

# **SALTO GYMNASTIC CENTRE LIMITED**

## **TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT)**

### **FOR THE YEAR ENDED 28 FEBRUARY 2025**

---

The trustees present their annual report and financial statements for the year ended 28 February 2025.

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 (age 3-4) and recreational (age 4-12) structured gymnastics classes are available from Monday to Saturday and we had circa 950 members during the financial year.

In September 2024 we introduced our own awards scheme. We believed there was a need for children to be rewarded for their hard work, dedication and effort spent developing their gymnastics. This awards programme focuses on boosting the confidence of our members and helping them feel a sense of pride in their achievements. Our Awards Scheme is open to all our members and will form the content taught in our classes, enabling the gymnasts to develop their gymnastics skills. The awards go from Level 1 to Level 9 followed by Bronze, Silver and Gold. When a gymnast successfully passes the award a certificate and medal can be presented to them during their class. Not only does the awards scheme monitor the gymnasts progress, it also enables us to grade them based on their ability and offer an alternative class to enhance their performance and development.

With the award scheme and class structure, we are aiming to provide each child with a gymnastics journey and along the way challenge them at every level and provide a pathway to learning advanced level skills in a safe environment.

We hosted a recreational competition part way through the year which was a huge success with circa 100 competitors. The gymnasts were delighted to showcase their gymnastics in front of an audience.

Our Recreation Summer scheme was well attended with all weeks full except the first week of July 2024. 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 2024.

## **SALTO GYMNASTIC CENTRE LIMITED**

### **TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2025**

---

#### *Inclusive*

Our Saturday 12 noon class which is our “quiet” class for neurodivergent children is becoming increasingly popular and now has a waiting list. Parents are more inclined to seek a diagnosis for their child and find ways to enhance their development. Parents understand that neurodivergent children can greatly benefit from participation in sport due to the physical activity, experiencing improvements in physical health, social skills, emotional regulation, and even cognitive function.

#### *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.

We provided training to the teachers at a local primary school to help improve their confidence while teaching gymnastics to the pupils being a requirement of the school's curriculum.

#### *Toddlers Soft Play*

Our unstructured 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. Gymnastics for toddlers focuses on building confidence and training and developing motor skills in young children.

#### *Adult Gymnastics*

Our adult gymnastic class has been hugely popular this year with attendees of between 30 and 40 at each class. We hosted an Adult competition which attracted participants from around Ireland and is now an annual event due to demand.

#### *Squads*

Our squads offer a performance pathway for boys and girls from age 5 upwards. During the year we visited ten different local primary schools in search of talented 5–6-year-olds to join our Foundation Squad. 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.

## **SALTO GYMNASTIC CENTRE LIMITED**

### **TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2025**

---

#### *Other community benefits*

We held our annual Women's Artistic competition the "Tony Byrne Invitational" (named after the founder of Salto Gymnastics Club). This competition attracted circa 120 competitors from around the UK and Ireland – the largest number of competitors since the competition began 3 years ago.

We hosted British Gymnastics Annual two-day Coaching Conference led by top quality speakers from the UK. A total of 50 coaches attended.

#### *Performance*

Salto is recognised as the National Centre of Excellence in Northern Ireland and during the year our elite gymnast Eeffie Montgomery qualified for the British Junior Championships - the first gymnast from Salto and NI in over 12 years to qualify. Eve McGibbon represented Ireland at the Unni and Harold's Trophy event in Oslo finishing fourth place on vault and 6<sup>th</sup> place on floor. Three Salto gymnasts were part of the NI Team who competed in the Caledonian Cup – Farah Cousins placed third on Bars and Poppy Elwood 5<sup>th</sup> on Beam. Soley Lavery represented NI at the British Gymnastics Excel 2 National Finals placing 15<sup>th</sup> all around and 9<sup>th</sup> on floor. Six Salto gymnasts competed in the Northern European Championships – Eve helped team Ireland place first in the team competition and came fourth on beam.

#### *Achievements*

Our workforce during the year consisted of 20 staff of which 10 are full-time and 10 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 achieve their Men's Artistic Level 2 qualification, three Level 1 qualification, five Women's Artistic level 2 qualification and two Level 3 qualification.

We had a staff training away day whereby topics included coaching neurodivergent children, positive coaching, CPR and first Aid.

Several Salto coaches were acknowledged by Northern Ireland Gymnastics for their achievements during the year, namely Olga Flederiene (Participation coach), Gina Popa-Dickson (Services to gymnastics), Ella McGurnaghan (Volunteer of the year) and Oscar Hall (Young coach of the year).

#### *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 12 to 24. The charity returned net incoming resources of £18,115 (2024 - net outgoing resources of £20,365). At 28 February 2025 the balance of reserves was £1,316,602 (2024 - £1,298,487).

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.

# **SALTO GYMNASTIC CENTRE LIMITED**

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

**FOR THE YEAR ENDED 28 FEBRUARY 2025**

---

### **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.

### **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.

# **SALTO GYMNASTIC CENTRE LIMITED**

## **TRUSTEES REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2025**

---

### **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: 5/9/25