

# FORD YOUTH AND COMMUNITY CENTRE

England & Wales · Charity number 287709

## Details

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**Other names** FORD COMMUNITY CENTRE, FORD YOUTH CLUB

**Status** Registered

**Legal form** Other

**Registered** 1983-08-23

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Unit 8  
Wolseley Business Park  
Wolseley Close  
Plymouth  
PL2 3BY

**Phone** 07307720270

**Email** [support@mindsetproject.co.uk](mailto:support@mindsetproject.co.uk)

**Website** [www.fordgym.org.uk](http://www.fordgym.org.uk)

## Activities

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**Objects:** (A) TO PROVIDE A CENTRE AND OTHER FACILITIES FOR RECREATION AND LEISURE-TIME OCCUPATION IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE OF THOSE PEOPLE, IN PARTICULAR YOUNG PEOPLE RESIDING OR WORKING IN FORD AND NEIGHBOURHOOD. (B) TO PROMOTE THE EDUCATION, TRAINING AND REHABILITATION OF PERSONS RESIDING IN THE CATCHMENT AREA IN PARTICULAR YOUNG PEOPLE WHO THROUGH THEIR SOCIAL AND ECONOMIC CIRCUMSTANCES ARE IN NEED AND UNABLE TO GAIN EMPLOYMENT OR FURTHER THEIR EDUCATION.

**Activities:** To provide a centre for recreation and leisure-time occupation in the interests of social welfare, in particular young people, and to promote the education and training of young people. We also work with the most vulnerable in our community and those with anxiety or mental health issues.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- **Area of benefit:** FORD AND NEIGHBOURHOOD
- Plymouth City

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£68,477	£55,650	-	-
2024-04-05	£41,064	£31,351	-	-
2023-04-05	£34,190	£31,045	-	-
2022-04-05	£26,928	£26,336	-	-
2021-04-05	£44,265	£22,300	-	-

## Trustees

Name	Role	Appointed
Charlotte Williams		2014-08-16
DAVID BROWN		2018-03-23
HANNAH LOUISE AMES		2023-11-10
MICHAEL WILLIAMS		
Nicki Chinnock		2022-10-21
SALLY MARIA ANTROBUS		2023-11-10

**FORD YOUTH AND COMMUNITY CENTRE**

England & Wales - Charity number 287709

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# Accounts

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**FORD  
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Charity number: 287709

## **Ford Youth and Community Centre**

Unit 8, Wolseley Business Park, Wolseley Close,  
Plymouth, PL2 3BY

[support@mindsetproject.co.uk](mailto:support@mindsetproject.co.uk) Tel: 07307 720270

### **Trustees Annual Report with Accounts** **6 April 2024 to 5 April 2025**

The Trustees are delighted and proud to report another positive year for Ford Youth and Community Centre.

We were successful in gaining funding in 2024/25 from different sources, including The National Lottery Community Fund and The Livewell Foundation. It is important to note that the funding from The National Lottery Community Fund is to cover a two-year period.

This, as well as the continuous and ongoing support from our main local partner, Wolseley Community Economic Development Trust (WCEDT) and our memberships, has all had a significantly positive impact on our ability to deliver new and existing services.

It has also provided us with some much-needed financial security with our outgoings, particularly in 2024/25, at a time that is heavily affected by a cost-of-living crisis.

As we move into 2025/26, our focus remains to primarily support the most vulnerable in our community, and we are proud to say we are working even harder to provide more services that can help even more people, a reflection on the commitment and professionalism of our self-employed coaches in the gym and our two volunteer martial arts instructors.

We note that our accounts show a surplus at end of the year of £12,826.73. This surplus, will be reinvested into the project going forward, supporting adults and youth in our community, which will help us, alongside the funding from The National Lottery Community Fund.

We are incredibly grateful for the support we receive as a charity, from national and local organisations, and allowing us to continue with the work we are so proud to be delivering.

