

WISPA (Women in Sport & Physical Activity)

Northern Ireland · Charity number 100646

Details

Known as	WISPA
Status	Received
Registered	2014-12-17
Register	View on the Charity Commission for Northern Ireland register

Contact

Address
Wispa Office 6
331-333 Shankill Road
Spectrum Centre
Belfast
Bt13 3aa
BT13 3AA

Phone 028 90314298

Email info@wispani.co.uk

Website www.wispani.co.uk

Activities

Purposes: The objects of the Company shall be to promote the participation of women in healthy recreation in Belfast (“the area of benefit”) by: a. Providing information to women on the availability of physical activities and sports facilities and resources and voluntary/community sector sports organisations in the area of benefit; b. Promoting, supporting and developing the work of voluntary and community sector organisations for all or any purpose deemed to be charitable and in particular the advancement of education, social inclusion and the furtherance of health; c. Acting as a forum for the exchange of information between organisations to facilitate the development of a strategic approach to physical activity/sports development for women in the area of benefit and presenting the views of providers and beneficiaries to policy makers and funders; d. Encouraging participation in physical activity and sports by women of all ages e. Educating the general public as to the benefits, including health, personal development, education and social inclusion, of the availability of physical activity and sports opportunities for women f. Facilitate an increase in the number of female coaches/instructors in the area of benefit.

What the charity does: The advancement of health or the saving of lives, Other charitable purposes

How the charity works: Community development, Cross-border/cross-community, Gender, Relief of poverty, Sport/recreation

Who the charity helps: Adult training,Ethnic minorities,Ex-offenders and prisoners,General public,Interface communities,Learning disabilities,Mental health,Older people,Parents,Physical disabilities,Sexual orientation,Specific areas of deprivation,Travellers,Unemployed/low income,Voluntary and community sector,Volunteers,Women,Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£112,988	£99,519	£0	1

Trustees

Name	Role	Appointed
Miss Angela Hodkinson		
Miss Louise Irvine		
Mrs Emma Mary Sheehy		
Ms Heather Causer		
Ms Karen Gilgunn		
Ms Nicola Stanley		

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Accounts

Company No. NI061461
Charity No: NIC 100646

WISPA
(Women in Sport and Physical Activity)

Financial Statements

For the Year Ended 31/03/25

WISPA
(Women in Sport and Physical Activity)

Information

Chair	Nicki Ann Stanley
Secretary	Niamh O'Neill
Directors	Emma Sheehy Louise Irvine Eileen Weir Angela Hodgkinson
Address	331-333 Shankill Road Belfast BT13 3AA
Accountants	Insight Business Services 53 Bernice Road Newtownabbey BT36 4QZ
Bankers	Danske Bank Donegal Square West Belfast BT1 6JS

WISPA
(Women in Sport and Physical Activity)

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WISPA
(Women in Sport and Physical Activity)

Directors' Report
For the Period Ended 31/03/25

The Directors present their report and financial statements for the period ended 31/03/25

Principal activity

The principal activity of the charity is to promote the participation of women in healthy recreation in the Belfast area.

Directors

The Directors who served during the period are as stated below:

Chair	Nicki Ann Stanley
Secretary	Niamh O'Neill
Directors	Emma Sheehy
	Louise Irvine
	Eileen Weir
	Angela Hodkinson

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated 24/10/06. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

The aim of the charity is to promote the participation of women in the Belfast area in healthy sport and physical activity.

During this reporting period WISPA secured core funding from Public Health Agency and programme funding from Belfast City Council, Peter Harrison Foundation, PHA, Sported and Belfast Trust which enabled the delivery of our work across Belfast. Over the past year we have delivered 160 community based programmes in total, working with a range of community partners and organisations taking over 3,000 bookings from 1,604 individual women who reside in the most socially deprived areas of Belfast. See monitoring information below.

