Street Fitness has allowed the business to now lecture at Coleg Gwent and provide a their services at a private location elsewhere in the borough due to it's growth. High Street Fitness and Wellbeing have been thanked for their support and consultation.

Red Dragon Sports Ltd is a sports retailer who first started their business within High Street Fitness and continue to do so. Initially selling solely to members of High Street Fitness and Wellbeing and utilising the shop front windows and additional storage space within the building to help grow the business, Ben has been able to take on more stock and grow into a high street location and online retailer now making in excess of 500 sales per month with hopefully an eye on future income for him and his family.

All classes and other personal trainers, coaches and physiotherapists based out of the facility are self employed and businesses in their own rights. The projects now supports classes that have 20 ladies participating in Boogie Bounce run by Sarah, a number of personal trainers supporting local clients and two fully booked physiotherapy clinics every week.

High Street Fitness and Wellbeing is also prominent in supporting local projects and has built a number of long term partnerships within the community. The project works with Torfaen Building Resilient Communities to provide a quality facility for people looking to work on their anxiety levels, improve their fitness and overall wellbeing while looking for work.

Gwent Drug and Alcohol Service also utilise the facility to help those recover from drug and alcohol addictions. Torfaen Young Carers have been supported in ways of providing them with a wellbeing programme. Torfaen Youth Project have also been in and utilised the project for support over half terms and for wellbeing support.

The local housing association, Pobl also utilises the projects space to deliver a health and wellbeing programme for their residents in a 5 hour slot every Tuesday.

High Street Fitness and Wellbeing also have other partnership work ongoing with the local NHS board to battle obesity and diabetes in North Torfaen, to help tackle anti-social behaviour in Blaenavon and to support GAVO delivering training. All of this work is pencilled in for the financial year.

The project is also award winning. Emma Miller was nominated for the personal journey award and founder, Daniel Crandon, won the Trustee of the year award at the Torfaen awards and Founder Dr Paul Thomas won the entrepreneur award at the Welsh Fitness Awards 2022. Adding to this High Street Fitness also won Gym of The Year and the awards overall title making us Welsh Fitness Awards Champions. In October 2022 the project was named Business of The Year at the Torfaen Awards.

Membership at the facility is also continuing to grow. Currently membership sits around 700 and it is a true reflection of the areas demographic. High Street Fitness and wellbeing's membership is heavily female dominant and ranges in age between 14 and 74. The projects friendly atmosphere and non-bureaucratic procedures means that there are a large quantity of members that have either never stepped foot in a gym or are returning after a long time off. As a by product of this, footfall to the High Street has increased by 2000- 3000 visits per week on average.



Due to the success of our volunteer programme we have now struck a partnership with MPTC to provide all persons who volunteer and work with the project free qualifications including level 2 and level 3 personal training awards.

Our partnership with Accelerate has been vital to our growth, both locally and on a wider basis. Their team has been able to create links that we have not been able to thus far with the wider health board and local politicians Adding to this their experience within innovation has lead to more ideas and opportunities coming from site 1 in Pontypool. Healthy eating campaigns, wrap around childcare services and more have been a direct result of their impact. However, more importantly, their expertise in growth will now see High Street Fitness grow and expand into other local authorities within the next 12 months. The accelerate team, lead by Barbara Coles, have driven networking opportunities that will see the next High Street Fitness be located with the Cwm Taff Health Board area. Tireless day to day from Sue Bevan has been pivotal to this success and has also created a new strategic working partnership within that area too. The involvement of Accelerate has seen High Street Fitness sign an official working partnership with Mind CT. This is a major feather in the cap of High Street Fitness, and has resulted in Mind formally agreeing the purchase the nest High Street Fitness building in Pontypridd. Work on this matter is ongoing.

In addition the input from the team at Accelerate has allowed for the procurement of new equipment to furnish new sites and their help throughout this process was vital. It allowed for a smooth pain free purchasing process against a tight time scale. While the Cwm Taff area may be our immediate next destination, the networking opportunities provided by Accelerate means that we are already building links for the site 3, most likely to be linked to Pentre Awel.

The extensive research provided by the Accelerate team has also meant that we now have further knowledge on how and why this project works, in particular on

how being volunteer lead helps the community. This will be pivotal for expansion as it will allow the organisation to refer back to this research and not make the same errors that we may have done in the past. It also allows us to recognise good practice. As a result, funding opportunities have been sought with the likes of the National Lottery whereby High Street Fitness have been deemed eligible to apply for the large lottery grant of £500k over 5 years. This funding will provide long term security to this project.

What do the community say?

Richard Phillips, Volunteer- Richard has been with the project since May 2021. He states: “ I love being at the gym, it’s a really nice bunch of people, with a great atmosphere- feels like family.” Richard went on to say: “Being at High Street has helped with confidence and self-esteem. Given me new challenges and a load of new skills like talking to people, customer service and even problem solving. I have severe Asperger’s so suffered with bad nerves, and I was anxious all the time. Now I feel able to take on challenges like additional courses. I have passed my maths and English exam and even had the confidence to take on a placement as a teaching assistant. The gym has helped me meet new people, I am not lonely any more. I have new friends and we all help each other out. I really enjoy it! In the future I want to promote my business more, I am a sports masseur, and improve my health.

Jade Badham, Volunteer- I started volunteering to boost my confidence and help with my anxiety. I was so nervous going there alone. But everyone was so nice and friendly, I don’t suffer with any of that anymore. I have found my confidence. There are so many people who come in to the gym and the other volunteers are amazing, it gives me a real buzz.

