

Strive - Lisburn Walking and Wellbeing Group

Northern Ireland · Charity number 109231

Details

Status	Received
Registered	2022-12-21
Register	View on the Charity Commission for Northern Ireland register

Contact

Address 11 Primrose Garden Village
Lisburn
BT28 1ly
BT28 1LY

Phone 07788674430

Website [n/a](#)

Activities

Purposes: The charity's purposes ('the purposes') are To promote the benefit of women in the wider Lisburn area (herein described as 'the area of benefit') without discrimination of age, race, political, religious or other opinion, by associating the statutory authorities, voluntary organisations and inhabitants in a common effort, to advance education and provide facilities and/or activities in the interest of social welfare, recreation, and leisure time occupation with the objective of improving quality of life for the said inhabitants. The organization shall be non-political and non-sectarian in membership and activities Promoting the preservation and protection of health and a greater sense of wellbeing among women and a reduction in social isolation through greater involvement in various activities including training and community development.

What the charity does: The advancement of citizenship or community development

How the charity works: Advice/advocacy/information,Community development

Who the charity helps: General public,General public,Older people

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-03	£4,414	£8,594	£0	0

Trustees

Name	Role	Appointed
Heather		
Helen		
Marie		
Nichola		

Strive - Lisburn Walking and Wellbeing Group

Northern Ireland - Charity number 109231

Accounts

Strive - Lisburn Walking and Wellbeing Group

Year 4 Accounts June 24 - June 25

Income**Bank Balances 01.06.2024**

Ulster Bank	£ 9,155.22
Petty Cash	£ -

Income

W&W/Pilates last session 23/24	£ 210.00
Participants in Retreats	£ 1,190.00
W&W/Pilates sessions 24/25	£ 2,214.02
Donations	£ 800.00

Income	£ 4,414.02
Cash Withdrawals	

Expenditure

Lynda Gregg	£ 3,930.00
Lisburn City Elim	£ 1,110.00
Makro	£ 12.56
Friends of the Cancer Centre	£ 800.00
Costa Coffee	£ 7.55
Froth Coffee	£ 40.00
Sainsburys	£ 28.75
Marks & Spencer	£ 108.92
Stepping Stones	£ 821.76
Lough Road Yoga	£ 160.00
Faith Drummond	£ 50.00
Marty	£ 160.00
Laura	£ 150.00
Refunds	£ 45.00
Lisburn Castlereagh Council	£ 745.20
Curran & Connolly solicitors	£ 350.48
Carnbrooke	£ 45.02
Misc	£ 28.39

Expenditure Total	£ 8,593.63
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Balance 01.06.25	
Ulster Bank	
Petty Cash	£ -