- Increase level of participation = 1,604 individual women (3,298 registrations) and 637 of were new to WISPA classes which is fantastic.
- 93% of the women said they are now more aware of the benefits of physical activity and how it impacts on health and wellbeing.
- 91% of the women said they would continue to exercise after our programmes have ended.
- 77% of the women said the project had improved their mental health and well being
- 89% of the women said the project had improved their physical health and well being
- 44% of the women said the project had improved self-esteem and confidence

We are confident that we have made a positive impact on the majority of the women's health and wellbeing. This is demonstrated through the data received at our evaluation

Some of the comments we received from the women participating included:

“These classes are life savers for me and many others. We have a socially deprived community that need more opportunities to take part in affordable physical activity and I love the classes and the coaches who deliver them.”

“I have been participating in the project since last year. It is fantastic at providing a safe space to get fit, meet new people and help with overall wellbeing. Thank you to all the coaches and the staff who work tirelessly in the background.”

“It’s a well-run programme that motivates everyone to achieve to their own ability. The coaches are so supportive and encouraging. I have made so many friends from these classes and it has really helped improve my confidence and self-esteem.”

Following the successful delivery of our programmes we recognise our position as a funded organisation and the pressure it brings to continue the momentum of delivery. For this reason, we are pro-active in identifying and sourcing future funding to ensure that we can continue to deliver our programmes into 2025–26. We have already secured core funding from PHA once again and £20,000 from the National Lottery for programme delivery.

We are confident that we have achieved our overall aim to provide increased opportunities for women to access local community based programmes designed to cater for their needs. Through engagement with WISPA we hope to encourage lifestyle changes which will impact on individual’s health and wellbeing. We have developed strong partnerships with a wide range of community based groups/projects enabling us to better identify disengaged, sedentary women across the city.

Niamh O’ Neill has continued her role as Project Manager alongside Project Assistant Shelley White who are working well together in the office. We have also appointed Nicki Ann Stanley as the new chair of the project and Eileen Weir has stepped down to a director. We plan on recruiting two new board members in 2025–26. We have also completed various training courses this year in First Aid, Carbon Literacy, Safeguarding and Walk Leader Training and NICVA Trustee/Board training.

Our financial performance has been in line with expectations. Total income has risen, largely due to increased activity, and while costs have risen, we have generated a surplus that we will use to invest in programmes to ensure that we can continue to meet our objectives.

This report was approved by the Board on 18 June 2025 and signed on its behalf by

Signed ...*N A Stanley*.....

Name: Nicky Ann Stanley – Chairperson/Director

WISPA
(Women in Sport and Physical Activity)

Independent Examiner's Report to the Members of WISPA

Respective responsibilities of Directors and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

D Browne

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

WISPA
(Women in Sport and Physical Activity)

Statement of Financial Activities
for the year ended 31/03/25

		2025			2024
	Notes	Restricted Funds £	Unrestricted Funds £	Total £	£
Incoming Resources					
SLA & Grants	2	97,193.00	0.00	97,193.00	65,976
Trading activities		0.00	15,667.26	15,667.26	11,612
Interest & other income		<u>0.00</u>	<u>127.27</u>	<u>127.27</u>	<u>0</u>
Total Income		97,193.00	15,794.53	112,987.53	77,588
Expenditure					
Charitable Activities		97,193.00	1,126.07	98,319.07	90,681
Administrative Expenses		<u>0.00</u>	<u>1,200.00</u>	<u>1,200.00</u>	<u>1,080</u>
Total Expenditure		<u>97,193.00</u>	<u>2,326.07</u>	<u>99,519.07</u>	<u>91,761</u>
Net Incoming/(Outgoing) Resources		0.00	13,468.46	13,468.46	-14,173
Net Movement of Funds in the Period		0.00	13,468.46	13,468.46	-14,173

There are no recognised gains or losses other than the profit or loss for the above financial year
All activities relate to continuing operations

WISPA
Women in Sport and Physical Activity

Balance Sheet
As at 31/03/25

	Notes	2025	2024
		£	£
Fixed Assets			
Tangible Assets		0.00	0
Current Assets			
Debtors	5	0.00	0
Cash at bank and in hand		<u>78,685.10</u>	<u>65,813</u>
		78,685.10	65,813
Creditors: amounts falling due within one year	6	1,220.00	1,817
Net Current Assets		<u>77,465.10</u>	<u>63,996.00</u>
Total Assets less current liabilities		77,465.10	63,996
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		<u>77,465.10</u>	<u>63,996</u>
Capital and Reserves			
Restricted Funds		0.00	0
Unrestricted Funds		<u>77,465.10</u>	<u>63,996</u>
Total Funds		<u>77,465.10</u>	<u>63,996</u>

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

Balance sheet (continued)

**Directors' statement
for the year ended 31/03/25**

For the year ending 31/03/25 the company was entitled to exemption from audit under Article 257A of the Companies (Northern Ireland) Order 1986. No members have required the company to obtain an audit of its accounts for the year in question in accordance with Article 257B(2).