Eden, Volunteer- “having been bullied at school I was looking for somewhere friendly and welcoming to spend my time. I now have that thanks to High Street Fitness. I have friends, built up my self esteem and I have found my love for health and wellbeing and am working towards a qualification to allow me to work within the sector long term.”

Emma Miller, Volunteer- “my life has been a struggle. After being sexually abused at home by my father, I fell in to an abusive relationship. As a result of this I turned to drugs and became addicted to cannabis and ultimately lost access to my two daughters. I also put on lots of weight and was crippled with anxiety and depression. But since coming to High Street Fitness in the summer of 21 that’s all changed. I have lost weight, become healthier and left drugs behind. I now have care of my daughters again and was even given the opportunity to start a business. I have come such a long way thanks to help of High Street Fitness.”

Joel, Volunteer- “ I came to volunteer at the gym as a last resort. I was just out of jail, had lost my job and felt I had no where to go. No qualifications and no hope. But I came in and was given an opportunity to repay back to my local community. I improved my people skills and customer service and was given help writing my CV and applying for jobs. As a result I now have a full time job in a local restaurant working as front of house. Without the help of High Street Fitness keeping me on the straight and narrow I would probably be back in jail. But now I am flourishing.”

Kay, Torfaen- “I came to High Street Fitness after struggling to get my programme up and running with Torfaen Leisure. That process was red tape heavy and slow. But these have been a breath of fresh air. It’s a great facility with loads of great equipment and it was so easy to come in and just start working with my people and team. Helping build their health and wellbeing. I have been in this industry pretty much all of my working life and this project is definitely the way forward. Welcoming, easy to use and very much representative of the local population.

Liz, Member- “Brilliant, amazing, fabulous! Its that simple. Being in my sixties I now find it hard just walk in to a gym. But not here. Everyone is friendly, accommodating and helpful. I just love it.”

Gavin, Member- “ I have been in prison, suffer with anxiety and depression and my weight. I have also used drugs recreationally. But I feel welcome here. I am not judged and love coming in just to talk to people. Sometimes I can’t afford the membership, but that is never a problem I am still allowed to work out as they all realise how important it is to my wellbeing”

Constitution of High Street Charitable & Incorporated Organisation

Date of constitution: 7/08/2020

.....

1. Name

The name of the Charitable Incorporated Organisation ("the CIO") is
...High Street Fitness & Wellbeing and High Street Fitness
.....

2. National location of principal office

The principal office of the CIO is Pontypool in Wales.

3. Objects

The objects of the CIO is are:

To promote for the benefit of the inhabitants of Wales and the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants

To provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.

Nothing in the constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 and section 2 of the Charities Act (Northern Ireland) 2008.

4. Powers

The CIO has power to do anything which is calculated to further its objects or is conducive or incidental to doing so. In particular, the CIO has power to:

- 1) borrow money and to charge the whole or any part of its property as security for the repayment of the money borrowed. The CIO must comply as appropriate with sections 124 and 125 of the Charities Act 2011, if it wishes to mortgage land;
- 2) buy, take on lease or in exchange, hire or otherwise acquire any property and to maintain and equip it for use; This will be initially via the Not for Profit operational structure HSF
- 3) sell, lease or otherwise dispose of all or any part of the property belonging to the CIO which is not on loan or contracted into the CIO. In exercising the power, the CIO and operational body must comply as appropriate with sections 117 and 119-123 of the Charities Act 2011;
- 4) employ and remunerate such staff as are necessary for carrying out the work of the CIO. The CIO may employ or remunerate a charity trustee only to the extent that it is permitted to do so by clause 6 (Benefits and payments to charity trustees and connected persons) and provided it complies with the conditions of that clause; However for the foreseeable future, no salary, personal income or gain will be permitted via the CIO Charity.

- 5) deposit or invest funds, employ a professional fund-manager, and arrange for the investments or other property of the CIO to be held in the name of a nominee ie Dr Paul Thoimas, in the same manner and subject to the same conditions as the trustees of a trust are permitted to do by the Trustee Act 2000.

5. Application of income and property

- 1) The income and property of the CIO must be applied solely towards the promotion of the objects.
 - a) A charity trustee is entitled to be reimbursed from the property of the CIO or may pay out of such property reasonable expenses properly incurred by him or her when acting on behalf of the CIO.
 - b) A charity trustee may benefit from trustee indemnity insurance cover purchased at the CIO's expense in accordance with, and subject to the conditions in, section 189 of the Charities Act 2011.
- 2) None of the income or property of the CIO may be paid or transferred directly or indirectly by way of dividend, bonus or otherwise by way of profit to any member of the CIO.
- 3) Nothing in this clause shall prevent a charity trustee or connected person receiving any benefit or payment which is authorised by Clause 6.

6. Benefits and payments to charity trustees and connected persons

1) General provisions

No charity trustee or connected person may:

- a) buy or receive any goods or services from the CIO on terms preferential to those applicable to members of the public;
- b) sell goods, services, or any interest in land to the CIO;
- c) be employed by, or receive any remuneration from, the CIO;
- d) receive any other financial benefit from the CIO;

unless the payment or benefit is permitted by sub-clause (2) of this clause or authorised by the court or the Charity Commission ("the Commission"). In this clause, a "financial benefit" means a benefit, direct or indirect, which is either money or has a monetary value.

