

**KINGDOM BARBELL YOUTH DEVELOPMENT PROGRAMME**

**REPORT AND FINANCIAL STATEMENTS**

FOR THE PERIOD 17 JANUARY 2024 TO 31 MARCH 2025

**CHARITY REGISTRATION NUMBER: 1206576**

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**Trustees and other information**

**Principal address:** 34 Stanley Court, SP2 7GL

**Email:** [admin@kbyd.org](mailto:admin@kbyd.org)

**Website** [kbyd.org](http://kbyd.org)

**Trustees** Claire Paling (Secretary)  
Ben Crouch (Designated safeguarding lead)  
James Murphy (Treasurer)

**CEO** George Barsby

The Trustees and CEO served for the entire period up to the date of this report.

The '**Charity**' is a Charitable Incorporated Organisation (CIO) established by a Constitution.

The Charity is registered with the Charity Commision under registration number 1206576

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**Trustees report**

We are delighted to provide our first report for the period ended 31 March 2025 for Kingdom Barbell Youth Development Programme (the Charity).

**Structure, Governance and Management**

The Charity is a Charitable Incorporated Organisation governed by its constitution and was established on 17 January 2024.

The trustees are responsible for the overall management and direction of the charity and we meet regularly to review the charity's activities, finances and future plans. We are also responsible for preparing the trustees' report and financial statements in accordance with applicable law and accounting standards.

Since forming the charity, we have adopted a suite of policies in order to ensure the safe day-to-day running of the charity and management of key risks including safeguarding. All policies are available on our [website](#). Each of our trustees and volunteers are required to read and understand these policies as part of their induction and the trustees regularly monitor and update the policies to ensure they are followed in practice and remain fit for purpose.

*Conflicts of interest*

Included in our policies is a memorandum of understanding (MOU) between the Charity, our CEO, George Barsby and his company Kingdom Barbell Limited (KB Ltd). KB Ltd supply the Charity with coaching services and use of facilities and we benefit greatly from George's leadership and coaching expertise in his role as CEO of the organisation.

The MOU sets out how we as Trustees manage the potential conflict of interest between the Charities' activities and the interests of George and KB Ltd which is a profit seeking organisation. George is invited to attend Trustee meetings but does not have voting power and is asked to leave when matters relating to KB Ltd are discussed. In addition, the Trustees have reviewed the market for coaching services in order to arrive, what we consider to be a fair, arms-length price for the coaching services and use of facilities.

*Reserves Policy*

The charity's reserves policy is to hold four months of operating costs in cash. This allows the trustees to plan and commit to classes at least one full school term in advance, helping to ensure continuity and stability for the young people who benefit from the charity's work.

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**Trustees report** (continued)

**Objects and Public Benefit**

The objects of the charity are:

*The promotion of community participation in healthy recreation to children and young people by the provision of facilities, coaching, education and help with the costs of competition travel and weightlifting equipment for participating in weightlifting.*

The trustees have had regard to the Charity Commission's guidance on public benefit when planning and delivering the charity's activities. They consider that the work carried out during the year has provided clear public benefit, particularly for young people who have directly taken part in the charity's services.

**Activities and Achievements**

*Fundraising*

The main focus during the start up phase of the Charity, once it was established was fundraising and we are delighted to report that we raised over £8,500 during the period.

We would like to give special thanks to the Milestone Infrastructure team, whose fundraising efforts played a key role in achieving this total.

The charity is also very grateful for the support received from Wiltshire Council and Tesco, who provided grant funding, Nucleus Financial and the many individual donors who have supported us to date.

*Coaching*

The charity began running its free, coached weightlifting classes on 27 January 2025. During the initial, six-week pilot programme, we ran 17 classes and 21 young people signed up, with a total of 87 attendances. [Click here to see photos and feedback from our pilot project](#). Over the remainder of 2025, we ran three classes each week (155 classes in total) involving 40 young people and 605 attendances.

