

## **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:


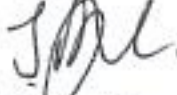

- Securing the necessary funding to complete the roof repairs.
- Launching our free coaching programs for local youths, which will be dependent on the outcome of current funding applications.
- Continuing to seek grants and support from various sources to enhance our ability to deliver services to the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

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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 £
<b>B1 Cash funds</b>	Santander Bank	784	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	784	-	-
	(agree balances with receipts and payments account(s))			
		Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Stock	75	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			D Sherlock J Dyke	18/9/24 18/9/24



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
The Fast Gym CIO

No (if any)  
1202542

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
29.03.2023

To

Period end date  
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 £
<b>A1 Receipts</b>					
Salford MMA	23,500	-	-	23,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	23,500	-	-	23,500	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	23,500	-	-	23,500	-
<b>A3 Payments</b>					
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	-
	-	-	-	-	-
<b>Sub total</b>	22,641	-	-	22,641	-
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	22,641	-	-	22,641	-
<b>Net of receipts/(payments)</b>	859	-	-	859	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	859	-	-	859	-