

SALTO GYMNASTIC CENTRE LIMITED

TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT)

FOR THE YEAR ENDED 28 FEBRUARY 2024

The trustees present their annual report and financial statements for the year ended 28 February 2024.

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.

Despite the pandemic we continued to function as a charitable business where government guidelines allowed us to fulfil our desire to provide benefits to the public. Where applicable we continue to work with the community and our stakeholders to excel to the highest level possible given the difficult circumstances caused by the pandemic.

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 1,000 members each week attending these classes.

During the year we hosted our first recreational competition based on the British Gymnastics Rise framework. This was a huge success as the gymnasts had great fun and parents were delighted to be able to watch their children showcase their gymnastics.

Our Recreation Summer scheme was very popular again as it was fully booked for the entire summer. The Summer Scheme is open to non-BG members as well as our members and a number signed up for the new term which commenced in September 2023.

Our Parent Assisted Class for pre-school children was well attended throughout the year. 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 in addition to the physical, mental and health benefits which come with gymnastics.

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Schools

We provide gymnastic lessons for 12 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.

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. We hosted our first Adult Competition this year inviting gymnasts from the whole of Ireland to compete. We received tremendous feedback which has encouraged us to make this an annual event.

Squads

Our squads offer a performance pathway for boys and girls from age 5 upwards. During the year we formed new Foundation Squads following a talent identification day. Our 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

Our Young Leadership Academy is still going strong with volunteers of age 14 upwards. Our experienced coaches provide mentoring for these young volunteers with the view that someday they will become qualified coaches and join our workforce.

We held an In-house Women's Artistic competition, the "Tony Byrne Invitational", inviting several Northern Ireland clubs to participate. The number of participants doubled from the previous year and reached capacity.

Performance

Salto is recognised as the National Centre of Excellence in Northern Ireland and during the year our elite gymnast Ewan McAteer represented Ireland at two World Cups and his best performance was in Cairo where he placed 17th. Eve McGibbon was selected to represent Ireland at an International in Oslo achieving a personal best all-around score.

Our head coach to the men's squad programme left during the year which had a significant impact on the development of our elite boys as it took eight months to recruit a new head coach due to a long delay in the UK Visa application process.

Achievements

Our head coach to the women's elite squad programme, David Carleton won Sport NI Performance Pathway Coach of the Year. This was a fantastic achievement by David as this is an award incorporating all sports throughout Northern Ireland.

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FOR THE YEAR ENDED 28 FEBRUARY 2024

Our workforce during the year consisted of 20 staff of which 6 are full-time and 14 part-time. 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. During the year we had four coaches pass Level 1, three pass level 2 and one pass level 3 coaching qualifications.

Local community connections

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 Lady Mary Peters for her unconditional support.

Financial review

The results for the period are as set out on pages 11 to 23. The charity returned net outgoing resources of £20,365 (2023 - net incoming resources of £16,326). At 28 February 2024 the balance of reserves was £1,298,487 (2023 - £1,318,852).

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

Salto Gymnastics Club is a charity limited by guarantee, incorporated on 2 February 1999 and accepted as a charity by the Inland Revenue from that date and by the Northern Ireland Charities Commission from 2015.

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 A O'Reilly
Mr J O'Prey
Ms R Kells
Mr G Neill

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.

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FOR THE YEAR ENDED 28 FEBRUARY 2024

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

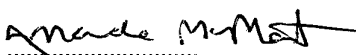
In accordance with the company's articles, a resolution proposing that GMcG LISBURN be reappointed as auditor of the company will be put at a General Meeting.

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: 28/9/24