UPSTARTS GYMNASTICS CIO

England & Wales · Charity number 1208997

Details

Status	Registered
Legal form	CIO
Registered	2024-07-05
Register	View on the Charity Commission register

Contact

Address	Unit 1 37 Old Parsonage Lane Hoton Loughborough LE12 5SG
Phone	07432013854
Email	upstartsgym@outlook.com
Website	https://www.upstartsgymnastics.com/

Activities

Objects: THE OBJECTS OF THE CIO ARE:THE ADVANCEMENT OF THE AMATEUR SPORT OF GYMNASTICS IN CHARNWOOD AND THE SURROUNDING AREA FOR THE PUBLIC BENEFIT BY THE PROVISION OF FACILITIES FOR PARTICIPATION IN THE SPORT OF GYMNASTICS

Activities: Provision of gymnastics coaching for children and young people in the Loughborough area and the development of coaches in the sport of Gymnastics, in accordance with British Gymnastics protocols. We are based in Hathern which neighbours Loughborough

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Amateur Sport
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Derbyshire
- Leicestershire
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£211,872	£140,374	-	-

Trustees

Name	Role	Appointed
Stephen Geoffrey Cuff B.Sc	Chair	2024-05-01
Hazel Patricia Colton		2024-05-01
Jennifer Ann Christine Moore		2025-11-19
Joan Margaret Smidowicz		2024-05-23
Laura Rebecca Lockwood		2025-11-19
Pamela Jayne Parkin		2024-05-01

Accounts

Charity registration number: 1208997

Upstarts Gymnastics CIO

Annual Report and Financial Statements

for the Year Ended 31 July 2025

LST Accountancy Ltd
Chartered Certified Accountants
32 Quorn Close
Loughborough
Leicestershire
LE11 2AW

Upstarts Gymnastics CIO

Contents (continued)

Upstarts Gymnastics CIO

Reference and Administrative Details

Chairman	S Cuff
Trustees	H P Colton S Cuff L R Lockwood J A C Moore P Parkin J M Smidowicz
Charity Registration Number	1208997
Principal Office	Unit 1, Rectory Place 37 Old Parsonage Lane Hoton Loughborough Leicestershire LE12 5SG
Independent Examiner	LST Accountancy Ltd Chartered Certified Accountants 32 Quorn Close Loughborough Leicestershire LE11 2AW

Upstarts Gymnastics CIO

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 July 2025.

Objectives and activities

Objects and aims

The objects of the charity are to advance participation in gymnastics for the public benefit, including by:

- providing opportunities for individuals to participate in gymnastics activities
- promoting physical education, health, and wellbeing through sport
- developing gymnastics skills and confidence among participants
- developing leadership and coaching skills
- supporting inclusive participation regardless of age, ability, or background

Objectives, strategies and activities

To achieve these objectives, the charity undertakes activities including:

- delivering structured gymnastics training sessions
- offering recreational and developmental gymnastics programmes
- supporting participation in competitions and events where appropriate
- providing coaching and mentoring to young gymnasts
- maintaining a safe and supportive environment for participants

Public benefit

The charity exists to provide opportunities for participation in gymnastics and physical activity for the benefit of the public.

Public benefit is delivered through:

- providing accessible gymnastics opportunities for children and young people
- promoting physical health, fitness, and wellbeing
- supporting personal development including discipline, teamwork, and confidence
- creating opportunities for participation regardless of experience or ability.

The trustees are committed to ensuring that the charity's activities remain inclusive and that any fees charged are kept at levels that support broad participation while maintaining the financial sustainability of the organisation.

Upstarts Gymnastics aims to keep costs as low as possible to maximise participation in gymnastics. We recognise that a change in financial circumstances can impact on the ability of gymnasts to continue with their training. The Upstarts Gymnastics Bursary Policy aims to support gymnasts experiencing financial hardship as a result of a change in circumstances, in the short term whilst alternative funding is sought.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Upstarts Gymnastics CIO

Trustees' Report (continued)

Use of volunteers

The charity relies on a combination of:

• qualified gymnastics coaches
• volunteer assistants
• supportive parents
• trustees

Their commitment and support are essential to the delivery of the charity's programmes and activities.

Achievements and performance

During the reporting period, the charity continued to deliver gymnastics programmes that support physical activity, skill development, and personal confidence.

Key achievements during the year included:

• delivering regular gymnastics sessions to approximately 280 participants
• supporting participation across recreational / development / competitive programmes with 20 coaches (paid and volunteers)
• enabling participants to take part in competitions and shows e.g at Christmas
• maintaining strong safeguarding and welfare standards across all activities

The charity also focused on ensuring that participation opportunities remained accessible and inclusive, including through programmes designed to support beginners and those new to the sport.

