

SALTO GYMNASTIC CENTRE LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 28 FEBRUARY 2023

The trustees present their annual report and financial statements for the year ended 28 February 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the company's Articles of Association, the Companies Act 2006 and "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 and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Salto's mission is to promote lifelong physical activity amongst people of all ages through gymnastics education. The organisation provides a wide programme of activities giving the opportunity for all people regardless of background to take part in gymnastics for health, fitness and technical expertise.

The benefits for all participants are broader than learning skills and techniques. Salto Gymnastic Centre aims to enhance physical literacy which can serve to increase physical activity and reduce health concerns over child obesity and fitness. Our activities and presence in the community can improve the quality of life and wellbeing for all whether they are participants or spectators. In addition to mass participation in gymnastics, the Club has added the aspiration of delivering excellent performance of the elite gymnast.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the company should undertake.

Achievements and performance

Reaching the Community

At Salto our mission statement is "Gymnastics for all" and we strive to grow our membership by reaching out to the community by offering a variety of gymnastics as follows:

Pre-school and recreation

Pre-school and recreational structured gymnastics classes are available from Monday to Saturday and we have circa 1000 members each week attending these classes.

During the year we introduced the new British Gymnastics Rise programme which offers a huge variety of activities to our recreation programme. This has also been widely accepted by the parents who are able to view their child's progress online.

Our Recreation Summer scheme was very popular again this year as it was fully booked for 7 weeks of the summer. This is opened to non-BG members and we find that several will sign up for the new term which commences in September.

Our Parent Assisted Class for pre-school children continues to be popular. This is a partially structured class led by our coaches and allows the parents to supervise their own child during the session. The Parent Assisted class is like a bridge between the Toddler Soft play sessions and the recreation classes with the idea in mind of children transferring to the Recreation Programme when eligible.

Inclusive

We introduced a recreation class on Saturday afternoon predominantly for children with learning disabilities* as parents are more open about ADHD, Autism etc, and recognise that gymnastics is a good source of providing discipline and improving social skills.

Schools

We provide gymnastic lessons for over 14 different local schools who attend our facility on a weekly basis to participate in structured gymnastics classes to fulfil their national curriculum activities. This provides an opportunity to introduce many children to the sport of gymnastics. It is also a means of talent spotting.

SALTO GYMNASTIC CENTRE LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2023

Toddlers Soft Play

Our very popular Toddler Soft Play sessions were well attended. The Toddler Soft Play is an important part of Salto's development. Not only do the sessions provide a steady flow of income but they also introduce toddlers to gymnastics at a very young age, with the potential of remaining in the sport by becoming members of our Recreation Programme and on some occasions our Performance Squad Programme.

Adult Gymnastics

Our adult gymnastic class is still very popular and numbers increased during this financial year. During the year our Adult class was regularly used by gymnasts from other clubs to help them prepare for the Adult British Championships.

Squads

Our squads offer a performance pathway for boys and girls from age 5 upwards. The squad gymnasts are given the opportunity to potentially reach international level through the squad structure we have in place. With a long history of international successes, our squad programme is always in demand. We have over 90 gymnasts, male and female, on our performance pathway.

Other community benefits

During the year we promoted our Young Leadership Academy and now have 20 volunteers who come to the gym each week. The programme is led by Rachael Irvine our Recreation Manager who meets regularly with the team.

We held an In-house Women's Artistic competition the "Tony Byrne Invitational" inviting several Northern Ireland clubs to participate. The competition was also to raise funds for the MND charity.

We hosted four performance educational workshops for coaches and gymnasts - tumbling, bar releases, Handstand, and dance for gymnasts. This was opened to anyone who was a member of British Gymnastics or Gymnastics Ireland.

Achievements

Salto is recognised as the National Centre of Excellence in Northern Ireland and we had two gymnasts qualify to compete at the 2022 Birmingham Commonwealth Games – Ewan McAteer who was sixth on vault and Eamon Montgomery who was fifth on floor.

We also had three gymnasts compete at the 2022 European Championships – Emily Moorhead, Ewan McAteer and Eamon Montgomery. Eamon was also selected to compete in the World Cup series winning a bronze medal on floor in Baku and a Gold medal on floor in Paris.

During the year we won Lisburn and Castlereagh Council "Club of the Year" and our male gymnast Ewan McAteer won "sports personality of the year".

Conor McGovern who is our lead Men's Artistic coach won the Gymnastics Ireland "International Coach of the Year".

Junior elite gymnast Estella Volkoff won the ABC Council "junior gymnast of the year".

Four of our elite gymnasts received awards from the "Mary Peters Trust" to assist with their preparation for the European Championships and Commonwealth Games.

We currently have 10 full time coaches and 13 part-time coaches on our payroll. We are a club with a strong belief in staff education and provide financial assistance to encourage where possible, staff to develop their coaching skills and obtain coaching qualifications.

SALTO GYMNASTIC CENTRE LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2023

Local community connections

In March 2022 Salto in partnership with LCCC, held a "Duathlon Event" in Wallace Park in Lisburn. The event was to raise funds for the Motor Neurone Disease Charity (MND) following the diagnosis of the late Tony Byrne, our club founder who sadly passed away in July 2022.

We are thankful to Lisburn and Castlereagh City Council and Sport NI for their continuous support and of course our members who have been very supportive.

We are especially grateful to our president Dame Mary Peters for her unconditional support.

Financial review

The results for the period are as set out on pages 11 to 22. The charity returned net incoming resources of £16,326 (2022 - £169,682). At 28 February 2023 the balance of reserves was £1,318,852 (2022 - £1,302,526).

It is the policy of the company that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the company's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The company is a company limited by guarantee, registered with the Charity Commission for Northern Ireland and a registered charity for taxation purposes.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mrs E Rutherford

Mr J Cunningham

Prof M Murphy

Mr T Byrne

(Resigned 14 July 2022)

Mr A O'Reilly

Mr J O'Prey

Ms R Kells

(Appointed 16 August 2022)

Mr G Neill

(Appointed 16 August 2022)

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

SALTO GYMNASTIC CENTRE LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2023

Statement of trustees responsibilities

The trustees, who are also the directors of Salto Gymnastic Centre Limited for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

In accordance with the company's articles, a resolution proposing that GMcG LISBURN be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemptions.

The trustees report was approved by the Board of Trustees.



Ms A McMaster
Charity Secretary

Date: 30/8/23