Current Balance	£ 4,975.61
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RECEIPTS	L'ment No / Cash	L'ment No	Amount received	W&W/Pilates last session 23/24	Participants in Retreats	W&W/Pilates sessions 24/25	Donations
Petty Cash 1/6/24	Cash		£ -				
Opening Balance Bank 1/6/24			£ 9,155.22				
Deposited 18/6/24	L'MENT		£ 210.00	£ 210.00			
Deposited 9/7/24	L'MENT		£ 905.00			£ 125.00	£ 780.00
04/07/2024 Josephine Gilmore donation to Flo fundraiser	L'MENT		£ 20.00				£ 20.00
27/08/2024 Gaynor Orr - retreat 14th Sept	L'MENT		£ 25.00		£ 25.00		
28/08/2024 Linda Trimble - retreat 14th Sept	L'MENT		£ 75.00		£ 75.00		
03/09/2025 Karen McConnell - retreat 14th Sept	L'MENT		£ 25.00		£ 25.00		
04/09/2024 Nicola Flynn - retreat 14th Sept	L'MENT		£ 25.00		£ 25.00		
11/09/2024 Deirdre Gallagher - retreat 14th Sept	L'MENT		£ 25.00		£ 25.00		
14/09/2024 Cash from participants used for payment	Cash		£ 50.00		£ 50.00		
14/09/2024 Paypal Transfer - retreat 14th Sept	L'MENT		£ 150.00		£ 150.00		
20/09/2024 Deposited 20/9/24	L'MENT		£ 265.00		£ 100.00	£ 165.00	
01/10/2024 Deposit	L'MENT		£ 326.00			£ 326.00	
09/10/2024 Deposit	L'MENT		£ 138.00			£ 138.00	
22/10/2024 Gaynor Orr - retreat 16th Nov	L'MENT		£ 25.00		£ 25.00		
23/10/2024 Mae Dunne - retreat 16th Nov	L'MENT		£ 25.00		£ 25.00		
25/10/2024 Mae Dunne - retreat 16th Nov for Christine Cunningham	L'MENT		£ 25.00		£ 25.00		
05/11/2024 Irene Bryans - retreat 16th Nov for Gina Waterworth	L'MENT		£ 25.00		£ 25.00		
11/11/2024 Heather Hawkins - retreat 16th Nov (Lynn Currie)	L'MENT		£ 25.00		£ 25.00		
11/11/2024 Deposit	L'MENT		£ 373.02			£ 373.02	
02/12/2014 Paypal Transfer - retreat 16th Nov	L'MENT		£ 125.00		£ 125.00		
03/12/2024 Deposit	L'MENT		£ 245.00			£ 245.00	
24/12/2024 Deposit	L'MENT		£ 125.00		£ 125.00		
10/02/2025 Mae Dunne - worshop 22nd Feb	L'MENT		£ 20.00		£ 20.00		
10/02/2025 Caroline McGarvey - workshop 22nd Feb	L'MENT		£ 60.00		£ 60.00		
10/02/2025 Gaynor Carlisle	L'MENT		£ 20.00		£ 20.00		
17/02/2025 Deposit	L'MENT		£ 148.00			£ 148.00	
17/02/2025 Karen McConnell - workshop 22nd Feb	L'MENT		£ 20.00		£ 20.00		
21/02/2025 Deirdre Gallagher - workshop 22nd Feb	L'MENT		£ 20.00		£ 20.00		
22/02/2025 Paypal Transfer - workshop 22nd Feb	L'MENT		£ 40.00		£ 40.00		
05/03/2025 Deposit	L'MENT		£ 108.00		£ 60.00	£ 48.00	
26/03/2025 Deposit	L'MENT		£ 170.00			£ 170.00	
10/04/2025 Deposit	L'MENT		£ 105.00			£ 105.00	
16/04/2025 Deposit	L'MENT		£ 311.00		£ 100.00	£ 211.00	
30/04/2025 Deposit	L'MENT		£ 70.00			£ 70.00	
27/05/2025 Deposit	L'MENT		£ 90.00			£ 90.00	

