

Z's Defence Academy

Report and financial statements

for the year ended 31 March 2024

Z's Defence Academy
Charity Reference Number:1194054
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Z's Defence Academy
Reference and administrative details
for the year ended 31 March 2024

Charity Registration No: 1194054

Principal Office: Z's Defence Academy
PO BOX 689
Blackburn
BB2 9RB

Trustees: Dawn Wells
Aasiya Mota
Raja Rehman
Azmat Farid

Bankers: NatWest Bank
44 Copy Nook
Eanam
Blackburn
BB1 3AN

Accountants: H&A Consultancy Services Ltd
Ground Floor Front
185 Audley Range
Blackburn
Lancashire
BB1 1TH



Trustee's Annual Report
for the year ended 31 March 2024

The Trustees present their report and accounts for the year ended 31 March 2024.

The financial statements have been prepared on an accruals basis in accordance with the accounting policies set out in the notes to the financial statements and comply with the charity's constitution, Charities Act 2011.

Structure, governance and management
CIO - FOUNDATION registered 9 April 2021.

Our objectives

The objects of the CIO are:

- 1) to advance education and training for the public benefit in self-defence techniques in order to raise awareness of and protect personal safety
- 2) the promotion of community participation in healthy recreation for the public benefit through the provision of facilities to participate in sports and activities capable of promoting physical health and fitness. (for the purposes of this clause "facilities" means land, buildings, equipment, access to coaching and organising sporting activities).
- 3) to further such exclusively charitable purposes for the public benefit as the trustees in their absolute discretion shall determine by making donations to registered charities.

Achievements and performance

The charity received donations of £89,792 (2023: £79,406) during the year and the work carried out by the charity during the year is detailed in the following pages.

Future Plans

The charity aims to continue with its activities long term for the benefit of the community.

Risk management

The trustees actively review the major risk which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The trustees have also examined the operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Reserves policy

The Reserve Fund represents unrestricted funds. The Trustees aim to maintain sufficient reserves so as to give flexibility to cover temporary timing differences for donations received, adequate working capital for core costs and which will allow them to respond quickly to the needs of the Charity.



Trustee's Annual Report
for the year ended 31 March 2024

Public Benefit

The trustees have a duty to comply with Section 17 of The Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The trustees consider the aims, objectives and activities of the charity and compare these with the achievements and outcomes of the various programmes, reviewing the benefits brought to the public the charity seeks to help by each key activity. The trustees have referred to the Charity Commission's guidance on public benefit in undertaking the public benefit duty.

Trustees' responsibilities

The Charities Act require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus of the charity for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in existence

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the trust. They are also responsible for safeguarding the assets of the trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 11 June 2024 and signed on its behalf by:

Dawn Wells
Trustee

Azmat Farid
Trustee



Review of Charitable activities
for the year ended 31 March 2024

Background

Z's Defence Academy, a BAME women-led charity based in Blackburn, focuses on engaging, educating, and empowering women to overcome significant barriers and lead fulfilling lives. The organisation offers a range of activities including self-defence, martial arts, outdoor pursuits, educational workshops, and access to blue/green spaces, along with holistic well-being programs addressing physical, mental, emotional, and spiritual health. Notably, the Academy has collaborated with the NHS and other organisations to support women with long-term health conditions, particularly from ethnic minority groups, through unique initiatives such as menopause-related sessions. Recognised for its proactive and person-centered approach, Z Defence Academy has been awarded multiple awards and continues to positively impact the community through its diverse and inclusive programs.

Project and Activity Updates



After conducting a questionnaire's in the Audley area, there has been a significant demand for self-defence courses. The focus is to support the most vulnerable women in the community, particularly those dealing with mental health issues or any form of abuse.

Project Plan

Target Audience: Vulnerable women and girls in the Audley community.

Courses: Six cohorts of self-defence courses.

Participants: Aiming to support 100 women and girls.

Collaboration and Success

Z's Defence Academy has a strong history of collaboration with various local organisations, including Lancashire police. A notable project at Humraaz was highly successful, receiving excellent feedback from the chief constable.

Participants: 100

Outcome: Complete



Muslim Sports Foundation

The self-defence sessions initiated by Z Defence Academy in Blackburn have been in high demand, addressing issues such as isolation and loneliness among vulnerable women, especially those affected by lockdowns. These sessions not only improve physical conditioning and reflexes but also empower women, aiding those who have experienced domestic abuse, violence, and adverse childhood experiences. The project, run by women for women, showcases the power of female empowerment and aims to foster a supportive community. The need for such sessions is urgent, given the continuous abuse women face, and the cultural barriers that need to be broken to support these vulnerable individuals.