2) Scope and powers permitting trustees' or connected persons' benefits

- a) A charity trustee or connected person may receive a benefit from the CIO as a beneficiary of the CIO provided that a majority of the trustees do not benefit in this way.
- b) As a charity trustee or connected person may enter into a contract for the supply of services, or of goods that are supplied in connection with the provision of services, to the CIO where that is permitted in accordance with, and subject to the conditions in, section 185 to 188 of the Charities Act 2011.

- c) Subject to sub-clause (3) of this clause a charity trustee or connected person may provide the CIO with goods that are not supplied in connection with services provided to the CIO by the charity trustee or connected person.
- d) A charity trustee or connected person may receive interest on money lent to the CIO at a reasonable and proper rate which must be not more than the Bank of England bank rate (also known as the base rate). There are currently only two members receiving a return on investment:
 - Dan Crandon - £6800
 - Dr Paul Thomas - £157,450
- e) A charity trustee or connected person may receive rent for premises let by the trustee or connected person to the CIO. The amount of the rent and the other terms of the lease must be reasonable and proper. The charity trustee concerned must withdraw from any meeting at which such a proposal or the rent or other terms of the lease are under discussion.
- f) A charity trustee or connected person may take part in the normal trading and fundraising activities of the CIO on the same terms as members of the public.

3) Payment for supply of goods only - controls

The CIO and its charity trustees may only rely upon the authority provided by sub-clause (2)(c) of this clause if each of the following conditions is satisfied:

- a) The amount or maximum amount of the payment for the goods is set out in a written agreement between the CIO and the charity trustee or connected person supplying the goods ("the supplier").
- b) The amount or maximum amount of the payment for the goods does not exceed what is reasonable in the circumstances for the supply of the goods in question.
- c) The other charity trustees are satisfied that it is in the best interests of the CIO to contract with the supplier rather than with someone who is not a charity trustee or connected person. In reaching that decision the charity trustees must balance the advantage of contracting with a charity trustee or connected person against the disadvantages of doing so.
- d) The supplier is absent from the part of any meeting at which there is discussion of the proposal to enter into a contract or arrangement with him or her or it with regard to the supply of goods to the CIO.
- e) The supplier does not vote on any such matter and is not to be counted when calculating whether a quorum of charity trustees is present at the meeting.
- f) The reason for their decision is recorded by the charity trustees in the minute book.
- g) A majority of the charity trustees then in office are not in receipt of remuneration or payments authorised by clause 6.

4) In sub-clauses (2) and (3) of this clause:

- a) "the CIO" includes any company in which the CIO:
 - i. holds more than 50% of the shares; or
 - ii. controls more than 50% of the voting rights attached to the shares; or
 - iii. has the right to appoint one or more directors to the board of the company;
- b) "connected person" includes any person within the definition set out in clause 30 (Interpretation);

7. Conflicts of interest and conflicts of loyalty

A charity trustee must:

- 1) declare the nature and extent of any interest, direct or indirect, which he or she has in a proposed transaction or arrangement with the CIO or in any transaction or arrangement entered into by the CIO which has not previously been declared; and
- 2) absent himself or herself from any discussions of the charity trustees in which it is possible that a conflict of interest will arise between his or her duty to act solely in the interests of the CIO and any personal interest (including but not limited to any financial interest).

Any charity trustee absenting himself or herself from any discussions in accordance with this clause must not vote or be counted as part of the quorum in any decision of the charity trustees on the matter.

8. Liability of members to contribute to the assets of the CIO if it is wound up

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

9. Charity trustees

1) Functions and duties of charity trustees

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

- a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith would be most likely to further the purposes of the CIO; and
- b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:
 - i. any special knowledge or experience that he or she has or holds himself or herself out as having; and,
 - ii. if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special

knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

2) Eligibility for trusteeship

- a) Every charity trustee must be a natural person.
- b) No one individual may be appointed as a charity trustee of the CIO:
 - if he or she is under the age of 16 years; or
 - if he or she would automatically cease to hold office under the provisions of clause 12(1)(e).
- c) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

3) Number of charity trustees

- a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.
- b) The maximum number of charity trustees is 9. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

4) First charity trustees

The first charity trustees are as follows:

- 7. Dr. Paul Terence Thomas (Founder and Director of HSF CIO & HSF NoP Operation)
- 8. Daniel James Crandon (CIO Secretary)
- 9. Dafydd James – Chair Appointed 2021
- 10. Chay Billon
- 11. Judith Major
- 12. Saffir Eleanor Thomas

10. Appointment of charity trustees

1) Appointed charity trustees

- a) Apart from the first charity trustees, every appointed trustee must be appointed for a term of four years by a resolution passed at a properly convened meeting of the charity trustees.
- b) In selecting individuals for appointment as appointed charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

11. Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) a copy of the current version of this constitution; and
- b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

12. Retirement and removal of charity trustees

1) A charity trustee ceases to hold office if he or she:

- a) retires by notifying the CIO in writing (but only if enough charity trustees will remain in office when the notice of resignation takes effect to form a quorum for meetings);
- b) is absent without the permission of the charity trustees from all their meetings held within a period of six months and the trustees resolve that his or her office be vacated;
- c) dies;
- d) becomes incapable by reason of mental disorder, illness or injury of managing and administering his or her own affairs; or
- e) is disqualified from acting as a charity trustee by virtue of sections 178-180 of the Charities Act 2011 (or any statutory re-enactment or modification of that provision).

2) Any person retiring as a charity trustee is eligible for reappointment.