£ 210.00 £ 1,190.00 £ 2,214.02 £ 800.00

Total Income
£ 4,414.02

check
£ -

PAYMENTS	Description	Description 2	Cheque No/ Cash	Cheque/ Tsf No	Amount Paid	Lynda Gregg	Lisburn City Elim	Makro	Friends of the Cancer Centre	Costa Coffee	Froth Coffee	Sainsburys	Marks & Spencer	Stepping Stones	Lough Road Yoga	Faith Drummond	Marty	Laura	Refunds	Lisburn Castlereagh Council	Curran & Connolly solicitors	Cambrooke	Misc
21/06/2024	Facilitators Fee 12 sessions Pilates/W&W sess 5 2023/24	W&W/Pilates	Facilitators Fee	P'MENT	£ 840.00	£ 840.00																	
21/06/2024	Hall Hire 12 sessions Pilates/W&W sess 5 2023/24	W&W/Pilates	Room hire	P'MENT	£ 240.00		£ 240.00																
28/06/2024	Facilitators Fee 1 sessions Pilates/W&W sess 5 2023/24	W&W/Pilates	Facilitators Fee	P'MENT	£ 140.00	£ 140.00																	
01/07/2024	Disposable cups for fundraiser - transferred to Heather	Miscellaneous	Miscellaneous	P'MENT	£ 12.56			£ 12.56															
01/07/2024	Traybakes for fundraiser	Catering	Catering	P'MENT	£ 40.00						£ 40.00												
09/07/2024	Fundraiser in memory of Flo	Charity	Charity	P'MENT	£ 800.00			£ 800.00															
28/08/2024	Committee meeting	Committee Expenses	Committee Expenses	P'MENT	£ 7.55					£ 7.55													
13/09/2024	Items for Retreat Day 1	Retreat Day	Retreat Day	P'MENT	£ 10.00							£ 10.00											
13/09/2024	Flowers for Retreat Day 1 Facilitators	Retreat Day	Retreat Day	P'MENT	£ 30.00								£ 30.00										
14/09/2024	Facilitators Fee Retreat day 1	Retreat Day	Retreat Day	P'MENT	£ 50.00											£ 50.00							
26/09/2024	Catering for Retreat Day 1	Retreat Day	Retreat Day	P'MENT	£ 519.48									£ 519.48									
26/09/2024	Room hire for Mums in Need group	Charity	Charity	P'MENT	£ 160.00										£ 160.00								
15/10/2024	Facilitators Fee 12 sessions Pilates/W&W sess 1 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 840.00	£ 840.00																	
15/10/2024	Hall Hire 12 sessions Pilates/W&W sess 1 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 240.00		£ 240.00																
15/11/2024	Cash withdrawal for facilitators for Retreat Day 16th	Retreat Day	Facilitators Fee	P'MENT	£ 310.00																		
18/11/2024	Gaynor Orr refund due to illness	Retreat Day	Miscellaneous	P'MENT	£ 25.00																		
27/11/2024	Facilitators Fee 12 sessions Pilates/W&W sess 2 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 840.00	£ 840.00																	
27/11/2024	Hall Hire 12 sessions Pilates/W&W sess 2 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 240.00		£ 240.00																
27/11/2024	Room hire for Retreat Day 1	Retreat Day	Facilitators Fee	P'MENT	£ 372.60																		
27/11/2024	Room hire for Retreat Day 2	Retreat Day	Facilitators Fee	P'MENT	£ 372.60																		
27/11/2024	Catering for Retreat Day 2	Retreat Day	Facilitators Fee	P'MENT	£ 302.28									£ 302.28									
17/02/2025	Insurance	Miscellaneous	Facilitators Fee	P'MENT	£ 350.48																		
18/02/2025	Facilitators Fee 6 sessions W&W sess 3 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 420.00	£ 420.00																	
21/02/2025	Mae Dunne refund	Retreat Day	Facilitators Fee	P'MENT	£ 20.00																		
21/02/2025	Soup and bread for workshop 22nd Feb	Retreat Day	Facilitators Fee	P'MENT	£ 45.02																		
21/02/2025	Coffee and Disposables for workshop 22nd Feb	Retreat Day	Facilitators Fee	P'MENT	£ 18.75										£ 18.75								£ 45.02
22/02/2025	Bread, Fruit, Milk etc plus flowers and voucher for facilitators	Retreat Day	Facilitators Fee	P'MENT	£ 78.92																		
22/02/2025	Room hire for Workshop 22nd Feb	Retreat Day	Facilitators Fee	P'MENT	£ 150.00		£ 150.00																
22/02/2025	Hall hire 6 sessions W&W session 3 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 120.00		£ 120.00																
22/02/2025	Facilitators Fee Workshop 22nd Feb	Retreat Day	Facilitators Fee	P'MENT	£ 430.00	£ 430.00																	
17/04/2025	Facilitators Fee 6 sessions W&W sess 4 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 420.00	£ 420.00																	
17/04/2025	Hall hire 6 sessions W&W session 4 2024/25	W&W/Pilates	Facilitators Fee	P'MENT	£ 120.00		£ 120.00																
12/05/2025	Accidental payment - Marie	W&W/Pilates	Facilitators Fee	P'MENT	£ 28.39																		£ 28.39

Balance Bank 1/6/25
Petty Cash

P'MENT
CASH
L'MENT

£ 3,575.61
£ -
£ 3,575.61 £3,930.00 £ 1,110.00 £ 12.56 £ 800.00 £ 7.55 £ 40.00 £ 28.75 £ 108.92 £ 821.76 £ 160.00 £ 50.00 £ 160.00 £ 150.00 £ 45.00 £ 745.20 £ 350.48 £ 45.02 £ 28.39 £ 8,593.63 £ -

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Strive - Lisburn Walking and Wellbeing Group

Northern Ireland - Charity number 109231

Accounts

Strive - Lisburn Walking and Wellbeing Group
Year 3 Accounts June 23 - June 24

Income

Bank Balances 01.06.2023

Ulster Bank £ 15,583.87
 Petty Cash £ -

Income

W&W/Pilates last session 22/23 £ 520.00
 Participants in Retreats £ 1,996.97
 W&W/Pilates sessions 23/24 £ 3,496.37
 Accidental payment repaid £ 47.98
 £ -
 0
 0 £ -
 0 £ -
 0 £ -
 0 £ -
 0 £ -