Trustees believe these activities have made a meaningful contribution to:

• improving physical health and fitness
• building confidence and resilience among participants
• supporting social interaction and community engagement.

Financial review

The charity's financial results for the year were as follows:

• Total income: £211,872
• Total expenditure: £140,374
• Net surplus: £121,137

During the year, Upstarts Gymnastics Club (the previous entity providing the gymnastics activities) donated £49,639 worth of gym equipment to the charity.

The trustees consider the financial performance during the year to be stable, given the operational environment.

Policy on reserves

The trustees have agreed that 15% of the annual operating budget shall be held as reserves policy to ensure the financial stability of the charity. These reserves will allow the charity to:

- manage fluctuations in income
- respond to unexpected costs
- maintain continuity of services to participants.

At the end of the reporting period, unrestricted funds stood at £121,137.

It should be noted that the CIO holds a ring-fenced (designated) reserve of £50,000 as per the accounts in preparation for potential future relocation to larger premises. There is a further ring-fenced (designated) reserve of £500 held to support gymnasts experiencing financial hardship.

Principal funding sources

Income is generated from a combination of sources, including:

- membership fees
- training session fees
- grants, where available
- fundraising activities

These income streams support the delivery of the charity's core gymnastics programmes.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	H P Colton
	S Cuff
	G James (resigned 17 June 2025)
	L R Lockwood (appointed 19 November 2025)
	J A C Moore (appointed 19 November 2025)
	P Parkin
	J M Smidowicz
Chairman:	S Cuff

Structure, governance and management

Nature of governing document

Upstarts Gymnastics is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission. The charity is governed by its constitution, which sets out the objects of the charity, the powers of trustees, and the procedures for governance and decision-making.

The CIO structure provides limited liability for trustees while allowing the organisation to operate as a registered charity.

Recruitment and appointment of trustees

Trustees are appointed in accordance with the provisions set out in the charity's constitution. Recruitment of trustees is undertaken with the aim of ensuring the board has an appropriate mix of skills, experience, and independence to govern the charity effectively.

When vacancies arise, the trustees may:

• invite nominations from members of the charity
• seek candidates with relevant expertise (for example in sport governance, finance, safeguarding, or legal matters)

Trustees normally serve for a term of 3 years after which they may be eligible for reappointment subject to the terms of the constitution.

Induction and training of trustees

New trustees receive copies of the CIO's constitution and most recent financial position together with induction covering:

• the charity's governing document
• trustee legal duties under charity law
• safeguarding and welfare responsibilities
• the strategic objectives and operational structure of the organisation

Trustees are encouraged to undertake ongoing training to support effective governance and compliance with guidance issued by the Charity Commission for England and Wales.

Organisational structure

The trustees are responsible for the overall governance, strategy, and financial oversight of the charity.

Day-to-day operational delivery of gymnastics activities is delegated to:

• club management and coaching staff
• volunteers supporting sessions and events

The trustees meet at least quarterly to review:

• strategic priorities, including potential future relocation to larger premises
• financial performance
• safeguarding and compliance matters
• operational progress

Upstarts Gymnastics CIO

Trustees' Report (continued)

Major risks and management of those risks

The trustees have considered the principal risks faced by the charity and have implemented procedures designed to mitigate these risks.

Key risks include:

• safeguarding and welfare risks associated with sports participation
• financial sustainability and income volatility
• health and safety risks within training environments
• volunteer recruitment and retention
• employed coach recruitment, development and retention

Appropriate policies, procedures, and monitoring arrangements are in place to manage these risks.

The annual report was approved by the trustees of the charity on 13/5/26 and signed on its behalf by:

....
S Cuff
Chairman and trustee

Upstarts Gymnastics CIO

Independent Examiner's Report to the trustees of Upstarts Gymnastics CIO

I report to the trustees on my examination of the accounts of Upstarts Gymnastics CIO for the year ended 31 July 2025.

Responsibilities and basis of report

As the charity trustees of Upstarts Gymnastics CIO 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 Upstarts Gymnastics CIO's accounts carried out under section 145 of the 2011 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 Upstarts Gymnastics CIO 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.