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board on 18 June 2025 and signed on its behalf by:

Signed: *N A Stanley*

Name: Nicky Ann Stanley – Chairperson/Director

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/25

1. Accounting Policies

1.1 Accounting convention

The financial statements are 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.

The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015), and the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015) (Charities SORP 2015 (FRS 102)) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102

1.2 Incoming resources

The charity accounts are prepared on a going concern basis. Income is received by way of grants and payments for services and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/25

2. Grant Income	2025	2024
	£	£
Government and other Grants	97,193	65,976
3. Operating gain/(deficit)	2025	2024
	£	£
Operating gain is stated after charging:		
Depreciation and other amounts written off	0	0
Accountant's remuneration	1,200	1,200
4. Employees	2025	2024
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	1	1
5. Debtors	2025	2024
Trade Debtors	0	0
Other Debtors	0	0
Prepayments	0	0
Total Debtors	0	0
6. Creditors: amounts falling due within one year	2025	2024
	£	£
Trade creditors	0	0
Other Creditors	1,220	1,200
Other taxes and social security costs	0	0
Accruals and deferred income	0	617
Total Creditors	1,220	1,817

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Accounts

Company No. NI061461
Charity No: NIC 100646

**WISPA
(Women in Sport and Physical Activity)**

Financial Statements

For the Year Ended 31/03/24

WISPA
(Women in Sport and Physical Activity)

Information

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy Louise Irvine Nicki Ann Stanley Angela Hodkinson
Address	331-333 Shankill Road Belfast BT13 3AA
Accountants	Insight Business Services 53 Bernice Road Newtownabbey BT36 4QZ
Bankers	Danske Bank Donegal Square West Belfast BT1 6JS

WISPA
(Women in Sport and Physical Activity)

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**WISPA
(Women in Sport and Physical Activity)**

**Directors' Report
For the Period Ended 31/03/24**

The Directors present their report and financial statements for the period ended 31/03/24

Principal activity

The principal activity of the charity is to promote the participation of women in healthy recreation in the Belfast area.

Directors

The Directors who served during the period are as stated below:

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy
	Louise Irvine
	Nicki Ann Stanley
	Angela Hodkinson

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated 24/10/06. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

The aim of the charity is to promote the participation of women in the Belfast area in healthy sport and physical activity.

During this reporting period WISPA secured core funding from Public Health Agency and programme funding from National Lottery Community Fund NI, Halifax NI, Sported and Belfast Trust which enabled the delivery of our work across Belfast. Over the past year we have delivered 89 community based programmes in total, working with a range of community partners and organisations taking over 2,000 bookings from women who reside in the most socially deprived areas of Belfast. See monitoring information below. We are continuously thinking of innovative ways of delivering our work and communicating with the women involved.

- Number of opportunities provided = over 8,000
- Increase level of participation = 2,236 registrations, of which 1,591 were returners who have used our service before and continue to exercise on a weekly basis. 645 were new to WISPA classes.
- 45% of the women said they are now more aware of the benefits of physical activity and how it impacts on health and wellbeing.
- 90% of the women questioned said they would continue to exercise after our programmes have ended.
- 63% of the women said the project had improved their mental health and well being

- 45% of the women said the project had improved their physical health and well being
- 56% of the women said the project had improved self-esteem and confidence

We are confident that we have made a positive impact on the majority of the women's health and wellbeing. This is demonstrated through the data received at our evaluation

Some of the comments we received from the women participating included:

"Maria is so welcoming and makes you feel at ease from the start. There is no judgement of anyone's size, weight or ability which is fantastic. And if someone is struggling with a particular exercise Maria always has an alternative. She makes everyone feel included. I loved the mixture of spin, circuits and gym. I would definitely like to see this class continue as I feel my overall health and well-being has improved, and I have made some new friends."