Expenditure

Lisburn City Elim £ 1,320.00
 Lynda Gregg £ 4,943.49
 Haslem Hotel £ 154.60
 Dunmurry Presbyterian £ 145.00
 Yogamatters £ 267.95
 Claire - Zumba £ 50.00
 Cathy Hutton £ 150.00
 Carrie McDonnell Remind £ 100.00
 Stepping Stones £ 2,119.02
 Lisburn Castlereagh City Council £ 1,324.80
 Holland & Barrett £ 105.00
 Sainsburys £ 8.40
 Amazon £ 72.56
 Heather Hawkins £ 25.00
 M&S £ 170.50
 Plantation Press £ 55.80
 Dunnes Stores £ 397.25
 Premier Inn £ 80.99
 Poundstretcher £ 5.50
 High Street Harvest £ 75.00
 Curran Connolly £ 340.98
 The Mad Group £ 116.44
 Roisin Ui Choinn £ 260.00
 Lidl £ 1.69
 Emerge Counselling Services £ 200.00
 £ -

Expenditure Total £ 12,489.97

Income £ 6,061.32

Balance 01.06.24
 Ulster Bank

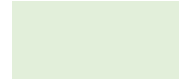
Current Balance £ 9,155.22

Bank Reconciliation

01/06/2024 Balance as per Bank Statement

£ 9,155.22

Less O/S Cheques



01/06/2024 Balance as per Accounts

£ 9,155.22

£ -

RECEIPTS	L'ment No / Cash	L'ment No	Amount received	W&W/Pilates last session 22/23	Participants in Retreats	W&W/Pilates sessions 23/24	Accidental payment repaid	Ulster Bank
Petty Cash 1/6/23	Cash		£ -					
Opening Balance Bank 1/6/23			£ 15,583.87					
Lodgement 30/6/23	L'MENT		£ 520.00	£ 520.00				
From H Hawkins - repay accidental personal payment	L'MENT		£ 19.99				£ 19.99	
Cash from participants used for payments	CASH		£ 300.00		£ 300.00			
Paypal transfers 2/10/23	L'MENT		£ 98.00		£ 98.00			
201023 C Harris	L'MENT	Transfer	£ 25.00		£ 25.00			
201023 G Duffy	L'MENT	Transfer	£ 25.00		£ 25.00			
231023 G Orr	L'MENT	Transfer	£ 50.00		£ 50.00			
231023 L Trimble	L'MENT	Transfer	£ 75.00		£ 75.00			
231023 S McGrath	L'MENT	Transfer	£ 25.00		£ 25.00			
251023 Cash Lodgement 1	L'MENT		£ 730.00			£ 730.00		
251023 Cash Lodgement 2	L'MENT		£ 192.00			£ 192.00		
271023 L Trimble	L'MENT	Transfer	£ 25.00		£ 25.00			
271023 E McKee	L'MENT	Transfer	£ 25.00		£ 25.00			
301023 E Kelly	L'MENT	Transfer	£ 50.00		£ 50.00			
301023 H Hawkins	L'MENT	Transfer	£ 25.00		£ 25.00			
81123 Paypal transfers 8/11/23	L'MENT		£ 100.00		£ 100.00			
91123 S Monteith	L'MENT	Transfer	£ 25.00		£ 25.00			
211123 Cash Lodgement	L'MENT		£ 300.00			£ 300.00		
41223 From H Hawkins - repay accidental personal payment	L'MENT	Transfer	£ 27.99				£ 27.99	
61223 Cash Lodgement	L'MENT		£ 334.00			£ 334.00		
181223 L Trimble	L'MENT	Transfer	£ 75.00		£ 75.00			
181223 G Orr	L'MENT	Transfer	£ 50.00		£ 50.00			
181223 E Kelly	L'MENT	Transfer	£ 25.00		£ 25.00			
181223 I Bryans	L'MENT	Transfer	£ 25.00		£ 25.00			
271223 H Barclay	L'MENT	Transfer	£ 25.00		£ 25.00			
281223 Paypal transfer 28/12/23	L'MENT		£ 250.00		£ 250.00			
281223 H Walsh	L'MENT	Transfer	£ 25.00		£ 25.00			
291223 Cash Lodgement	L'MENT		£ 275.00			£ 275.00		
20124 D Gallagher	L'MENT	Transfer	£ 25.00		£ 25.00			
40124 E McKee	L'MENT	Transfer	£ 25.00		£ 25.00			
20224 Cash Lodgement	L'MENT		£ 257.00		£ 50.00	£ 207.00		
200224 Cash Lodgement	L'MENT		£ 415.00			£ 415.00		
120324 Cash Lodgement	L'MENT		£ 258.57			£ 258.57		
80424 L Trimble	L'MENT	Transfer	£ 100.00		£ 100.00			
80424 A O'Neill	L'MENT	Transfer	£ 25.00		£ 25.00			
80424 G Orr	L'MENT	Transfer	£ 25.00		£ 25.00			
80424 H Walsh	L'MENT	Transfer	£ 25.00		£ 25.00			
110424 M Le Brun	L'MENT	Transfer	£ 25.00		£ 25.00			
Cash from participants used for payments	Cash		£ 20.00		£ 20.00			
160424 Cash Lodgement	L'MENT		£ 255.80			£ 255.80		
Paypal transfer 20/4/24	L'MENT	Transfer	£ 223.97		£ 223.97			
300424 Cash Lodgement	L'MENT		£ 245.00			£ 245.00		
29/05/2024 Cash Lodgement	L'MENT		£ 284.00			£ 284.00		
31/05/2024 Cash Lodgement	L'MENT		£ 130.00		£ 130.00			
			£ -					
				£ 520.00	£ 1,996.97	£ 3,496.37	£ 47.98	£ -