Participants: 70

Outcome: Complete



Review of Charitable activities
for the year ended 31 March 2024

Million Hour Fund

The proposed project aims to advance education and training in educational, physical activity for young girls aged 11 to 18 in Blackburn, addressing isolation and anti-social behaviour. We aim to run mainly during the summer holidays, it targets disadvantaged areas where young people cannot afford such activities. The project includes physical activity, education, and nature therapy to help girls become more confident, resilient, and socially engaged. It builds on successful collaborations with Lancashire Constabulary and similar adult projects, engaging participants through social media, emails, and local partnerships. Led by young girls and supported by culturally sensitive female volunteers, this community-led initiative provides a safe space for developing life skills and independence. Extensive consultations ensure the project meets community needs, aiming to reduce crime and foster a healthier, more positive life for participants.

Participants: 300
Outcome: complete



BBC Children in Need

Z's Defence Academy, a community-based organisation for women and girls in East Lancashire, helps young females overcome barriers to lead active and fulfilling lives. Offering a mix of physical sports, outdoor pursuits, self-defence, martial arts, and self-development, the Academy builds self-confidence, motivation, and essential life skills. The volunteer-led Academy focuses on disadvantaged areas, ensuring accessibility for young girls. Over the next year, the Academy plans to reach over 150 girls aged 10-18, emphasising personal safety, education, and health/wellbeing. Through extensive community consultations and social media engagement, the project meets local needs while promoting youth social action and leadership, making it well-placed to inspire and support young females.

Participants: 150
Outcome: ongoing



Active Lancashire

During COVID-19, our questionnaires revealed that women wanted to participate in physical activities and outdoor pursuits but were deterred by fear of going alone, lack of companionship, and uncertainty about how to book. Initially, we offered only self-defence sessions, but based on community feedback, we have expanded our services to include a variety of activities, making us the only charity in Blackburn providing such diverse options for women. This adjustment helps us cater to culturally conservative families and aims to break cultural stigmas while promoting diversity in outdoor activities.

Review of Charitable activities
for the year ended 31 March 2024

Our sessions provide clear health benefits, enhancing physical fitness, cardio health, strength, flexibility, and stamina, alongside teaching importance of accessing nature spaces. They also significantly improve mental health, boosting self-confidence and reducing social anxieties. Participants benefit from a supportive group environment where they can make friends, build social networks, and develop lasting habits of regular physical activity. This support is crucial for women from deprived backgrounds and those overcoming adverse childhood experiences (ACEs).

Participants:48

Outcome: complete

NHS co-production

Transform4Life aims to tackle health issues among women aged 40-60 in Blackburn's most deprived areas by targeting inactive women with 60-minute sessions designed to improve heart and circulatory health, reduce high BMI, and manage Type 2 Diabetes. Addressing prevalent issues such as obesity, low confidence, anxiety, depression, loneliness, and body image problems identified through questionnaires, the project seeks to alleviate NHS pressure by preventing health problems from worsening. Offering activities like nutrition advice, diabetes education, yoga, meditation, and walking, the program will operate from community centres and grassroots buildings with support from freelance instructors. Over 12 weeks, it will deliver four sessions a week, aiming to improve fitness, strength, resilience, sociability, and body image while reducing depression and fostering new friendships, ultimately decreasing NHS service demands.

Participants: 80

Outcome: complete



Sport England



Our community project aims to enhance confidence, fitness, wellbeing, and social skills through physical activity, particularly in the wake of lockdowns. Targeting deprived areas, we offer vulnerable individuals a reason to return to exercise, transforming their lives with motivational and empowering programs. We will distribute information leaflets via social media, WhatsApp, GP practices, community centres, and faith buildings. We plan to recruit instructors to deliver various weekly physical activities across various locations. Research indicates that a 12-week program can significantly improve health outcomes. We aim to offer three 12-week programs annually, targeting 10 women per activity, reaching 1,440 participants over 36 weeks. Post-program, we will sustain activities by offering two weekly sessions for a minimal fee, supported by volunteers.

