THE FAST GYM

England & Wales · Charity number 1202542

Details

Status	Registered
Legal form	CIO
Registered	2023-03-29
Register	View on the Charity Commission register

Contact

Address	15 Hope Street Salford M5 4WN
Phone	01617430028
Email	mail@thefastgym.co.uk
Website	www.thefastgym.com

Activities

Objects: TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN THE COMBAT SPORTS OF BOXING, KICK BOXING, WRESTLING AND JIU-JITSU THROUGH THE PROVISION OF COACHING AND FACILITIES AND EQUIPMENT FOR GENERAL FITNESS AND STRENGTH IN SALFORD MANCHESTER AND THE SURROUNDING AREAS.

Activities: The Charity through the combat sports such as Boxing, Kickboxing, Wrestling, jiu-jitsu; or Weight Training, Fitness training and other Martial Arts/ Fitness activities, provides for public benefit the facilities and equipment for fitness, strength training and martial arts / combat sports, for participation in healthy recreation, for the benefit of the inhabitants of Salford/Manchester.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Amateur Sport
- **Who:** The General Public/mankind

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Geography

- Manchester City
- Salford City

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£48,720	£43,514	-	-
2023-11-30	£23,500	£22,641	-	-

Trustees

Name	Role	Appointed
Darren Paul Sherlock	Chair	2023-05-17
Jonathan Dyke		2023-05-17
Richard Himlin		2023-05-17

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THE FAST GYM

England & Wales - Charity number 1202542

Accounts

The FAST Gym CIO – Registered Charity Number 1202542

Trustees' Annual Report

Reporting period: 1/12/23 – 30/11/24

1. Objectives and Activities

The primary objective of The FAST Gym CIO is to complete refurbishments to the facility including ongoing roof repairs, heating in the main gym, upgrades to LED lighting from inefficient old warehouse halogen lighting and new changing rooms with shower areas to improve standards for the local community who are using the gym. During the reporting period, we aimed to raise sufficient funds to achieve these improvements and successfully carried out installation of heating and key refurbishment activities. We were also able to purchase additional gym equipment to improve the gym facilities available.

We have continued to apply for funding to again provide free coaching sessions for youths from disadvantaged backgrounds in the area.

2. Achievements and Performance

During the year, we made substantial progress towards our objectives:

- Rented out space within the facility to generate income, which has been entirely reinvested into rental costs, building decoration, and upgrading essential parts of the facility.
- Began free training project for disadvantaged youths in the area conducting weekly classes with volunteer coaches.
- Continued grant applications through bid-writing company to help with securing larger funding opportunities.
- Attended meetings with Salford CVS to explore further opportunities for funding.
- Submitted funding applications aimed at enabling us to commence new projects.
- Began working providing training sessions for Beyond Empower for disabled adults and youths.

The main gym area is now completed with ongoing upgrades to equipment and facilities.

We are able to provide free coaching projects targeted at youths from disadvantaged backgrounds, which will offer opportunities for personal development and physical fitness but are looking for funding to help develop this and put on additional classes.

3. Financial Review

All funds raised have been spent directly on the refurbishment and maintenance of the facility. Our rental income has been fully allocated to:

- Rent payments and running costs for the facility space including development.
- Equipment purchases.

We continue to pursue further funding to complete the roof repairs and to support our youth coaching programs.

4. Public Benefit

The work carried out by The FAST Gym CIO provides clear public benefits, including offering local residents access to a well-maintained sports facility and creating opportunities for free physical coaching for disadvantaged youth in the community. By improving the facility and enhancing the services we offer, we aim to make a lasting positive impact on the health and well-being of local residents.

5. Structure, Governance, and Management

There have been no changes in the structure, governance, or management of the charity during the reporting period. The charity continues to be overseen by the following trustees:

- **Darren Sherlock**, Chair
- **Richard Himlin**, Secretary
- **Jonathan Dyke**, Treasurer

We have added two more volunteer coaches to our team whom have both been DBS checked through Salford CVS this year.

6. Risk Management

The trustees regularly review the main risks faced by the charity; particularly financial risks associated with securing adequate funding. Steps have been taken to mitigate these risks by applying for various grants and again engaging professional support in the form of a bid-writing service. Our reliance on rental income also presents a risk, and we continue to seek diverse funding streams to secure the charity's future.

7. Plans for the Future

Looking forward, The FAST Gym CIO has several key objectives:

- Securing the necessary funding to keep the facility running and upgrading it.
- Developing our free coaching programs for local youths, which will be dependent on the outcome of current funding applications.
- Continuing to seek grants and support from various sources to enhance our ability to deliver services to the community.

We remain committed to our mission of providing accessible physical activity and sports coaching to those in need, particularly targeting disadvantaged youth in the local area.