Total Income
£ 6,061.32

check
£ -

PAYMENTS	Description 2	Description	Cheque No/ Cash	Cheque/T of No	Amount Paid	Lisburn City Elim	Lynda Gregg	Haslem Hotel	Dunmurry Presbyterian	Yogamatters	Clare-Zumba	Cathy Hutton	Carrie McDonnell Remind	Stepping Stones	Lisburn Castlereagh City Council	Holland & Barrett	Sainsburys	Amazon	Heather Hawkins	M&S	Plantation Press	Dunnes Stores	Premier Inn	Poundstr etcher	High Street Harvest	Curran Connolly	The Mad Group	Roish Ul Choinn	Lidl	Emerge Counselling	Ulster Bank	
19/06/2023	Hall Hire 17 sessions Pilates/W&W sessions 5 Apr-Jun 23	Room hire	W&W/Pilates	P'MENT	£ 340.00	£ 340.00																										
19/06/2023	Facilitators Fee 17 sessions Pilates/W&W sess 5 Apr-Jun 23	Facilitator Fees	W&W/Pilates	P'MENT	£ 150.00																											
22/06/2023	Dinner for Committee members	Committee Expenses	Committee Expenses	P'MENT	£ 154.60		£ 1,190.00	£ 154.60																								
25/06/2023	Hall Hire Retreat Day 5 (22-23 session)	Room hire	Retreat Day	P'MENT	£ 145.00				£ 145.00																							
07/09/2023	Yogamatters - Yoga mats and Pilates balls	Equipment	W&W/Pilates	P'MENT	£ 216.00					£ 216.00																						
25/09/2023	Accidental payment	blank		P'MENT	£ 19.99														£ 19.99													
29/09/2023	Essential Oils Retreat Day 1	Miscellaneous	Retreat Day	P'MENT	£ 53.50											£ 53.50																
29/09/2023	Water and cards Retreat day 1	Miscellaneous	Retreat Day	P'MENT	£ 5.40												£ 5.40															
30/09/2023	Facilitators Fee Retreat Day 1	Facilitator Fees	Retreat Day	Cash	£ 50.00						£ 50.00																					
30/09/2023	Facilitators Fee Retreat Day 1	Facilitator Fees	Retreat Day	Cash	£ 150.00							£ 150.00																				
30/09/2023	Facilitators Fee Retreat Day 1	Facilitator Fees	Retreat Day	Cash	£ 100.00							£ 100.00																				
06/10/2023	Catering Retreat Day 1	Catering	Retreat Day	P'MENT	£ 487.26								£ 487.26																			
06/10/2023	Room Hire Retreat Day 1	Room hire	Retreat Day	P'MENT	£ 331.20									£ 331.20																		
12/10/2023	Plastic bottles for Essential oils	Miscellaneous	Retreat Day	P'MENT	£ 16.00																											
16/10/2023	Logo Labels (transfer to Heather Hawkins)	Miscellaneous	Retreat Day	P'MENT	£ 8.58																											
16/10/2023	Facilitators Fee 6 weeks x 2 Pilates/W&W 4/5 Sept to 9/10 Oct - Se	Facilitator Fees	W&W/Pilates	P'MENT	£ 840.00																											
16/10/2023	Hall Hire 6 weeks x 2 Pilates/W&W 4/5 Sept to 9/10 Oct	Room hire	W&W/Pilates	P'MENT	£ 240.00		£ 840.00																									
06/11/2023	Payment returned H Hawkins (unable to attend due to bereavement)	blank		P'MENT	£ 25.00																											
10/11/2023	Essential Oils Retreat Day 2	Miscellaneous	Retreat Day	P'MENT	£ 38.75											£ 38.75																
13/11/2023	Facilitators Fee Retreat Day 2	Facilitator Fees	Retreat Day	P'MENT	£ 150.00		£ 150.00																									
13/11/2023	Flowers and gifts for Facilitators retreat day 2	Miscellaneous	Retreat Day	P'MENT	£ 90.50																											
13/11/2023	Herbal tea bags	Miscellaneous	Retreat Day	P'MENT	£ 3.00																											
13/11/2023	Printing leaflets for retreat day	Printing	Retreat Day	P'MENT	£ 22.00																											