This report is prepared on behalf of the Trustees of Ford Youth and Community Centre by:

Hannah Ames  
Co-Chair  
Ford Youth and Community Centre (FYCC)

Date: 22 November 2025



**FORD  
YOUTH &  
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CENTRE**  
Charity number: 287709

## Ford Youth and Community Centre

Unit 8, Wolseley Business Park, Wolseley Close,  
Plymouth, PL2 3BY

[support@mindsetproject.co.uk](mailto:support@mindsetproject.co.uk) Tel: 07307 720270

Final Summary of Accounts for Ford Youth and Community Centre for the period 4 April 2024 to 5 April 2025

### Receipts and Payments Accounts 2024/25

#### Account 1: Payments

Rent Unit 8	£10,146.36
HLC Rent	£1,068.90
Rates	£1,412.05
Gas	£236.90
Water	£436.50
Electricity	£1,401.67
Insurance	£383.62
Gym Contractors	£12,584.00
Youth Club Equipment	£385.60
Misc	£6,697.40
Volunteer expenses	£98.00
Maintenance & H&S	£304.67

**Total Payments**                    **£35,155.67**

**Receipts Account 1**                **£44,675.00**

#### Account 2: Payments

Gym Contractors	£13,495.00
Transfer between accounts	£7,000

**Total Payments**                    **£20,495.00**

**Receipts Account 1**                **£23,802.40**

Restricted income Plymouth Community Homes	£300
Restricted income The Livewell Foundation	£9,975.00
Restricted income The National Lottery Community Fund	£19,900.00
Restricted income WCEDT	£7,500.00

**Total Receipts Account 1**                    **£44,675.00**

**Total Receipts Account 2**                    **£23,802.40**

**Total Income Accounts 1 + 2**                    **£68,477.40**

**In year surplus / deficit (income – expenditure)**                    **£12,826.73**



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Unit 8, Wolseley Business Park, Wolseley Close,  
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[support@mindsetproject.co.uk](mailto:support@mindsetproject.co.uk) Tel: 07307 720270

### **Statement of Assets and Liabilities as of 5 April 2024**

<b>Natwest Current Account No 1</b>	<b>£16,079.65</b>
<b>Natwest Current Account No 2</b>	<b>£4,068.35</b>
<b>Designated Reserves Martial Arts School*</b>	<b>£15,398.60</b>
<b>Designated Reserves Ford Gym</b>	<b>£5,687.65</b>
<b>Petty cash held end of year</b>	<b>£0</b>
<b>Total cash held end of year</b>	<b>£41,234.25</b>

\*Note: The Trustees have created the Designated Reserves for the Martial Arts School, recognising that the majority of expenditure supports the Gym. It is designed to protect the future of FYCC in the event should the Gym come to an end. Sufficient funds will be maintained to downsize our project, futureproofing the young martial arts school.

Approved by the Trustees and signed on their behalf:

Mr Peter Thorne (Independent Examiner)  
114 Woodford Avenue  
Plympton  
Plymouth  
PL7 4QS

Date: 22 November 2025

Mrs Brydie Bruce (Treasurer)  
492 Budshead Road  
Plymouth  
PL5 4DG

Date: 22 November 2025

Hannah Ames (Chair)  
Ford Youth and Community Centre (FYCC)

Date: 22 November 2025

**FORD YOUTH AND COMMUNITY CENTRE**

England & Wales - Charity number 287709

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# Accounts

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### **Trustees Annual Report with Accounts** **6 April 2023 to 5 April 2024**

Trustees are pleased to report another positive year for Ford Youth and Community Centre, which we are very proud of.

That is not to say we were not without our challenges; a cost-of-living crisis affecting individuals, rising energy costs and the reduction in support has meant we have still faced financial challenges.

However, we have been determined to ensure we not only continue to deliver sessions that support the individuals who train with us but that we also work even harder to provide more services that can help even more people. This is credit to the ongoing commitment and professionalism of our self-employed coaches in the gym and our two volunteer martial arts instructors.

In terms of funding in 2023/24, we were successful in securing a small grant with The Devonport Royal Dockyard Sport and Social Club.

The Trustees also wish to note here our thanks to our main local partner for their continuous and ongoing support, Wolseley Community Economic Development Trust (WCEDT), whom without which we would not be able to continue with our project.

Our focus, as always, is to continue to primarily support the most vulnerable in our community and we are proud to say, the work we do and the results we produce, demonstrate this.