13. Taking of decisions by charity trustees

Any decision may be taken either:

- at a meeting of the charity trustees; or
- by resolution in writing or electronic form agreed by all of the charity trustees, which may comprise either a single document or several documents containing the text of the resolution in like form to each of which one or more charity trustees has signified their agreement.

14. Delegation by charity trustees

1) The charity trustees may delegate any of their powers or functions to a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made. The charity trustees may at any time alter those terms and conditions, or revoke the delegation.

2) This power is in addition to the power of delegation in the General Regulations and any other power of delegation available to the charity trustees, but is subject to the following requirements:

- a) a committee may consist of three or more persons, but at least 3 members of each committee must be a charity trustee;
- b) the acts and proceedings of any committee must be brought to the attention of the charity trustees as a whole as soon as is reasonably practicable; and

- c) the charity trustees shall from time to time review the arrangements which they have made for the delegation of their powers.

15. Meetings of charity trustees

1) Calling meetings

- a) Any charity trustee may call a meeting of the charity trustees.
- b) Subject to that, the charity trustees shall decide how their meetings are to be called, and what notice is required.

2) Chairing of meetings

The charity trustees may appoint one of their number to chair their meetings and may at any time revoke such appointment. If no-one has been so appointed, or if the person appointed is unwilling to preside or is not present within 10 minutes after the time of the meeting, the charity trustees present may appoint one of their number to chair that meeting.

3) Procedure at meetings

- a) No decision shall be taken at a meeting unless a quorum is present at the time when the decision is taken. The quorum is two charity trustees, or the number nearest to one third of the total number of charity trustees, whichever is greater, or such larger number as the charity trustees may decide from time to time. A charity trustee shall not be counted in the quorum present when any decision is made about a matter upon which he or she is not entitled to vote.
- b) Questions arising at a meeting shall be decided by a majority of those eligible to vote.
- c) In the case of an equality of votes, the person who chairs the meeting shall have a second or casting vote.

2) Participation in meetings by electronic means

- a) A meeting may be held by suitable electronic means agreed by the charity trustees in which each participant may communicate with all the other participants.
- b) Any charity trustee participating at a meeting by suitable electronic means agreed by the charity trustees in which a participant or participants may communicate with all the other participants shall qualify as being present at the meeting.
- c) Meetings held by electronic means must comply with rules for meetings, including chairing and the taking of minutes.

16. Membership of the CIO

- 1) The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees. Membership of the CIO cannot be transferred to anyone else.
- 2) Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.

17. Informal or associate (non-voting) membership

- 1) The charity trustees may create associate or other classes of non-voting membership, and may determine the rights and obligations of any such members (including payment of membership fees), and the conditions for admission to, and termination of membership of any such class of members.
- 2) Other references in this constitution to "members" and "membership" do not apply to non-voting members, and non-voting members do not qualify as members for any purpose under the Charities Acts, General Regulations or Dissolution Regulations.

18. Decisions which must be made by the members of the CIO

- 1) Any decision to:

- a) amend the constitution of the CIO;
- b) amalgamate the CIO with, or transfer its undertaking to, one or more other CIOs, in accordance with the Charities Act 2011; or
- c) wind up or dissolve the CIO (including transferring its business to any other charity)

must be made by a resolution of the members of the CIO (rather than a resolution of the charity trustees).

- 2) Decisions of the members may be made either:

- a) by resolution at a general meeting; or
- b) by resolution in writing, in accordance with sub-clause (4) of this clause.

- 3) Any decision specified in sub-clause (1) of this clause must be made in accordance with the provisions of clause 28 (amendment of constitution), clause 29 (Voluntary winding up or dissolution), or the provisions of the Charities Act 2011, the General Regulations or the Dissolution Regulations as applicable. Those provisions require the resolution to be agreed by a 75% majority of those members voting at a general meeting, or agreed by all members in writing.

- 4) Except where a resolution in writing must be agreed by all the members, such a resolution may be agreed by a simple majority of all the members who are entitled to vote on it. Such a resolution shall be effective provided that:

- a) a copy of the proposed resolution has been sent to all the members eligible to vote; and
- b) the required majority of members has signified its agreement to the resolution in a document or documents which are received at the principal office within the period of 28 days beginning with the circulation date. The document signifying a member's agreement must be authenticated by their signature, by a statement of their identity accompanying the document, or in such other manner as the CIO has specified.

The resolution in writing may comprise several copies to which one or more members has signified their agreement. Eligibility to vote on the resolution is limited to members who are members of the CIO on the date when the proposal is first circulated.

19. General meetings of members

1) Calling of general meetings of members

The charity trustees may designate any of their meetings as a general meeting of the members of the CIO. The purpose of such a meeting is to discharge any business which must by law be discharged by a resolution of the members of the CIO as specified in clause 18 (Decisions which must be made by the members of the CIO).

2) Notice of general meetings of members

- a) The minimum period of notice required to hold a general meeting of the members of the CIO is 7 days.
- b) Except where a specified period of notice is strictly required by another clause in this constitution, by the Charities Act 2011 or by the General Regulations, a general meeting may be called by shorter notice if it is so agreed by a majority of the members of the CIO.
- c) Proof that an envelope containing a notice was properly addressed, prepaid and posted; or that an electronic form of notice was properly addressed and sent, shall be conclusive evidence that the notice was given. Notice shall be deemed to be given 48 hours after it was posted or sent.

3) Procedure at general meetings of members

The provisions in clause 15 (2)-(4) governing the chairing of meetings, procedure at meetings and participation in meetings by electronic means apply to any general meeting of the members, with all references to trustees to be taken as references to members.