16/11/2023	Room Hire Retreat Day 2	Room hire	Retreat Day	P'MENT	£ 331.20										£ 331.20																	
17/11/2023	Catering Retreat Day 2	Catering	Retreat Day	P'MENT	£ 517.44									£ 517.44																		
01/12/2023	Charity donation	Charity Donation	Charity	P'MENT	£ 397.25																	£397.25										
05/12/2023	Payment made in error by H Hawkins	blank		P'MENT	£ 27.99																											
11/12/2023	Facilitators Fee 7 weeks x 2 sessions W&W/Pilates - Session 2	Facilitator Fees	W&W/Pilates	P'MENT	£ 980.00		£ 980.00																									
18/12/2023	Hotel reservation for facilitator in Jan Retreat Day 3	Room hire	Retreat Day	P'MENT	£ 80.99																											
28/12/2023	Hall Hire 7 weeks x 2 sessions W&W/Pilates	Room hire	W&W/Pilates	P'MENT	£ 280.00		£ 280.00																									
12/01/2024	Gift cards for Retreat Day 3 facilitators	Miscellaneous	Retreat Day	P'MENT	£ 50.00																											
15/01/2024	Cups for retreat day oils	Miscellaneous	Retreat Day	P'MENT	£ 5.50																											
15/01/2024	Flowers for Facilitators Retreat Day 3	Miscellaneous	Retreat Day	P'MENT	£ 75.00																											
15/01/2024	Oils for retreat day 3	Miscellaneous	Retreat Day	P'MENT	£ 12.75																											
17/01/2024	Facilitators fee	Facilitator fees	Retreat Day	P'MENT	£ 150.00		£ 150.00																									
05/02/2024	Room hire retreat day 3	Room hire	Retreat Day	P'MENT	£ 331.20										£ 331.20																	
12/02/2024	Insurance	General	Retreat Day	P'MENT	£ 340.98																											
19/02/2023	Facilitators Fee 6 weeks W&W/5 weeks Pilates - Session 3	Facilitator Fees	W&W/Pilates	P'MENT	£ 770.00		£ 770.00																									
19/02/2023	Hall Hire 6 weeks W&W/5 weeks Pilates	Room hire	W&W/Pilates	P'MENT	£ 220.00		£ 220.00																									
29/02/2024	Catering retreat day 3	Catering	Retreat Day	P'MENT	£ 597.72									£ 597.72																		
21/03/2024	New pilates balls to replace burst ones	Equipment	W&W/Pilates	P'MENT	£ 51.95					£ 51.95																						
21/03/2024	Additional sets of weights	Equipment	W&W/Pilates	P'MENT	£ 116.44																											
04/04/2024	Payment to Lynda Gregg re Asda receipt for facilitator gift	Miscellaneous	Retreat Day	P'MENT	£ 23.49																											
19/04/2024	Flowers for Facilitators Retreat Day 4	Miscellaneous	Retreat Day	P'MENT	£ 30.00																											
20/04/2024	Facilitators Fee Retreat Day 4	Facilitator Fees	Retreat Day	CASH	£ 260.00																											
20/04/2024	Water for Retreat Day 4	Miscellaneous	Retreat Day	P'MENT	£ 1.69																											
20/04/2024	Donation to Emerge Counselling Services Retreat Day 4	Charity Donation	Retreat Day	P'MENT	£ 200.00																											
28/04/2024	Facilitators Fee 6 weeks W&W/5 weeks Pilates - Session 4	Facilitator Fees	W&W/Pilates	P'MENT	£ 840.00		£ 840.00																									
28/04/2024	Hall Hire 6 weeks W&W/5 weeks Pilates	Room hire	W&W/Pilates	P'MENT	£ 240.00		£ 240.00																									
30/04/2024	Printing for proposed Mindfulness course	Printing	General	P'MENT	£ 33.80																											
07/05/2024	Room hire retreat day 4	Room hire	Retreat Day	P'MENT	£ 331.20										£ 331.20																	
20/05/2024	Catering retreat day 4	Catering	Retreat Day	P'MENT	£ 516.60									£ 516.60																		