Participants: 360

Outcome: complete



Review of Charitable activities
for the year ended 31 March 2024

Youth Hostels Association



This preventative project aims to educate the community on leading healthy, positive lives through outdoor activities, addressing the increased vulnerability and long-term health risks exacerbated by recent challenges. Our initiative can be quickly and effectively implemented, targeting hundreds of people facing uncertain futures and long-standing health issues. Complementing existing local provisions, our project fills a crucial gap by offering group walking and hiking days tailored to individual needs. These female-only activities promote safety, socialisation, reduced isolation, and healthy relationships. By helping the community connect, improve confidence, and enhance well-being, especially after months of lockdown, our area-based solution leverages volunteers' local knowledge to tackle inequalities and foster involvement.

Participants: 32
Outcome: complete



Sported



We aim to provide safeguarding training and first aid to our group of volunteers. This is a necessity and first step into volunteering and learning the importance of safeguarding. Protecting our members is very important and all our volunteers are required to learn how to save someone life. These skills will allow our volunteers to become confident in delivering sessions within the community and have all the tools to feel safe

Participants: 15
Outcome: complete



Eric Wright Charitable Trust



Z's Defence Academy is launching a project to provide self-defence sessions for women in Blackburn and Burnley in response to community demand, particularly from those wanting to protect themselves and gain independence. Targeting women who have experienced domestic abuse, the project aims to improve confidence, self-discipline, and safety through street awareness and self-defence techniques, thereby reducing vulnerability and enhancing community safety. Focused on personal safety, education, and health/wellbeing, especially in disadvantaged areas, the 39-week program will run two sessions per week across various locations, benefiting 60 vulnerable and isolated women. Supported by volunteers, the project addresses physical and mental health issues, boosts self-esteem, and fosters social connections, with its impact measured through feedback forms, wellbeing assessments, and community engagement, ultimately promoting long-term health and wellbeing.

Participants: 60
Outcome: complete

Review of Charitable activities
for the year ended 31 March 2024

Rossendale Fund

Our proposal seeks financial support for initiatives targeting young girls and women, particularly within the South-Asian community in Rossendale. We aim to engage these women in activities promoting physical fitness, mental well-being, and personal empowerment through 'taster' sessions in physical exercise, self-defence, nature therapy tailored to their unique needs. By fostering mother-daughter bonding, we aim to enhance familial ties and intergenerational learning, aligning with research on women's development and empowerment. Additionally, our project will build new friendships and community networks, addressing isolation and promoting support, following Asset-Based Community Development (ABCD) principles. Our initiatives will increase physical activity, address mental health concerns, and engage under-represented communities, particularly women and BAME groups.

Participants: 120
Outcome: complete



Community Foundation

Our charity aims to support young girls and women in Blackburn by enhancing their physical, mental, and emotional well-being through a transformation programme. This initiative includes fitness sessions, self-defence, nutrition education, life coaching, and 1-1 counselling, particularly targeting those in deprived areas who are inactive or struggling with poor health. The high demand for these programs was evident from our recent "Together We Grow" event. Led by female leaders in accessible community venues, the project will engage 75 women, removing barriers to participation by providing transport if needed. Activities focus on building confidence, mental resilience, and social connections, helping women overcome anxiety and improve their physical health. By fostering supportive networks and addressing mental health issues through life coaching and counselling, the programme promotes long-term positive changes and aims to reduce NHS reliance. Testimonials from past participants highlight the program's positive impact on confidence, fitness, and social connections, addressing the significant challenges faced by women in Blackburn, such as high rates of diabetes, inactivity, depression, and anxiety.

Participants: 44
Outcome: ongoing

British Wrestling

The Wrestling Project aims to establish a wrestling club for individuals aged 10 to 60 in a deprived area of Blackburn, focusing on boosting confidence, resilience, and socialisation through physical activity. The project addresses high obesity rates and rising violent crimes, particularly violence, and seeks affiliation with British Wrestling to create the first female-only wrestling club in the area. Supported by the community and local authorities, the club will offer weekly wrestling and self-defence sessions, helping participants learn life skills, improve their mindset, and build a supportive community.



Review of Charitable activities
for the year ended 31 March 2024

The project plans to train volunteers, seek grants and donations, and explore a small membership fee for sustainability. Networking with local organisations and forming partnerships will be essential for empowering vulnerable women and promoting positive lifestyles.