20. Saving provisions

1) Subject to sub-clause (2) of this clause, all decisions of the charity trustees, or of a committee of charity trustees, shall be valid notwithstanding the participation in any vote of a charity trustee:

- who was disqualified from holding office;
- who had previously retired or who had been obliged by the constitution to vacate office;
- who was not entitled to vote on the matter, whether by reason of a conflict of interest or otherwise;

if, without the vote of that charity trustee and that charity trustee being counted in the quorum, the decision has been made by a majority of the charity trustees at a quorate meeting.

2) Sub-clause (1) of this clause does not permit a charity trustee to keep any benefit that may be conferred upon him or her by a resolution of the charity trustees or of a committee of charity trustees if, but for sub-clause (1), the resolution would have been void, or if the charity trustee has not complied with clause 7 (Conflicts of interest).

21. Execution of documents

1) The CIO shall execute documents either by signature or by affixing its seal (if it has one).

- 2) A document is validly executed by signature if it is signed by at least two of the charity trustees.
- 3) If the CIO has a seal:
 - a) it must comply with the provisions of the General Regulations; and
 - b) the seal must only be used by the authority of the charity trustees or of a committee of charity trustees duly authorised by the charity trustees. The charity trustees may determine who shall sign any document to which the seal is affixed and unless otherwise so determined it shall be signed by two charity trustees.

22. Use of electronic communications

1) General

The CIO will comply with the requirements of the Communications Provisions in the General Regulations and in particular:

- a) the requirement to provide within 21 days to any member on request a hard copy of any document or information sent to the member otherwise than in hard copy form;
- b) any requirements to provide information to the Commission in a particular form or manner.

23. Keeping of Registers

The CIO must comply with its obligations under the General Regulations in relation to the keeping of, and provision of access to, a (combined) register of its members and charity trustees.

24. Minutes

The charity trustees must keep minutes of all:

- 1) appointments of officers made by the charity trustees;
- 2) proceedings at general meetings of the CIO;

3) meetings of the charity trustees and committees of charity trustees including:

- the names of the trustees present at the meeting;
- the decisions made at the meetings; and
- where appropriate the reasons for the decisions;

- 4) decisions made by the charity trustees otherwise than in meetings.

25. Accounting records, accounts, annual reports and returns, register maintenance

- 1) The charity trustees must comply with the requirements of the Charities Act 2011 with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be

sent to the Charity Commission, regardless of the income of the CIO, within 10 months of the financial year end.

- 2) The charity trustees must comply with their obligation to inform the Commission within 28 days of any change in the particulars of the CIO entered on the Central Register of Charities.

26. Rules

The charity trustees may from time to time make such reasonable and proper rules or byelaws as they may deem necessary or expedient for the proper conduct and management of the CIO, but such rules or bye laws must not be inconsistent with any provision of this constitution. Copies of any such rules or bye laws currently in force must be made available to any member of the CIO on request.

27. Disputes

If a dispute arises between members of the CIO about the validity or propriety of anything done by the members under this constitution, and the dispute cannot be resolved by agreement, the parties to the dispute must first try in good faith to settle the dispute by mediation before resorting to litigation.

28. Amendment of constitution

As provided by sections 224-227 of the Charities Act 2011:

- 1) This constitution can only be amended:
 - a) by resolution agreed in writing by all members of the CIO; or
 - b) by a resolution passed by a 75% majority of those voting at a general meeting of the members of the CIO called in accordance with clause 19 (General meetings of members).
- 2) Any alteration of clause 3 (Objects), clause 29 (Voluntary winding up or dissolution), this clause, or of any provision where the alteration would provide authorisation for any benefit to be obtained by charity trustees or members of the CIO or persons connected with them, requires the prior written consent of the Charity Commission.
- 3) No amendment that is inconsistent with the provisions of the Charities Act 2011 or the General Regulations shall be valid.
- 4) A copy of every resolution amending the constitution, together with a copy of the CIO's constitution as amended must be sent to the Commission by the end of the period of 15 days beginning with the date of passing of the resolution, and the amendment does not take effect until it has been recorded in the Register of Charities.

29. Voluntary winding up or dissolution

- 1) As provided by the Dissolution Regulations, the CIO may be dissolved by resolution of its members. Any decision by the members to wind up or dissolve the CIO can only be made:
 - a) at a general meeting of the members of the CIO called in accordance with clause 19 (General meetings of members), of which not less than 14 days' notice has been given to those eligible to attend and vote:

- i. by a resolution passed by a 75% majority of those voting, or
 - ii. by a resolution passed by decision taken without a vote and without any expression of dissent in response to the question put to the general meeting; or
 - b) by a resolution agreed in writing by all members of the CIO.
- 2) Subject to the payment of all the CIO's debts:
- a) Any resolution for the winding up of the CIO, or for the dissolution of the CIO without winding up, may contain a provision directing how any remaining assets of the CIO shall be applied.
 - b) If the resolution does not contain such a provision, the charity trustees must decide how any remaining assets of the CIO shall be applied.
 - c) In either case the remaining assets must be applied for charitable purposes the same as or similar to those of the CIO.
- 3) The CIO must observe the requirements of the Dissolution Regulations in applying to the Commission for the CIO to be removed from the Register of Charities, and in particular:
- a) the charity trustees must send with their application to the Commission:
 - i. a copy of the resolution passed by the members of the CIO;
 - ii. a declaration by the charity trustees that any debts and other liabilities of the CIO have been settled or otherwise provided for in full; and
 - iii. a statement by the charity trustees setting out the way in which any property of the CIO has been or is to be applied prior to its dissolution in accordance with this constitution;
 - b) the charity trustees must ensure that a copy of the application is sent within seven days to every member and employee of the CIO, and to any charity trustee of the CIO who was not privy to the application.
- 4) If the CIO is to be wound up or dissolved in any other circumstances, the provisions of the Dissolution Regulations must be followed.

