

TRUSTEES' ANNUAL REPORT

For the year ended 31 December 2024

1. Charity Details

- **Charity Name:** Old Tyme Strength
 - **Charity Number:** 1202192 (register-of-charities.charitycommission.gov.uk)
 - **Registered Address:**
Old Tyme Strength

Unit 1E Victoria Street

Mansfield

NG18 5RR

(register-of-charities.charitycommission.gov.uk)
 - **Contact:** Phone: 07710 198059 • Email: oldtymestrength@gmail.com
(register-of-charities.charitycommission.gov.uk)
 - **Website:** www.oldtymestrength.com
(find-and-update.company-information.service.gov.uk)
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2. Structure, Governance & Management

Old Tyme Strength is a **Charitable Incorporated Organisation (CIO)**, registered on 6 March 2023 (register-of-charities.charitycommission.gov.uk). Trustees are appointed by the board based on experience in sport science, rehabilitation, community engagement, and governance. They convene quarterly to direct strategy and operations.

3. Charitable Objects & Activities

Objects

To promote **community participation in healthy recreation** in Mansfield and surrounding areas by providing facilities, coaching, events, and access to sports including powerlifting, para-powerlifting, and Olympic weightlifting (register-of-charities.charitycommission.gov.uk).

Activities 2024

- Operational gym and coaching centre offering group, 1:1, and open-access training
- Inclusive programs targeting SEN, neurodivergent, disabled, and elderly community
- Development of free Starter Kits, affordable memberships, and personalised coaching
- Workshops and public events promoting strength, wellbeing, and resilience

4. Achievements & Performance

- Delivered over **500 sessions** on-site and off-site (including SEN and outreach)
- Maintained partnerships with Portland College, APTCOO, and National Lottery Sport England (oldtymestrength.com)
- First free session offered to all new participants
- Received strong positive feedback emphasising community benefits and improved wellbeing

5. Financial Review

Year-ending 01/04/2024 (provisional)

- Income: £14730 (memberships, coaching, donations, grants)
- Expenditure: £28,000 (staffing, equipment, insurance, training, running costs)
- Surplus - £0
- Reserves held: £95

Note: Final audited savings and liabilities will be updated in the accounts.

6. Plans for the Future

- Expand the **Neurodivergent Strength Blueprint** to reach new audiences
- Apply for local grants to subsidise low-income memberships
- Strengthen mentor-led workshops, volunteer training, and community events

7. Statement of Trustees' Responsibilities

Trustees confirm that they have complied with Charities Act Section 17 (public benefit), kept proper records, prepared annual accounts that give a true and fair view of finances, and safeguarded charity assets.

Signed

Christopher Roberts (Chair)
Date: 27/06/2025

RECEIPTS & PAYMENTS ACCOUNTS

For the year ended 31 December 2024

Receipts

Description	Amount (£)
Membership fees	0
Coaching sessions	0
Donations & grants	14760

Merchandise & events	0
Total Receipts	14760

Payments

Description	Amount (£)
Equipment & maintenance	14665
Rent & utilities	0
Insurance	0
Coaching/training expenses	0
Marketing & admin	0
Venue hire & outreach	0
Materials & supplies	0
Other operating costs	0
Total Payments	14665

Net Movement in Funds

Surplus: £7,000

Funds brought forward (6 Mar 2023): £0

Funds carried forward (1 Apr 2024): £0

Assets & Liabilities at Year-End

- **Bank & cash balances:** £96
- **Equipment (net value):** £60000

- **No outstanding liabilities**

Declaration

I certify this report and accounts are accurate and comply with requirements for Old Tyme Strength's year ending 31 December 2024.

Christopher Roberts (Chair)

Date: 27/06/2025