Participants: 240
Outcome: Ongoing



Awards4All

The "Weighing In-clusion" aims to engage and integrate South Asian women in East Lancashire's most deprived areas to combat obesity, diabetes, heart disease, depression, and mental health issues. These women often face cultural barriers, embarrassment, and discrimination, preventing them from participating in physical activities. The project seeks funding to run female-only health, well-being, and engagement workshops to build self-confidence, self-esteem, and empowerment. By fostering strong relationships among women with similar experiences and consulting over 600 women and mainstream agencies, the project ensures a deep understanding of their needs. Through grassroots community engagement and continuous feedback, the initiative addresses serious issues like mental health problems and domestic violence, helping women access necessary support and preventing them from becoming a forgotten community.

Participants: 232
Outcome: Ongoing

Achievements and Awards:

Z's Defence Academy has made remarkable strides as a charity, earning widespread acclaim for its contributions to community empowerment and support. The academy's commitment to fostering resilience and providing vital services has been recognised through various prestigious awards and features. Their achievements highlight the impactful work they do in promoting mental health, self-defence, outdoor pursuits and community cohesion. Some of the notable achievements include:

- Inspirational talks at Rochdale College
- Inspirational talk at It's Mental Live
- Feature on BBC Radio Lancashire
- Appearance on "Living on the Edge" podcast
- Participation in the "Strength and Sisterhood" documentary
- Inspirational talks at schools in Blackburn
- Documentary collaboration with Lancashire Police and Open University
- Feature on BBC
- "She Inspires Award – Charity of the Year 2023"
- Feature in the Lancashire Post
- Appearance on the Northern Girls podcast

These accolades underscore ZS Defence Academy's dedication to charity and community service but also inspire continued excellence in their mission to uplift and empower

Z's Defence Academy

Charity Reference Number:1194054

Independent Examiner's Statement, Report and Opinion on the Accounts

I report to the trustees on my examination of the financial statements of the above for the year ended 31 March 2024.

Respective responsibilities of trustees and examiner

As the charity's trustees, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the financial statements of Autism Forward carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Autism Forward as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

I Mulla (AFA MIPA) for and behalf of
H&A Consultancy Services Ltd
Ground Floor Front
185 Audley Range
Blackburn
Lancashire
BB1 1TH

11 June 2024

Z's Defence Academy
Charity Reference Number:1194054
Statement of Financial Activities
for the year ended 31 March 2024

	Note	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>2024</u> <u>Total</u> £	<u>2023</u> <u>Total</u> £
INCOMING RESOURCES					
<i>Incoming resources from charitable activities</i>					
Grants and donations	2	13,112	76,680	89,792	79,406
Interest received		-	-	-	-
Total Incoming resources		<u>13,112</u>	<u>76,680</u>	<u>89,792</u>	<u>79,406</u>
RESOURCES EXPENDED					
<i>Charitable activities</i>					
Charitable activities	3	7,348	84,115	91,463	48,601
Governance costs	4	900	-	900	750
Total Resources expended		<u>8,248</u>	<u>84,115</u>	<u>92,363</u>	<u>49,351</u>
Net income/(loss) for the year		4,864	(7,435)	(2,571)	30,055
Transfer between funds	5	(3,239)	3,239	-	-
Movement in funds		<u>1,625</u>	<u>(4,196)</u>	<u>(2,571)</u>	<u>30,055</u>
<i>Reconciliation of funds</i>					
Total funds brought forward		1,414	28,411	29,825	(230)
Total funds carried forward		<u><u>3,039</u></u>	<u><u>24,215</u></u>	<u><u>27,254</u></u>	<u><u>29,825</u></u>

There are no gains or losses other than those recognised in the Statement of Financial Activities.

All incoming resources and resources expended are derived from continuing activities

The notes on following pages form part of these accounts.

Z's Defence Academy
Charity Reference Number:1194054
Balance Sheet
as at 31 March 2024

	Note	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2024</u> <u>Total</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>
Current Assets					
Cash at bank and in hand		3,939	24,215	28,154	37,902
		<u>3,939</u>	<u>24,215</u>	<u>28,154</u>	<u>37,902</u>
Creditors					
Amounts falling due within one year	7	(900)	-	(900)	(8,077)
		<u>(900)</u>	<u>-</u>	<u>(900)</u>	<u>(8,077)</u>
Net Current Assets		<u>3,039</u>	<u>24,215</u>	<u>27,254</u>	<u>29,825</u>
Funds					
Restricted funds	8	-	24,215	24,215	28,411
Unrestricted funds		3,039	-	3,039	1,414
		<u>3,039</u>	<u>24,215</u>	<u>27,254</u>	<u>29,825</u>

Approved by the trustees on 11 June 2024 and signed on its behalf by:

Dawn Wells
Trustee

Azmat Farid
Trustee

Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention.