30. Interpretation

In this constitution:

"connected person" means:

- a) a child, parent, grandchild, grandparent, brother or sister of the charity trustee;
- b) the spouse or civil partner of the charity trustee or of any person falling within sub-clause (a) above;

- c) a person carrying on business in partnership with the charity trustee or with any person falling within sub-clause (a) or (b) above;
- d) an institution which is controlled -
 - i. by the charity trustee or any connected person falling within sub-clause (a), (b), or (c) above; or
 - ii. by two or more persons falling within sub-clause (d)(i), when taken together
- e) a body corporate in which -
 - i. the charity trustee or any connected person falling within sub-clauses (a) to (c) has a substantial interest; or
 - ii. two or more persons falling within sub-clause (e)(i) who, when taken together, have a substantial interest.

Section 118 of the Charities Act 2011 apply for the purposes of interpreting the terms used in this constitution.

"General Regulations" means the Charitable Incorporated Organisations (General) Regulations 2012.

"Dissolution Regulations" means the Charitable Incorporated Organisations (Insolvency and Dissolution) Regulations 2012.

The **"Communications Provisions"** means the Communications Provisions in Part 10, Chapter 4 of the General Regulations.

"charity trustee" means a charity trustee of the CIO

A **"poll"** means a counted vote or ballot, usually (but not necessarily) in writing.

Appendix

**Highstreet
Fitness Charity
& CIO
Financial
Statements 31
March 2022**

The director presents his report and the unaudited financial statements of the company for the year ended 31 March 2022.

Directors

The directors (voluntary) who served the company during the year were as follows:

Dr P T Thomas
Mrs S E Thomas (Resigned 1 November

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 29 April 2022 and signed on behalf of the board by:

	Note	Year to 31 Mar £	Period 9 Mar 20 31 Mar 21 £
Turnover		78,012	2,944
Gross profit		78,012	2,944
Administrative expenses		62,636	54,921
Other operating income		5,000	14,500
Operating profit/(loss)		20,376	(37,477)
Profit/(loss) before taxation	4	20,376	(37,477)
Tax on profit/(loss)		-	-
Profit/(loss) for the financial year and total		<u>20,376</u>	<u>(37,477)</u>

All the activities of the CIO are from continuing operations.

The CIO has no other recognised items of income and expenses other than the results for the year as set out above.

The Charity received £11500 in way of donation and grant funds and allocated £11,450 directly to projects related to inclusion, education and health, reports of which are available outside of this document.

The notes on pages 6 to 9 form part of these financial statements.

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	5	42,889	50,288
Current assets			
Debtors	6	-	19,168
Cash at bank and in hand		1,522	678
		<u>1,522</u>	<u>19,846</u>
Creditors: amounts falling due within one year	7	53,129	89,251
Net current liabilities		<u>51,607</u>	<u>69,405</u>
Total assets less current liabilities		(8,718)	(19,117)
Creditors: amounts falling due after more than one year	8	8,283	18,260
Net liabilities		<u>(17,001)</u>	<u>(37,377)</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(17,101)	(37,477)
Shareholders deficit		<u>(17,001)</u>	<u>(37,377)</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with Section 1A of FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

	Called up share £	Profit and loss £	Total £
At 9 March 2020	-	-	-
Loss for the year	-----	<u>(37,477)</u>	<u>(37,477)</u>
Total comprehensive income for the year	-	(37,477)	(37,477)
Issue of shares	<u>100</u>	-	<u>100</u>
Total investments by and distributions to owners	100	-	100
At 31 March 2021	100	(37,477)	(37,377)
Profit for the year	-----	<u>20,376</u>	<u>20,376</u>
Total comprehensive income for the year	-	20,376	20,376
At 31 March 2022	<u><u>100</u></u>	<u><u>(17,101)</u></u>	<u><u>(17,001)</u></u>

1. General information

The company is a private company limited by shares, registered in England and Wales. The address of the registered office is 2 George Street, Pontypool, NP4 6LR.

2. Statement of compliance

These financial statements have been prepared in compliance with Section 1A of FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

3. Accounting

policies Basis

of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer (usually on despatch of the goods); the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

3. Accounting policies (continued)

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the company are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

3. Accounting policies (continued)

Financial instruments (continued)

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Profit before taxation

Profit before taxation is stated after charging:

	Year to 31 Mar 22	Period 9 Mar 20 31 Mar 21
	£	£
Depreciation of tangible assets	14,296	16,762
	=====	=====

5. Tangible assets

	Plant and £
Cost	
At 1 April 2021	67,050
Additions	6,897

At 31 March 2022	73,947
	=====
Depreciation	
At 1 April 2021	16,762
Charge for the year	14,296

At 31 March 2022	31,058
	=====
Carrying amount At 31 March 2022	42,889
	=====
At 31 March 2021	50,288
	=====

6. Debtors

	2022	2021
	£	£
Other debtors	-	19,168
	=====	=====

7. Creditors: amounts falling due within one year

	2022	2021
	£	£
Social security and other taxes	4,680	-
Other creditors	48,449	89,251
	-----	-----