We note that our accounts show a modest surplus at end of the year of £9,713.33. The surplus is reinvested into the project going forward, supporting adults and youth in our community.

This report is prepared on behalf of the Trustees of Ford Youth and Community Centre by:

Hannah Ames  
Co-Chair  
Ford Youth and Community Centre (FYCC)

Date: 16 November 2024



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Charity number: 287709

## **Ford Youth and Community Centre**

Unit 8, Wolseley Business Park, Wolseley Close,  
Plymouth, PL2 3BY

[support@mindsetproject.co.uk](mailto:support@mindsetproject.co.uk) Tel: 07307 720270

Final Summary of Accounts for Ford Youth and Community Centre for the period 4 April 2023 to 5 April 2024

### Receipts and Payments Accounts 2023/24

#### Payments

Rent Unit 8	£9,703.39
HLC Rent	£963.00
Rates	£1,335.68
Gas	£356.32
Water	£347.68
Electricity	£1,526.92
Insurance	£796.98
Broadband	£107.60
Gym Contractors	£10,226.00
Youth Club Equipment	£4,252.00
Legal fees	£244.78
Misc	£421.24
Security	£212.38
Maintenance & H&S	£52.50
Logistics	£804.65

**Total Payments** **£31,351.12**

**Receipts Account 1** **£18,000.00**

Restricted Income Devonport Royal Dockyard Sport & Social Club	£3,000
Restricted Income WCEDT	£7,500

**Total Receipts Account 1** **£18,000.00**

**Total Receipts Account 2** **£23,064.45**

**Total Income Accounts 1 + 2** **£41,064.45**

**In year surplus / deficit (income – expenditure)** **£9,713.33**



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### **Statement of Assets and Liabilities as of 5 April 2024**

<b>Natwest Current Account No 1</b>	<b>£6,560.32</b>
<b>Natwest Current Account No 2</b>	<b>£760.95</b>
<b>Designated Reserves Martial Arts School*</b>	<b>£15,184.88</b>
<b>Designated Reserves Ford Gym</b>	<b>£5,608.72</b>
<b>Petty cash held end of year</b>	<b>£0</b>
<b>Total cash held end of year</b>	<b>£28,114.87</b>

\*Note: The Trustees have created the Designated Reserves for the Martial Arts School, recognising that the majority of expenditure supports the Gym. It is designed to protect the future of FYCC in the event should the Gym come to an end. Sufficient funds will be maintained to downsize our project, futureproofing the young martial arts school.

Approved by the Trustees and signed on their behalf:

Mr Peter Thorne (Independent Examiner)  
114 Woodford Avenue  
Plympton  
Plymouth  
PL7 4QS

Date: 15 November 2024

Mrs Brydie Bruce (Treasurer)  
492 Budshead Road  
Plymouth  
PL5 4DG

Date: 15 November 2024

Hannah Ames (Chair)  
Ford Youth and Community Centre (FYCC)

Date: 16 November 2024

**FORD YOUTH AND COMMUNITY CENTRE**

England & Wales - Charity number 287709

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# Accounts

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# Ford Youth & Community Centre

## Charity No.287709

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### Trustees Annual Report with Accounts 06.04.22 to 05.04.23

Trustees are pleased to report in many ways a very satisfactory year in spite of the ongoing financial challenges in particular energy costs which have tripled.

This is due in no small measure to the ongoing commitment and professionalism of our self - employed Gym Instructors and our two volunteer Martial Arts Instructors. Nonetheless we note that while our accounts show a modest surplus at the end of the year of £3145, the reality is if were not for the Lottery grant for 2023 of £9950 paid in March 22 therefore inflating our income for last year we actually had a net deficit of approximately £6800.