The Charity has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Charities Act 2011.

Recognition of incoming resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the coming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has been given notification of entitlement is received and the amount receivable can be measured with sufficient reliability.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Gift in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2024

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:-

Plant and machinery 25%

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors

Creditors and provision are measured and accounted for in accordance with usually accepted accruals principles.

Taxation

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

2 Incoming Resources	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2024</u> <u>Total</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>
General fundraising	13,112	-	13,112	2,866
Lancashire BME Network	-	-	-	4,000
GBP Agency	-	-	-	500
Blackburn with Darwen CVS	-	-	-	950
Active Lancashire	-	-	-	3,900
NHS Co-production	-	-	-	10,000
Sport England	-	-	-	3,140
YHA Outdoor	-	120	120	2,100
BBC Children in Need	-	20,790	20,790	2,310
WEA	-	-	-	24,600
Sported Foundation	-	-	-	1,860
British Wrestling	-	4,320	4,320	7,320
Sport England small grants	-	-	-	8,460
Eric Wright	-	-	-	4,400
Blackburn With Darwen Council	-	-	-	3,000
Muslim Sports Foundation	-	4,400	4,400	-
Awards For All	-	10,000	10,000	-
Million Hour Fund	-	9,850	9,850	-
Postcode Lottery	-	15,000	15,000	-
PYNE	-	250	250	-
Base	-	250	250	-
Rossendale Fund	-	4,850	4,850	-
Community Foundation Grant	-	6,850	6,850	-
	<u>13,112</u>	<u>76,680</u>	<u>89,792</u>	<u>79,406</u>

Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2024

3 Resources Expended	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2024</u> <u>Total</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>
Charitable activities				
Activity costs	1,197	7,317	8,514	4,639
Materials and equipment	88	12,288	12,376	4,098
Consultancy costs and wages	914	33,219	34,133	14,351
Travel & Subsistence	1,977	3,498	5,475	1,873
Postage & Stationery	344	3,068	3,412	2,522
Premises and venue hire costs	206	10,083	10,289	2,130
Insurance	172	650	822	300
Advertising and marketing	21	4,474	4,495	7,808
IT costs	1,388	1,032	2,420	3,013
Professional fees	1,041	8,486	9,527	7,867
	<u>7,348</u>	<u>84,115</u>	<u>91,463</u>	<u>48,601</u>

4 Governance	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2024</u> <u>Total</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>
Accountants fees	900	-	900	750
	<u>900</u>	<u>-</u>	<u>900</u>	<u>750</u>

5 Transfer between funds

£3,239 (2023: £nil) was transferred from unrestricted to restricted funds during the period.

6 Taxation on surplus ordinary activities

As the CIO is a registered charity no provision has been made for taxation.

7 Creditors: Amounts falling due within one year

	<u>Unrestricted</u> <u>Funds</u> <u>£</u>	<u>Restricted</u> <u>Funds</u> <u>£</u>	<u>2024</u> <u>Total</u> <u>£</u>	<u>2023</u> <u>Total</u> <u>£</u>
Other creditors	-	-	-	7,327
Accruals	900	-	900	750
	<u>900</u>	<u>-</u>	<u>900</u>	<u>8,077</u>

8 Movement in funds

	<u>At 1 April</u> <u>2023</u> <u>£</u>	<u>Net</u> <u>Movement</u> <u>£</u>	<u>At 31 March</u> <u>2024</u> <u>£</u>
Unrestricted funds			
Donations and legacies	1,414	1,625	3,039
Restricted funds			
Donations and legacies	28,411	(4,196)	24,215
Total Funds	<u>29,825</u>	<u>(2,571)</u>	<u>27,254</u>

Z's Defence Academy
Charity Reference Number:1194054
Notes to the Accounts
for the year ended 31 March 2024

Restricted funds	<u>2024</u>	<u>2023</u>
	£	£
The restricted fund comprises of:		
Active Lancashire	-	905
NHS Co-production	-	1,517
Sport England	-	1,849
YHA Outdoor	-	760
Sported Foundation	-	200
British Wrestling	2,400	7,320
Sport England small grants	-	8,460
Eric Wright	-	4,400
Blackburn With Darwen Council	-	3,000
BBC Children in Need	10,395	-
Awards For All	525	-
Postcode Lottery	6,170	-
Community Foundation Grant	4,725	-
	<u>24,215</u>	<u>28,411</u>