=====53,129 89,251=====

8. Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Bank loans and overdrafts	8,283	18,260
	=====	=====

9. Director's advances, credits and guarantees

During the year the director entered into the following advances and credits with the company:

	2022		
	Balanc e broug h £	Advance s/ (credits) £	Balance outstandin g £
Dr P T Thomas	(77,805)	40,636	(37,169)
	=====	=====	=====

	2021		
	Balanc e broug h £	Advance s/ (credits) £	Balance outstanding £
Dr P T Thomas	-	(77,805)	(77,805)
	=====	=====	=====

The following provisions do not form part of the 'Foundation' model constitution but are available as options under clauses 19 (General meetings of members) and 22 (Use of electronic communications). For CIOs intending to include these powers in their constitutions, we recommend that you use the following wording. Notes on these clauses are included with the explanatory notes accompanying the clauses in the model.

General meetings of members

4) Proxy voting

- a) Any member of the CIO may appoint another person as a proxy to exercise all or any of that member's rights to attend, speak and vote at a general meeting of the CIO. Proxies must be appointed by a notice in writing (a "proxy notice") which:
 - i. states the name and address of the member appointing the proxy;
 - ii. identifies the person appointed to be that member's proxy and the general meeting in relation to which that person is appointed;
 - iii. is signed by or on behalf of the member appointing the proxy, or is authenticated in such manner as the CIO may determine; and
 - iv. is delivered to the CIO in accordance with the constitution and any instructions contained in the notice of the general meeting to which they relate.
- b) The CIO may require proxy notices to be delivered in a particular form, and may specify different forms for different purposes.
- c) Proxy notices may (but do not have to) specify how the proxy appointed under them is to vote (or that the proxy is to abstain from voting) on one or more resolutions.
- d) Unless a proxy notice indicates otherwise, it must be treated as:
 - i. allowing the person appointed under it as a proxy discretion as to how to vote on any ancillary or procedural resolutions put to the meeting; and
 - ii. appointing that person as a proxy in relation to any adjournment of the general meeting to which it relates as well as the meeting itself.
- e) A member who is entitled to attend, speak or vote (either on a show of hands or on a poll) at a general meeting remains so entitled in respect of that meeting or any adjournment of it, even though a valid proxy notice has been delivered to the CIO by or on behalf of that member.
- f) An appointment under a proxy notice may be revoked by delivering to the CIO a notice in writing given by or on behalf of the member by whom or on whose behalf the proxy notice was given.
- g) A notice revoking a proxy appointment only takes effect if it is delivered before the start of the meeting or adjourned meeting to which it relates.
- h) If a proxy notice is not signed or authenticated by the member appointing the proxy, it must be accompanied by written evidence that the person who signed or authenticated it on that member's behalf had authority to do so.

Use of electronic communications

2) To the CIO

Any member or charity trustee of the CIO may communicate electronically with the CIO to an address specified by the CIO for the purpose, so long as the communication is authenticated in a manner which is satisfactory to the CIO.

3) By the CIO

- a) Any member or charity trustee of the CIO, by providing the CIO with his or her email address or similar, is taken to have agreed to receive communications from the CIO in electronic form at that address, unless the member has indicated to the CIO his or her unwillingness to receive such communications in that form.
- b) The charity trustees may, subject to compliance with any legal requirements, by means of publication on its website:
 - i. provide the members with the notice referred to in clause 19(2) (Notice of general meetings);
 - ii. give charity trustees notice of their meetings in accordance with clause 15(1) (Calling meetings); [and
 - iii. submit any proposal to the members or charity trustees for decision by written resolution or postal vote in accordance with the CIO's powers under clause 18 (Members' decisions), 18(4) (Decisions taken by resolution in writing), or the provisions for postal voting] (if you have included this optional provision, please insert the correct clause number here).
- c) The charity trustees must -
 - i. take reasonable steps to ensure that members and charity trustees are promptly notified of the publication of any such notice or proposal; and
 - ii. send any such notice or proposal in hard copy form to any member or charity trustee who has not consented to receive communications in electronic form.

HIGH STREET FITNESS & WELLBEING

England & Wales - Charity number 1191451

Accounts



Trustees' Annual Report for the period

From 1st May 2021
1st April 2022

Period start date To
Period end date

Charity name: High Street Fitness and Well-being

Charity registration number: 1191451

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Community Charity to increase health and well-being via the use of fitness, advice and support
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Provide facilities within socio-economic deprived communities, based on easy commute within the high street to help alleviate poor health, nutrition, self-esteem and aid the move away from drug/alcohol dependence (both prescribed and illegal). The help support, education and offer a place to belong, with mental health and the individual at the heart of the charity
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We can confirm all trustee have been informed and guided via the CC on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

Contribution made by volunteers	Para 1.38	The Charity is run solely on Volunteers. The volunteers open, close and man the centre during opening. We also have several health workers and Personal Trainers to contribute time to help the members change, grow and become health in all areas.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>High Street Fitness and Wellbeing is true to its mantra of being an holistic centre for 360° health and wellbeing while being community lead and driven. Since opening on 3rd May 2021 powered by the trustees, High Street Fitness and Wellbeing has seen its volunteer pool grow to 23 individuals. All from the local community and all giving up their time free of cost. Proudly, the volunteer base is high diverse group of people including an even split of males and females, boasting an age rage of 16 to 64, includes individuals both in and out of employment and supports those with disabilities. As such, the project supports those looking to beat loneliness, gain work experience, looking to socialise and those looking to work on other personal skills.</p> <p>High Street Fitness and Wellbeing is also hub for local business and particularly those starting a business. As such, the project has helped no fewer than 20 businesses set up and trade from its facility in Pontypool.</p> <p>Personal Training was started and consulted on by High Street Fitness and Wellbeing. The business grew to a level whereby it had 33 fulltime personal training clients and large number of sports massage clients.</p>