Signed on behalf of the trustees,

RICHARD HIMLIN

DARREN SHERLOCK
29/9/25

JONATHAN DYKE
29/9/25

CHARITY COMMISSION FOR ENGLAND AND WALES

The East Gym CIO | Ahr (Finally)

Receipts and payments accounts

CC16a

For the period from	Period start date 01.12.23	To	Period end date 30.11.24

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 £	Last year to the nearest £
A1 Receipts					
Salford MMA	50,000	-	-	50,000	-
Filming	720	-	-	720	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	50,720	-	-	50,720	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	50,720	-	-	50,720	-
A3 Payments					
Repairs & Renewals	2,178	-	-	2,178	-
Professional Fees	240	-	-	240	-
Insurance	1,207	-	-	1,207	-
Rent	31,739	-	-	31,739	-
Rates & Wayer	1,498	-	-	1,498	-
Light & Heat	500	-	-	500	-
Travel	1,255	-	-	1,255	-
Sundry	1,755	-	-	1,755	-
	-	-	-	-	-
Sub total	40,372	-	-	40,372	-
A4 Asset and investment purchases. (see table)					
Equipment	3,129	-	-	3,129	
	-	-	-	-	
Sub total	3,129	-	-	3,129	-
Total payments	43,501	-	-	43,501	-
Net of receipts/(payments)	7,219	-	-	7,219	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	784	-	-	784	-
Cash funds this year end	8,003	-	-	8,003	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Santander Bank	8,003	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	8,003	-	-

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

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Accountancy	360	-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		D Sherlock	29/09/25
		J Dyke	29/09/25

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	The Fast Gym CIO
On accounts for the year ended	30.11.24 — **Charity no (if any)**
Set out on pages	CC16A (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30.11.24

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:	P Howell — **Date:** 25.10.25
Name:	P Howell
Relevant professional qualification(s) or body (if any):	ACCA
Address:	9 Worsley Rd Swinton Manchester

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

THE FAST GYM

England & Wales - Charity number 1202542

Accounts

The FAST Gym CIO – Registered Charity Number 1202542

Trustees' Annual Report

Reporting period: 29/3/23 – 30/11/23

1. Objectives and Activities

The primary objective of The FAST Gym CIO is to upgrade and refurbish dilapidated facilities to make them suitable for conducting physical education and coaching classes, with a focus on serving the local community. During the reporting period, we aimed to raise sufficient funds to achieve these improvements and successfully carried out key refurbishment activities.

We have also sought to provide free coaching sessions for youths from disadvantaged backgrounds in the area, which is dependent on securing additional funding.

2. Achievements and Performance

During the year, we made substantial progress towards our objectives:

- Rented out space within the facility to generate income, which has been entirely reinvested into rental costs, building decoration, and upgrading essential parts of the facility.
- Applied for assistance from a bid-writing company to help with securing larger funding opportunities.
- Attended various meetings with Salford CVS to explore further opportunities for funding.
- Submitted multiple funding applications aimed at enabling us to commence new projects.

Much of the planned work on the building has now been completed, with the notable exception of the roof, which remains an outstanding challenge for which we are still fundraising.

We are also awaiting funding approval to initiate our free coaching projects targeted at youths from disadvantaged backgrounds, which will offer opportunities for personal development and physical fitness.

3. Financial Review

All funds raised have been spent directly on the refurbishment and maintenance of the facility. Our rental income has been fully allocated to:

- Rent payments for the facility space.
- Decoration and building upgrades.

We continue to pursue further funding to complete the roof repairs and to support our youth coaching programs.

4. Public Benefit

The work carried out by The FAST Gym CIO provides clear public benefits, including offering local residents access to a well-maintained sports facility and creating opportunities for free physical coaching for disadvantaged youth in the community. By improving the facility and enhancing the services we offer, we aim to make a lasting positive impact on the health and well-being of local residents.

5. Structure, Governance, and Management

There have been no changes in the structure, governance, or management of the charity during the reporting period. The charity continues to be overseen by the following trustees:

- **Darren Sherlock**, Chair
- **Richard Himlin**, Secretary
- **Jonathan Dyke**, Treasurer

Additionally, three volunteer coaches have been recruited and DBS-checked through Salford CVS. These coaches will assist in the running of classes once our free youth coaching projects commence.

6. Risk Management

The trustees regularly review the main risks faced by the charity, particularly financial risks associated with securing adequate funding. Steps have been taken to mitigate these risks by applying for various grants and engaging professional support in the form of a bid-writing service. Our reliance on rental income also presents a risk, and we continue to seek diverse funding streams to secure the charity's future.

7. Plans for the Future

Looking forward, The FAST Gym CIO has several key objectives:

- Securing the necessary funding to complete the roof repairs.
- Launching our free coaching programs for local youths, which will be dependent on the outcome of current funding applications.
- Continuing to seek grants and support from various sources to enhance our ability to deliver services to the community.

We remain committed to our mission of providing accessible physical activity and sports coaching to those in need, particularly targeting disadvantaged youth in the local area.

Signed on behalf of the trustees,

DARREN SHERLOCK (CHAIR)
JON DYKE (Treasurer)
Richard Himlin

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Santander Bank	784	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	784	-	-
		Agreement Error	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Stock	75	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		D Sherlock	18/9/24
		J Dyke	18/9/24

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
The Fast Gym CIO	1202542

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	29.032023		30.11.2023

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 £	Last year to the nearest £
A1 Receipts					
Salford MMA	23,500	-	-	23,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	23,500	-	-	23,500	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,500	-	-	23,500	-
A3 Payments					
Insurance	431	-	-	431	-
Repairs	6,817	-	-	6,817	-
Rent	13,131	-	-	13,131	-
Office	-	-	-	-	-
Rates & Water	674	-	-	674	-
Light & Heat	500	-	-	500	-
Office Costs	846	-	-	846	-
Travel	242	-	-	242	-
	-	-	-	-	-
Sub total	22,641	-	-	22,641	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	22,641	-	-	22,641	-
Net of receipts/(payments)	859	-	-	859	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	859	-	-	859	-