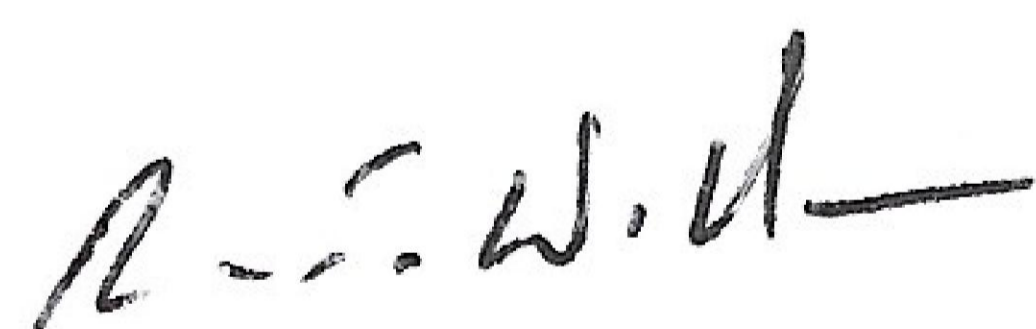
We have also been very successful in writing small grant applications to support our project during the year with the majority of our funding coming from the National Lottery, Devon Community Foundation and Plymouth City Council.

The Trustees also wish note here our thanks to two local partners for their ongoing support, Wolseley Community Economic Development Trust and Plymouth Community Homes with out which we would not be able to continue with our project.

Our blended approach to delivery in the Gym developed during Covid lockdown is working well allowing both adults and youths to attend Gym classes and also take part in online sessions.

Our focus continues to primarily support the most vulnerable in our community.

This report is prepared on behalf of the Trustees of Ford Youth & Community Centre by:



**R.T.Williams**  
Chair FYCC

Date 7 / 7 / 23

**Final Summary of Accounts for Ford Youth & Community Centre for the period 06.04.22 to 05.04.23**

# Ford Youth & Community Centre

## Charity No.287709

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### Final Summary of Accounts for Ford Youth & Community Centre for the period 06.04.22 to 05.04.23

#### Receipts and Payments Account 2022/23

##### Payments

Rent Unit 8	£ 9,663.12
HLC Rent	£ 1,062.00
Rates	£ 713.76
Gas	£ 205.24
Water	£ 285.15
Electricity	£ 2,450.36
Insurance	£ 1,770.61
Broadband	£ 319.03
Gym Contractors	£ 11,960.00
Youth Club Equipment	£ 869.09
Cleaning	£ 131.33
Misc	£ 374.01
Maintenance & H&S	£ 1,241.14
<b>Total Payments</b>	<b>£ 31,044.84</b>

##### **Receipts Account 1** **£ 18,495.00**

Restricted Income Plymouth Community Homes Donation	£ 2,570.00
Restricted Income Devon Community Fund	£2,000.00
Restricted Income PCC Strong Women Fund	£3,750.00
Restricted Income National Lottery Grant	£ 9,975.00
Restricted Income WCEDT Small Grant	£ 200.00

**Total receipts Account 1** **£ 18,495.00**

**Total receipts Account 2** **£ 15,695.50**

**Total Income Accounts 1 + 2** **£ 34,190.50**

**In year surplus / deficit (income – expenditure)** **£ 3,145.66**

# Ford Youth & Community Centre

## Charity No.287709

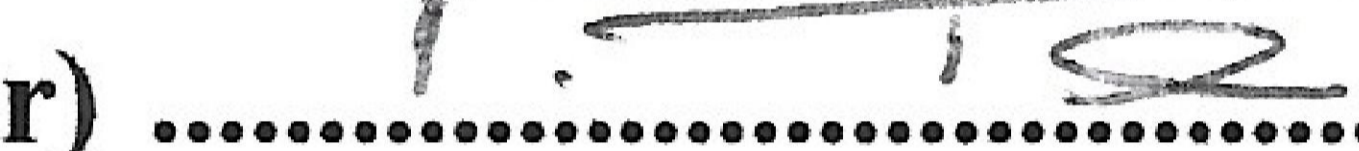
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### Statement of Assets and Liabilities as of 05<sup>TH</sup> April 2023

Natwest Current Account No 1	£ 15,659.44
Natwest Current Account No 2	£ 1,030.50
*Designated reserves Martial Arts School	£ 15,000.00
Designated reserves Ford Gym	£ 5,517.91
Petty Cash held end of year	£ 60.00
Total cash held end of year	£ 37,267.85