Feedback from young people and their families highlights the transformative impact of our weightlifting programme on physical, emotional, and social well-being. Young people and their parents report improved self-esteem, body image, confidence, mental health and motivation to make healthy lifestyle choices. One of our young people spoke to a local radio station over the summer about his experience;

*'It's changed my life for the better... KBYD made me feel like I had a purpose. It made me feel like I was able to make myself better, rather than just waiting for something else to change and made me feel more in control of who I am.'*

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**Trustees report (continued)**

*Marketing and Promotion*

We have built partnerships with local charities, schools, businesses and public services to strengthen our community impact and broaden access to our programme. Organisations such as Salisbury Foodbank, Spurgeon's Family Hubs, NHS paediatrics, and local schools help signpost young people to us, while Tesco and local family-run businesses offer vital logistical and financial support.

In September we held an in-house competition where our young people competed alongside adult weightlifting club members. Their families and many of our supporters attended to support a successful event which resulted in further funding, offers of logistical support and engagement with parents of the young people on our programme. [Click here for photos and a summary of the event.](#)

*Plans for the future*

Looking forward, to date we have delivered almost a full year of coached classes and look forward to continuing to improve the reach of our service to young people and the experience of those young people who train with us.

Based on engagement with our young people, their families and other members of our community, we are planning to develop marketing materials to communicate our work and the opportunities we provide to supporters, young people and their families. We are expanding our team this year and currently onboarding two more coaches and two more volunteers to work with our young people, as well as inducting more volunteers who plan to support us behind the scenes.

**Approved by the trustees on 23 January 2026**

**Signed on behalf of the trustees:**

**Claire Paling**  
Trustee (secretary)

**James Murphy**  
Treasurer

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**Receipts and payments account**

	<b>General £</b>	<b>Restricted fund £</b>	<b>Total £</b>
<b><u>Receiepts</u></b>			
Individual donations	4,771		<b>4,771</b>
Corporate donation (Nucleus Financial)	320		<b>320</b>
Tesco stronger starts grant		500	<b>500</b>
Wiltshire council grant		3,000	<b>3,000</b>
<b>Total receipts</b>	<b>5,091</b>	<b>3,500</b>	<b>8,591</b>
<b><u>Payments</u></b>			
Coaching and facilities		1,100	<b>1,100</b>
Software	10		<b>10</b>
<b>Total payments</b>	<b>10</b>	<b>1,100</b>	<b>1,110</b>
<b>Net receipts less payments</b>	<b>5,081</b>	<b>2,400</b>	<b>7,481</b>
Opening cash funds	-	-	-
Transfers between funds	350	(350)	
<b>Closing cash funds at 31 March 2025</b>	<b>5,431</b>	<b>2,050</b>	<b>7,481</b>

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**Statement of assets and liabilities as at 31 March 2025**

	<b>2025</b>
	<b>£</b>
<b><u>Monetary assets</u></b>	
Current account	<b><u>7,481</u></b>
<b><u>Represented by funds</u></b>	
General (unrestricted) fund	5,431
Resticted fund	<u>2,050</u>
<b>Total funds</b>	<b><u>7,481</u></b>
Non-monetary assets and liabilities	-

These accounts were approved by the trustees on 23 January 2026 and signed on their behalf by:

**James Murphy**  
Treasurer

**Claire Paling**  
Secretary

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**Notes to the accounts**

**1. Debts and guarantees**

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at the period end the charity did not have any outstanding guarantees to third parties or any debts secured on assets of the CIO.

**2. Funds**

The CIO has two funds: an unrestricted General Fund and a Restricted "Regular Classes" fund. The restricted fund has been supported by a grant from Wiltshire Council and Tesco Stronger Starts specifically for the purposes of the CIO's core coaching activities. The conditions of the grants allow a 10% of the grant to cover administration costs. This is reflected in the transfer from the Regular Classes fund to the General Fund

**3. Trustee remuneration and expenses**

No remuneration or expenses was paid to any trustees during the year.

**4. Basis of preparation**

These accounts are prepared on a receipts and payments basis, with all revenue and expenses shown on a cash basis. The charity is not registered for VAT and, accordingly, expenditure includes VAT where appropriate.

**5. Donations in kind**

The trustees have maintained records of the value of donated goods and services received throughout the period from generous individual and corporate donors, including certain members of our coaching team who kindly volunteered their time to help run our classes. In line with Charity Commission guidance at CC16b, the monetary value of these goods and services is not included in receipts and payments the account.