"Love the yoga classes with WISPA – they are a slice of calmness and peace each Wednesday morning that I look forward to now."

"The WISPA coaches are so knowledgeable and great craic. I found the classes fantastic and would love to continue. They have fostered a new love for Pilates in me having never done it before so I really want to continue and improve on it."

"I wouldn't be able to afford to pay gym memberships cause of the cost of living. Because of the price of the classes I was able to attend. This has helped me immensely both physically and mentally. In turn, improving my family home."

Following the successful delivery of our programmes we recognise our position as a funded organisation and the pressure it brings to continue the momentum of delivery. For this reason, we are pro-active in identifying and sourcing future funding to ensure that we can continue to deliver our programmes into 2024-2025.

We are confident that we have achieved our overall aim to provide increased opportunities for women to access local community based programmes designed to cater for their needs. Through engagement with WISPA we hope to encourage lifestyle changes which will impact on individual's health and wellbeing. We have developed strong partnerships with a wide range of community based groups/projects enabling us to better identify disengaged, sedentary women across the city.

Niamh O' Neill has continued her role as Project Manager and we have just recently employed a new member of staff to assist Niamh and the project. We also have plans to recruit more new board members and we hope that the project can continue to progress and move forward. Our financial performance has been in line with expectations. Total income has risen, largely due to increased activity, and we have reduced costs, generating a surplus that we will use to invest in programmes to ensure that we can continue to meet our objectives.

This report was approved by the Board on 4-7-24..... and signed on its behalf by

Signed Eileen Weir

Name: Eileen Weir – Chairperson/Director

**WISPA
(Women in Sport and Physical Activity)**

Independent Examiner's Report to the Members of WISPA

Respective responsibilities of Directors and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

WISPA
(Women in Sport and Physical Activity)

Statement of Financial Activities
for the year ended 31/03/24

	Notes	2024		Total	2023
		Restricted Funds	Unrestricted Funds		
		£	£	£	£
Incoming Resources					
SLA & Grants	2	65,976.00	0.00	65,976.00	66,678
Trading activities		0.00	11,612.00	11,612.00	5,890
Interest & other income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0</u>
Total Income		65,976.00	11,612.00	77,588.00	72,568
Expenditure					
Charitable Activities		65,976.00	5,860.19	71,836.19	90,681
Administrative Expenses		<u>0.00</u>	<u>1,200.00</u>	<u>1,200.00</u>	<u>1,080</u>
Total Expenditure		<u>65,976.00</u>	<u>7,060.19</u>	<u>73,036.19</u>	<u>91,761</u>
Net Incoming/(Outgoing) Resources		0.00	4,551.81	4,551.81	-19,193
Net Movement of Funds in the Period		0.00	4,551.81	4,551.81	-19,193

There are no recognised gains or losses other than the profit or loss for the above financial year
All activities relate to continuing operations

WISPA
Women in Sport and Physical Activity

Balance Sheet
As at 31/03/24

	Notes	2024	2023
		£	£
Fixed Assets			
Tangible Assets		0.00	0
Current Assets			
Debtors	5	0.00	0
Cash at bank and in hand		<u>65,813.17</u>	<u>60,644</u>
		65,813.17	60,644
Creditors: amounts falling due within one year	6	1,816.53	1,200
Net Current Assets		<u>63,996.64</u>	<u>59,444.00</u>
Total Assets less current liabilities		63,996.64	59,444
Creditors: amounts falling due after more than one year			
Deferred grant income		0.00	0
Net Assets		<u>63,996.64</u>	<u>59,444</u>
Capital and Reserves			
Restricted Funds		0.00	0
Unrestricted Funds		<u>63,996.64</u>	<u>59,444</u>
Total Funds		63,996.64	59,444

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

**WISPA
(Women in Sport and Physical Activity)**

Balance sheet (continued)

**Directors' statement
for the year ended 31/03/24**

For the year ending 31/03/24 the company was entitled to exemption from audit under Article 257A of the Companies (Northern Ireland) Order 1986. No members have required the company to obtain an audit of its accounts for the year in question in accordance with Article 257B(2).