*\*Note: The Trustees have created the Designated Martial Arts reserve recognising that the majority of expenditure supports the Gym. It is designed to protect the future of FYCC in the event should the Gym fail. Sufficient funds will be maintained to downsize our project future proofing the young martial Arts school.*

Approved by the Trustees and signed on their behalf:

Mr Peter Thorne (Auditor)  Date: 05/06/23  
114 Woodford Avenue  
Plympton  
Plymouth  
PL7 4QS

David Brown (Hon. Treasurer)  Date: 05/06/23  
4 Normandy Way  
St Budeaux  
Plymouth  
PL5 1 SP

  
Richard Williams  
Chair FYCC

**FORD YOUTH AND COMMUNITY CENTRE**

England & Wales - Charity number 287709

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# Accounts

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# **FORD YOUTH AND COMMUNITY CENTRE (Charity number 270977)**

## **Trustees Annual Report with Accounts 06.04.21 to 05.04.22**

Overall, a very successful year in terms of delivery and engagement with those most in need in our community. The blended approach taken by our Gym Managers with a mix of online, face to face classes and 121 support has worked well and become embedded in what we do. Trustees are once again grateful to our two volunteer Martial Arts Instructors and Gym coaches for their dedication and professionalism.

Our accounts this year show a small operating surplus, this is mainly due an Awards for All grant of £9950 awarded in March this year which had yet to be spent. We continue to be grateful to our local supporters namely the Wolseley Community Economic and Development Trust (WCEDT) and Plymouth Community Homes (PCH), without their support we simply could not continue.

Funding continues to be a major challenge particularly against significant rising costs, it is noted here as we emerge from a fixed energy deal our costs have risen substantially and are not sustainable, like many other small charities we wait to see what help might be forthcoming from central government

. . . .  
This report is prepared on behalf of the Trustees of Ford Youth & Community Centre by:

**Richard Williams**  
**Chair FYCC**  
**August 2022**

# Ford Youth & Community Centre

## Charity No.287709

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### Final Summary of Accounts for Ford Youth & Community Centre for the period 06.04.21 to 06.04.22

#### Receipts and Payments Account 2021/22

##### Payments

Rent Unit 8	£ 9,663.12
HLC Rent	£ 534.00
Rates	£ 1,254.40
Gas	£ 80.93
Water	£ 210.99
Electricity	£ 1,881.32
Broadband	£ 293.44
Gym Contractors	£ 10,988.58
Youth Club Equipment	£ 99.39
Legal Fees	£ 297.50
Misc	£ 865.89
Maintenance & H&S	£ 166.57

**Total Payments** £ 26,336.13

**Receipts Account 1** £ 14,780.00

Restricted Income Plymouth Community Homes Donation	£ 2,300.00
Cash Payments for Gym use	£ 80.00
Plymouth Together Grant	£ 500.00
Restricted Income National Lottery Grant	£ 9,950.00
WCEDT Wellbeing Classes Grant	£ 1,500.00
Howdens Joinery Office Donation	£ 450.00

**Total receipts Account 1** £ 14,780.00

**Total receipts Account 2** £ 12,148.35

**Total Income Accounts 1 + 2** £ 26,928.35

**In year surplus / deficit (income – expenditure)** £ 592.22

# Ford Youth & Community Centre

## Charity No.287709


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### Statement of Assets and Liabilities as of 06<sup>th</sup> April 2022

Natwest Current Account No 1	£ 20,333.08
Natwest Current Account No 2	£ 3,830.00
Designated reserves Martial Arts School	£ 15,000.00
Designated reserves Ford Gym	£ 5,428.07
Petty Cash held end of year	£ 60.00
<b>Total cash held end of year</b>	<b>£ 44,651.15</b>

Approved by the Trustees and signed on their behalf:

 ..... Date: 29/07/22  
Mr Peter Thorne (Auditor) .....  
114 Woodford Avenue  
Plympton  
Plymouth  
PL7 4QS

 ..... Date: 29/07/22  
David Brown (Hon. Treasurer) .....  
4 Normandy Way  
St Budeaux  
Plymouth  
PL5 1 SP

**Richard Williams**  
**Chair FYCC**

**FORD YOUTH AND COMMUNITY CENTRE**

England & Wales - Charity number 287709

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# Accounts

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# Ford Youth & Community Centre

## Charity No.287709

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### Trustees Annual Report with Accounts 06.04.20 to 05.04.21

Overall an eventful year with the challenges of covid 19 and a series of lockdowns that have curtailed many of our project activities. This has led to an unusual in year operating surplus at the end of the year as the accounts show.