Louise Turner
....
Louise Turner FCCA
LST Accountancy Limited
Chartered Certified Accountants
ACCA

32 Quorn Close
Loughborough
Leicestershire
LE11 2AW

Date: 13 May 2026

Upstarts Gymnastics CIO

Statement of Financial Activities for the Year Ended 31 July 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies		79,165	700	79,865
Charitable activities		131,574	-	131,574
Investment income	4	433	-	433
Total income		211,172	700	211,872
Expenditure on:				
Raising funds		(273)	-	(273)
Charitable activities		(139,401)	(700)	(140,101)
Total expenditure		(139,674)	(700)	(140,374)
Net income		71,498	-	71,498
Equipment donated		49,639	-	49,639
Net movement in funds		121,137	-	121,137
Reconciliation of funds				
Total funds carried forward	13	121,137	-	121,137

All of the charity's activities derive from continuing operations during the above period.

Upstarts Gymnastics CIO

(Registration number: 1208997)
Balance Sheet as at 31 July 2025

	Note	2025 £
Fixed assets		
Tangible assets	9	49,639
Current assets		
Stocks	10	50
Cash at bank and in hand	11	71,448
		71,498
Net assets		121,137
Funds of the charity:		
Unrestricted income funds		
Unrestricted funds		121,137
Total funds	13	121,137

The financial statements on pages 8 to 15 were approved by the trustees, and authorised for issue on 13/5/26 and signed on their behalf by:

....

S Cuff
Chairman and trustee

1 Accounting policies

Statement of compliance
The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation
Upstarts Gymnastics CIO meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets are recorded at cost.

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Pensions and other post retirement obligations
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due.

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £
Donations and legacies;			
Donations from companies, trusts and similar proceeds	75,904	-	75,904
Donations from individuals	3,261	-	3,261
Grants, including capital grants;			
Grants from companies	-	700	700
	79,165	700	79,865

3 Income from charitable activities

	Unrestricted funds General £	Total 2025 £
Sales within charitable activities	131,574	131,574

4 Investment income

	Unrestricted funds General £	Total 2025 £
Interest receivable and similar income;		
Interest receivable on bank deposits	433	433

5 Expenditure on raising funds

a) Costs of generating donations and legacies

	Note	Unrestricted funds General £	Total 2025 £
Other direct costs of generating voluntary income		273	273

6 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2025 £
Purchases	391	-	391
Membership fee expenses	1,848	-	1,848
Repairs and renewals	5,812	700	6,512
Printing, postage and stationery	73	-	73
Staff costs	84,113	-	84,113
Competition expenses	1,691	-	1,691
Staff training	1,593	-	1,593
Rent and rates	31,123	-	31,123
Light, heat and power	3,916	-	3,916
Insurance	1,005	-	1,005
Telephone	502	-	502
Computer costs	188	-	188
Entertaining	125	-	125
Legal and professional	1,082	-	1,082
Accountancy and payroll services	888	-	888
Bank charges and income processing fees	5,051	-	5,051
	139,401	700	140,101

7 Staff costs

The aggregate payroll costs were as follows:

	2025 £
Staff costs during the year were:	
Wages and salaries	83,271
Pension costs	842
	84,113

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No
Employees	18

No employee received emoluments of more than £60,000 during the year.

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Tangible fixed assets

	Other tangible fixed asset £	Total £
Cost		
Additions	49,639	49,639
At 31 July 2025	49,639	49,639
Net book value		
At 31 July 2025	49,639	49,639

The fixed assets represent gym equipment donated from Upstarts Gymnastics Club (see Note 15 for further information).

10 Stock

	2025 £
Stocks	50

11 Cash and cash equivalents

	2025 £
Cash at bank	71,448

12 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £842.

13 Funds

	Incoming resources £	Resources expended £	Transfers £	Equipment donated £	Balance at 31 July 2025 £
Unrestricted funds					
General	211,172	(139,674)	(50,500)	49,639	70,637
Designated	-	-	50,500	-	50,500
Total unrestricted funds	211,172	(139,674)	-	49,639	121,137
Restricted funds	700	(700)	-	-	-
Total funds	211,872	(140,374)	-	49,639	121,137

14 Analysis of net assets between funds

	Unrestricted funds		Total funds at 31 July 2025
	General £	Designated £	£
Tangible fixed assets	49,639	-	49,639
Current assets	20,998	50,500	71,498
Total net assets	70,637	50,500	121,137

15 Related party transactions

During the year the charity made the following related party transactions:

Upstarts Gymnastics Club
(The trustees of Upstarts Gymnastics CIO, previously operated as Upstarts Gymnastics Club.)
During the year, gym equipment to the value of £49,639 was donated to the charity by the club. A cash donation of £75,904 was also made to the charity by the club. At the balance sheet date the amount due to/from Upstarts Gymnastics Club was £Nil.

Trustees
During the year a trustee received remuneration of £30,271 and had expenses repaid of £896.89 from the charity. At the balance sheet date the amount due to/from Trustees was £Nil.