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board on 4-7-24 and signed on its behalf by:

Signed 

Name EILEEN WEIR

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/24

1. Accounting Policies

1.1 Accounting convention

The financial statements are 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.

The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015), and the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015) (Charities SORP 2015 (FRS 102)) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102

1.2 Incoming resources

The charity accounts are prepared on a going concern basis.

Income is received by way of grants and payments for services and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/24

2. Grant Income	2024	2023
	£	£
Government and other Grants	65,976	66,678
3. Operating gain/(deficit)	2024	2023
Operating gain is stated after charging:	£	£
Depreciation and other amounts written off	0	0
Accountant's remuneration	1,200	1,080
4. Employees	2024	2023
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	1	2
5. Debtors	2024	2023
Trade Debtors	0	0
Other Debtors	0	0
Prepayments	0	0
Total Debtors	0	0
6. Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	0	0
Other Creditors	1,200	1,200
Other taxes and social security costs	0	0
Accruals and deferred income	617	0
Total Creditors	1,817	1,200

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Annual report

**WISPA
(Women in Sport and Physical Activity)**

**Directors' Report
For the Period Ended 31/03/24**

The Directors present their report and financial statements for the period ended 31/03/24

Principal activity

The principal activity of the charity is to promote the participation of women in healthy recreation in the Belfast area.

Directors

The Directors who served during the period are as stated below:

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy
	Louise Irvine
	Nicki Ann Stanley
	Angela Hodkinson

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated 24/10/06. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

The aim of the charity is to promote the participation of women in the Belfast area in healthy sport and physical activity.

During this reporting period WISPA secured core funding from Public Health Agency and programme funding from National Lottery Community Fund NI, Halifax NI, Sported and Belfast Trust which enabled the delivery of our work across Belfast. Over the past year we have delivered 89 community based programmes in total, working with a range of community partners and organisations taking over 2,000 bookings from women who reside in the most socially deprived areas of Belfast. See monitoring information below. We are continuously thinking of innovative ways of delivering our work and communicating with the women involved.

- Number of opportunities provided = over 8,000
- Increase level of participation = 2,236 registrations, of which 1,591 were returners who have used our service before and continue to exercise on a weekly basis. 645 were new to WISPA classes.
- 45% of the women said they are now more aware of the benefits of physical activity and how it impacts on health and wellbeing.
- 90% of the women questioned said they would continue to exercise after our programmes have ended.
- 63% of the women said the project had improved their mental health and well being

- 45% of the women said the project had improved their physical health and well being
- 56% of the women said the project had improved self-esteem and confidence

We are confident that we have made a positive impact on the majority of the women's health and wellbeing. This is demonstrated through the data received at our evaluation

Some of the comments we received from the women participating included:

"Maria is so welcoming and makes you feel at ease from the start. There is no judgement of anyone's size, weight or ability which is fantastic. And if someone is struggling with a particular exercise Maria always has an alternative. She makes everyone feel included. I loved the mixture of spin, circuits and gym. I would definitely like to see this class continue as I feel my overall health and well-being has improved, and I have made some new friends."

"Love the yoga classes with WISPA – they are a slice of calmness and peace each Wednesday morning that I look forward to now."

"The WISPA coaches are so knowledgeable and great craic. I found the classes fantastic and would love to continue. They have fostered a new love for Pilates in me having never done it before so I really want to continue and improve on it."

"I wouldn't be able to afford to pay gym memberships cause of the cost of living. Because of the price of the classes I was able to attend. This has helped me immensely both physically and mentally. In turn, improving my family home."

Following the successful delivery of our programmes we recognise our position as a funded organisation and the pressure it brings to continue the momentum of delivery. For this reason, we are pro-active in identifying and sourcing future funding to ensure that we can continue to deliver our programmes into 2024-2025.