Clearly face to face activity has been severely affected throughout the period with both the Martial Arts School and the Gym having to close for long periods.

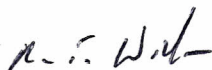
However, despite these challenges the Trustees are pleased to report in many ways a very satisfactory year. While many of our vulnerable members are lonely and treat the gym as a sanctuary, we not only managed to maintain contact with many of our members but also offer them a comprehensive menu of online workouts and support. This was in no small measure due to the ingenuity of our gym coaches who have been very proactive in designing new ways of working on line via social media and zoom.

We have also been very successful in writing grant applications to support our project during the year with the majority of our funding coming from state aid Covid related funds such as Local Restrictions Grants (LRG) from Plymouth City Council who have been very supportive of our work. Not only has this funding provided a lifeline in helping with fixed costs while our gym has been closed but has also allowed our organisation to reopen in a covid compliant manner.

The Trustees also wish note here our thanks to two local partners for their ongoing support, Wolseley CEDT and Plymouth Community Homes.

As we emerge from lockdown, we are now continuing with this successful formula of a blended approach with gym activity and on-line workouts and support. We have significantly increased engagement from the local Community.

This report is prepared on behalf of the Trustees of Ford Youth & Community Centre by:



**R.T.Williams**  
Chair FYCC

Date 20/8/21

# Ford Youth & Community Centre

## Charity No.287709

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### Final Summary of Accounts for Ford Youth & Community Centre for the period 06.04.20 to 05.04.21

#### Receipts and Payments Account 2020/21

##### Payments

Rent Unit 8	£ 8,455.23
HLC Rent	£ 306.00
Rates	£ 1,254.40
Water	£ 111.24
Electricity	£ 509.98
Insurance	£ 783.82
Gym Contractors	£ 5,892.58
Youth Club Equipment	£ 3,097.69
Marketing	£ 80.00
Cleaning	£ 216.42
Misc	£ 705.00
Maintenance & H&S	£ 888.35
<b>Total Payments</b>	<b>£ 22,300.71</b>

**Receipts Account 1** **£ 38,888.50**

Restricted Income Plymouth Community Homes Donation	£ 2,300.00
Restricted Income Wolseley CEDT (Physical Activity Programme)	£ 4,000.00
Club Hire	£ 57.50
Restricted income Plymouth Community Homes (Donation)	£2300.00
Restricted income PCC Covid Support Grant	£ 19,431.00
Restricted income Devon Community Foundation Covid support	£2,000.00
Restricted Income National Lottery Covid Support Grant	£ 9,750.00
Sale of Gym Equipment	£ 1,350.00

**Total receipts Account 1** **£ 38,888.50**

**Total receipts Account 2** **£ 5,377.00**

**Total Income Accounts 1 + 2** **£ 44,265.50**

**In year surplus / deficit (income – expenditure)** **£ 21,964.79**

# Ford Youth & Community Centre

## Charity No.287709

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### Statement of Assets and Liabilities as at 05<sup>th</sup> April 2021

Natwest Current Account No 1	£ 27,889.21
Natwest Current Account No 2	£ 2,281.65
Designated reserves Martial Arts School	£ 15,000.00
Designated reserves Ford Gym	£ 5,426.03
Petty Cash held end of year	£ 60.00
<b>Total cash held end of year</b>	<b>£ 50,656.89</b>

Approved by the Trustees and signed on their behalf:

Mr Peter Thorne  
(Independent Examiner)  
114 Woodford Avenue  
Plympton  
Plymouth  
PL7 4QS

  
.....Date: 20/08/21.....

David Brown (Hon. Treasurer)  
4 Normandy Way  
St Budeaux  
Plymouth  
PL5 1 SP

  
.....Date: 20/8/21.....