		<p>All classes and other personal trainers, coaches and physiotherapists based out of the facility are self-employed and businesses in their own rights. The projects now support classes that have 20 ladies participating in Boogie Bounce, a few personal trainers supporting local clients and two fully booked physiotherapy clinics every week.</p> <p>High Street Fitness and Wellbeing is also prominent in supporting local projects and has built a number of long-term partnerships within the community. The project works with Torfaen Building Resilient Communities to provide a quality facility for people looking to work on their anxiety levels, improve their fitness and overall wellbeing while looking for work.</p> <p>Gwent Drug and Alcohol Service also utilise the facility to help those recover from drug and alcohol addictions. Torfaen Young Carers have been supported in ways of providing them with a wellbeing programme. Torfaen Youth Project have also been in and utilised the project for support over half terms and for wellbeing support.</p> <p>The local housing association, Pobl also utilises the projects space to deliver a health and wellbeing programme for their residents.</p> <p>High Street Fitness and Wellbeing also have other partnership work ongoing with the local NHS board to battle obesity and diabetes in North Torfaen, to help tackle anti-social behaviour in Blaenavon and to support GAVO delivering training. All this work is pencilled in for the financial year.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

		The project is also award
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<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>winning. Emma Miller was nominated for the personal journey award and founder, Daniel Crandon, won the Trustee of the year award at the Torfaen awards.</p> <p>Membership at the facility is also continuing to grow. Currently membership sits around 700 and it is a true reflection of the area's demographic. High Street Fitness and wellbeing's membership is heavily female dominant and ranges in age between 14 and 74. The projects friendly atmosphere and non-bureaucratic procedures means that there is a large quantity of members that have either never stepped foot in a gym or are returning after a long time off.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>We have struggled this year to achieve funding targets, mainly due to COVID and that the centre is in its first year of operation.</p> <p>However, we have gained traction and achieved grant funds in three areas, Young Carers, Women and elderly and have achieved 90% of expected goals</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>Our investments have made huge contributions not only to the Community as stated above, but also the footfall through the Centre of Town, increasing estimates in the region of 2000 people per week through the town because of the HSF facility.</p>
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are healthy in all aspects of the Financial Report.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves are currently being withheld
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	We are in the first year of operation, and currently investing all income into growth, equipment, and marketing.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	All funds are current met by membership donations, Trustee donations and a Sport Wales Grant
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	The key risks are as follows: <ul style="list-style-type: none"> - Council Rent increases and the failure to offer rate relief - Increase in fuel costs - VAT increases
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	We currently have four Trustees and Chair
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	We have at present the founder members appointed. We aim to increase these appointments to 9 and appoint volunteers from the community

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	High Street Fitness and Well-being
Other name the charity uses	
Registered charity number	1191451

Charity's principal address	2-4 George Street Pontypool NP4 6LR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Paul Thomas	Trustee	2022	Dr Paul Thomas
2	Daniel Crandon	Trustee (sec)	2022	
3	Dafydd James	Trustee (Chair)	2022	
4	Safir Thomas	Trustee	2021	
5	Craig Fillier	Trustee	January 2021 - Sept 2021	
6				
7				
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9				
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17				
18				
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20				

Corporate trustees - names of the directors at the date the report was approved

Director name		
Dr Paul Thomas	(Acting)	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
Dr Paul Thomas	2022	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Dr Paul Thomas - Equipment Lease
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Dr Paul Thomas Daniel Crandon Building lease
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Dr Paul Thomas	
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Position (eg
Secretary, Chair, etc)

Chair	2021-2022
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Date

21/03/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

High Street Fitness & Wellbeing

No (if any)
1191451

Receipts and payments accounts

For the period from	Period start date 4th May 2021	To	Period end date 1st Feb 2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	-	183	-	183
Grant Sport Wales	10,000	-	-	10,000
Grant Bron Afon	2,000	-	-	2,000
	-	-	-	-
Refund	-	240	-	240
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	12,000	423	-	12,423
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	12,000	423	-	12,423
A3 Payments				
Equipment	4,714	-	-	4,714
Professional Fee	2,000	-	-	2,000
Signage	117	-	-	117
Building	2,338	-	-	2,338
Misc	-	1,430	-	1,430
Repair & maintenance	-	781	-	781
cost of sale	-	456	-	456
	-	-	-	-
	-	-	-	-
Sub total	9,169	2,667	-	11,836
A4 Asset and investment purchases, (see table)				
Equipment	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	9,169	2,667	-	11,836
Net of receipts/(payments)	2,831	- 2,244	-	587
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	2,831	- 2,244	-	587

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	1,368	-
	<small>(agree balances with receipts and payments account(s))</small>	Agreement Error	Agreement Error

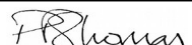
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">  </div> Daniel Crandon	Print Name <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> Dr Paul T. Thomas Mr Daniel Crandon </div>
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CC16a

**Last year
to the nearest £**

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Endowment funds

to nearest £

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Endowment funds

to nearest £

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Current value (optional)

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Current value (optional)

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When due (optional)

Date of approval

3/21/2022

3/21/2022