We are confident that we have achieved our overall aim to provide increased opportunities for women to access local community based programmes designed to cater for their needs. Through engagement with WISPA we hope to encourage lifestyle changes which will impact on individual's health and wellbeing. We have developed strong partnerships with a wide range of community based groups/projects enabling us to better identify disengaged, sedentary women across the city.

Niamh O' Neill has continued her role as Project Manager and we have just recently employed a new member of staff to assist Niamh and the project. We also have plans to recruit more new board members and we hope that the project can continue to progress and move forward. Our financial performance has been in line with expectations. Total income has risen, largely due to increased activity, and we have reduced costs, generating a surplus that we will use to invest in programmes to ensure that we can continue to meet our objectives.

This report was approved by the Board on 4-7-24..... and signed on its behalf by

Signed Eileen Weir

Name: Eileen Weir – Chairperson/Director

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Annual return

**WISPA
(Women in Sport and Physical Activity)**

Independent Examiner's Report to the Members of WISPA

Respective responsibilities of Directors and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Accounts

Company No. NI061461
Charity No: NIC 100646

WISPA
(Women in Sport and Physical Activity)

Financial Statements

For the Year Ended 31/03/23

WISPA
(Women in Sport and Physical Activity)

Information

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy Iris McIlroy
Adviser	Tracy Mawhinney
Address	331-333 Shankill Road Belfast BT13 3AA
Accountants	Insight Business Services 53 Bernice Road Newtownabbey BT36 4QZ
Bankers	Danske Bank Donegal Square West Belfast BT1 6JS

WISPA
(Women in Sport and Physical Activity)

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Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 - 8
Notes to the Financial Statements	9 - 10

WISPA
(Women in Sport and Physical Activity)

Directors' Report
For the Period Ended 31/03/23

The Directors present their report and financial statements for the period ended 31/03/23

Principal activity

The principal activity of the charity is to promote the participation of women in healthy recreation in the Belfast area.

Directors

The Directors who served during the period are as stated below:

Chair	Eileen Weir
Secretary	Niamh O'Neill
Directors	Emma Sheehy
	Iris McIlroy
Adviser	Tracy Mawhinney

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated 24/10/06. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

The aim of the charity is to promote the participation of women in the Belfast area in healthy activity.

During this reporting period WISPA secured core funding from Public Health Agency and programme funding from National Lottery Community Fund NI which enabled the delivery of the MELT Project across Belfast and funding through Versus Arthritis for the 'Move to Improve' Project. Our F.A.B. Project was also extended into July 2022 with the support of the National Lottery Community Fund NI. Over the past year we have delivered 97 community based programmes in total, working with a range of community partners and organisations allowing us to work with 1,961 women who reside in the most socially deprived areas of Belfast. See monitoring information below.

Covid-19 and the cost of living crisis has made us continually look at our model of delivery and how we can use our networks and resources to have the best impact at community level. We are continuously thinking of innovative ways of working of how we deliver our work and communicate with the women involved.

- Number of opportunities provided = over 10,000
- Increase level of participation = 1,961 participants, of which 1,002 were returners who have used our service before and continue to exercise on a weekly basis. 959 were new to WISPA classes.
- 47% of the women said they are now more aware of the benefits of physical activity

and how it impacts on health and wellbeing

- 91% of the women questioned said they would continue to exercise after our programmes have ended and 9% said maybe.
- 75% of the women said the project had improved their mental health and well being
- 81% of the women said the project had improved their physical health and well being
- 29% of the women said the project had improved self-esteem and confidence

We are confident that we have made a positive impact on the majority of the women's health and wellbeing. This is demonstrated through the data received at our evaluation

Some of the comments we received from the women participating included:

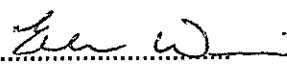
- "This was a great experience. The programme impacted me differently than I thought it would as originally I used it to be introduced to triathlon and to increase my engagement in cardio activities. Since completing the programme I have improved in all 3 disciplines and completed my first 5k. I am more able to overcome the barriers that make me stop when I hit my discomfort zone. The programme was very well organised and I was able to attend with ease. Completing the programme has made me feel like I have accomplished something and I am very proud of that ."
- "It provides an important women only space where they can exercise without judgement and with a great trainer."
- "These projects really help with mobility and mental health and allow me to meet other people. I love that it is so local."

Following the successful delivery of our programmes we recognise our position as a funded organisation and the pressure it brings to continue the momentum of delivery. For this reason, we are pro-active in identifying and sourcing future funding to ensure that we can continue to deliver our programmes into 2023-2024

We are confident that we have achieved our overall aim to provide increased opportunities for women to access local community based programmes designed to cater for their needs. Through engagement with WISPA we hope to encourage lifestyle changes which will impact on individual's health and wellbeing. We have developed strong partnerships with a wide range of community based groups/projects enabling us to better identify disengaged, sedentary women across the city.

Looking back on the past year we have faced a lot of transition in the organisation. Audrey Barr retired as Project Manager after 20+ years and Niamh O' Neill has stepped into her new role as Project Manager. We have also recruited new board members for WISPA which is very exciting and we hope that the project can continue to move forward going from strength to strength. Our financial performance has been in line with expectations. Total income has fallen, largely due to the end of our Lottery funding, and we have reduced costs and used some of our reserves to invest in programmes to ensure that we can continue to meet our objectives.

This report was approved by the Board on 14/6/23..... and signed on its behalf by

Signed 
Name: Eileen Weir - Chairperson/Director

WISPA
(Women in Sport and Physical Activity)

Independent Examiner's Report to the Members of WISPA

Respective responsibilities of Directors and examiner

As the charity trustees (and also the directors of the company for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied myself that the charity is not subject to audit under company law, and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 65 of the Charities Act
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- state whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 386 of the Companies Act 2006
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3. That the accounts do not comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ

WISPA
(Women in Sport and Physical Activity)

Statement of Financial Activities
for the year ended 31/03/23

		2023			2022
	Notes	Restricted Funds £	Unrestricted Funds £	Total £	£
Incoming Resources					
SLA & Grants	2	66,678.00	0.00	66,678.00	140,061
Trading activities		0.00	5,889.70	5,889.70	4,292
Interest & other income		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>88</u>
Total Income		66,678.00	5,889.70	72,567.70	144,441
 Expenditure					
Charitable Activities		66,678.00	24,003.46	90,681.46	127,832
Administrative Expenses		<u>0.00</u>	<u>1,080.00</u>	<u>1,080.00</u>	<u>7,816</u>
Total Expenditure		<u>66,678.00</u>	<u>25,083.46</u>	<u>91,761.46</u>	<u>135,648</u>
 Net Incoming/(Outgoing) Resources		0.00	-19,193.76	-19,193.76	8,793
 Net Movement of Funds in the Period		0.00	-19,193.76	-19,193.76	8,793

There are no recognised gains or losses other than the profit or loss for the above financial year
All activities relate to continuing operations

WISPA
Women in Sport and Physical Activity

Balance Sheet
As at 31/03/23

	Notes	£	2023 £	2022 £
Fixed Assets				
Tangible Assets			0.00	0
Current Assets				
Debtors	5	0.00		0
Cash at bank and in hand		<u>60,644.28</u>		<u>79,718</u>
		60,644.28		79,718
Creditors: amounts falling due within one year	6	1,200.00		1,080
Net Current Assets		<u>59,444.28</u>		<u>78,638.00</u>
Total Assets less current liabilities			59,444.28	78,638
Creditors: amounts falling due after more than one year				
Deferred grant income			0.00	0
Net Assets			<u>59,444.28</u>	<u>78,638</u>
Capital and Reserves				
Restricted Funds			0.00	20,489
Unrestricted Funds			<u>59,444.28</u>	<u>58,149</u>
Total Funds			<u>59,444.28</u>	<u>78,638</u>

The directors' statements are shown on the following page which forms part of **this Balance Sheet**

**WISPA
(Women in Sport and Physical Activity)**

Balance sheet (continued)

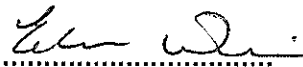
**Directors' statement
for the year ended 31/03/23**

For the year ending 31/03/23 the company was entitled to exemption from audit under Article 257A of the Companies (Northern Ireland) Order 1986. No members have required the company to obtain an audit of its accounts for the year in question in accordance with Article 257B(2).

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board on14.16.23..... and signed on its behalf by:

Signed 
Name EILEEN WEIR

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/23

1. Accounting Policies

1.1 Accounting convention

The financial statements are 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.

The accounts have been prepared in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015), and the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (effective January 2015) (Charities SORP 2015 (FRS 102)) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102

1.2 Incoming resources

The charity accounts are prepared on a going concern basis.

Income is received by way of grants and payments for services and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

Grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

1.3 Resources Expended

Resources expended are recognised in the year in which they are incurred.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

WISPA
(Women in Sport and Physical Activity)

Notes to the financial statements
For the year ended 31/03/23

2. Grant Income		
	2023	2022
	£	£
Government and other Grants	66,678	132,156
3. Operating gain/(deficit)		
	2023	2022
	£	£
Operating gain is stated after charging:	£	£
Depreciation and other amounts written off	0	0
Accountant's remuneration	1,080	960
4. Employees		
	2023	2022
Number of employees		
The average monthly number of employees (excluding the Directors) during the year were:	2	2
5. Debtors		
	2023	2022
Trade Debtors	0	0
Other Debtors	0	0
Prepayments	0	0
Total Debtors	0	0
6. Creditors: amounts falling due within one year		
	2023	2022
	£	£
Trade creditors	0	0
Other Creditors	1,200	960
Other taxes and social security costs	0	0
Accruals and deferred income	0	0
Total Creditors	1,200	960

WISPA
(Women in Sport and Physical Activity)

The following does not form part of the statutory accounts.

Detailed Statement of Financial Activities
For the year ended 31/03/23

	2023	2022
	£	£
Income		
Public Health Agency	51,778	46,159
Lottery	10,000	93,902
Other Funding	4,900	0
Generated Income	5,890	4,292
Other Income	<u>0</u>	<u>88</u>
Total Income	72,568	144,441
Expenditure		
Salaries	52,143	58,378
Travel & Expenses	296	472
Programmes	33,966	51,423
Transport	740	260
Rent	0	4,040
Office Costs	1,514	3,126
Equipment	0	2,145
IT	310	6,584
Maintenance	0	0
Advertising	0	0
Insurance	1,431	1,352
Sundry Items	201	0
Training	0	0
Accountancy & consultancy	1,080	7,816
Bank Charges	<u>81</u>	<u>51</u>
Total Expenditure	<u>91,762</u>	<u>135,647</u>
Surplus/Deficit	- 19,194	8,794
Income/Expenditure By Funder	<u>Income</u>	<u>Expenditure</u>
Public Health Agency	51,778	51,778
Lottery	10,000	31,049
Versus Arthritis	4,900	4,900
Other	<u>5,890</u>	<u>4,035</u>
Total	72,568	91,762

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Annual report

WISPA
(Women in Sport and Physical Activity)

Directors' Report
For the Period Ended 31/03/23

The Directors present their report and financial statements for the period ended 31/03/23

Principal activity

The principal activity of the charity is to promote the participation of women in healthy recreation in the Belfast area.

Directors

The Directors who served during the period are as stated below:

Chair	Eileen Weir
Secretary	Niamh O'Neill
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Adviser	Tracy Mawhinney

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated 24/10/06. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Board of Trustees

The management committee are also the charity trustees for the purposes of charity law. All trustees give their time voluntarily and receive no benefits from the charity.

Objectives and Activities

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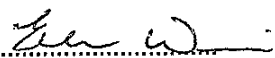
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This report was approved by the Board on 14/6/23..... and signed on its behalf by

Signed 
Name: Eileen Weir - Chairperson/Director

WISPA (Women in Sport & Physical Activity)

Northern Ireland - Charity number 100646

Annual return

**WISPA
(Women in Sport and Physical Activity)**

Independent Examiner's Report to the Members of WISPA

Respective responsibilities of Directors and examiner

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Basis of independent examiner's report

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Independent examiner's statement

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Derek Browne ACMA
Insight Business Services

53 Bernice Road
Newtownabbey, BT36 4QZ