P'MENT £ 9,395.22
CASH -£ 240.00
L'MENT £ 9,155.22 £1,320.00 £ 4,943.49 £ 154.60 £ 145.00 £ 267.95 £ 50.00 £ 150.00 £ 100.00 £2,119.02 £ 1,324.80 £ 105.00 £ 8.40 £ 72.56 £ 25.00 £ 170.50 £ 55.80 £397.25 £ 80.99 £ 5.50 £ 75.00 £340.98 £116.44 £260.00 £ 1.69 £200.00 £ - £12,489.97 £ -

check

Petty Cash		In	Out
	W&W/Pilates Classes 22/23	£ 520.00	
30/06/2023	Cash Lodgement		£ 520.00
	17 participants Sept @ £25	£ 425.00	
	Cash payments for facilitator fees Sept retreat		£ 300.00
	6 cash participants Nov @ £25	£ 150.00	
	W&W/Pilates Classes 23/24	£ 922.00	
25/10/2023	Cash Lodgement		£ 730.00
25/10/2023	Cash Lodgement		£ 192.00
	W&W/Pilates Classes 23/24	£ 300.00	
21/11/2023	Cash Lodgement		£ 300.00
	W&W/Pilates Classes 23/24	£ 334.00	
06/12/2023	Cash Lodgement		£ 334.00
29/12/2023	Cash Lodgement		£ 275.00
	2 cash participants Jan @ £25	£ 50.00	
	W&W/Pilates Classes 23/24	£ 207.00	
02/02/2024	Cash Lodgement		£ 257.00
	W&W/Pilates Classes 23/24	£ 415.00	
20/02/2024	Cash Lodgement		£ 415.00
	W&W/Pilates Classes 23/24	£ 258.57	
12/03/2024	Cash Lodgement		£ 258.57
	W&W/Pilates Classes 23/24	£ 255.80	
16/04/2024	Cash Lodgement		£ 255.80
22/04/2024	Cash withdrawal for facilitator April	£ 240.00	
	6 cash participants Apr @ £25	£ 150.00	
	Cash payment for facilitator fees Apr retreat		£ 260.00
	W&W/Pilates Classes 23/24	£ 245.00	
30/04/2024	Cash Lodgement		£ 245.00
	W&W/Pilates Classes 23/24	£ 284.00	
29/05/2024	Cash Lodgement		£ 284.00
31/05/2024	Cash Lodgement		£ 130.00
	Balance		£ -
		£ 4,756.37	£ 4,756.37

Strive - Lisburn Walking and Wellbeing Group

Northern Ireland - Charity number 109231

Annual report

AGM 2024
Strive - Lisburn Walking and Wellbeing Women's Group

Venue: Elim Lisburn
Date: 3rd October 2024
Time: 19:00 hrs

Attendees - Nichola, Marie, Clare, Heather, Helen, Lynda and Lydia
Apologies - None

1. Public meeting.

Had been advertised on social media. No other people other than committee attended

2. Committee/advisor changes.

None

3. Finance

Heather updated the team with accounts annual summary & gave out a Treasurer's report to all .

At the start of the financial year 01/06/23 we had £5.5k in the bank, income nearly £6k and expenditure of £12.5k leaving us just over £9k by end of June 24.

Bank Balance 1/6/23	£15,583.87
Income	£5,988.34
Expenditure	£12,416.99
Bank Balance 1/6/24	£9,155.22

A Breakdown showing Pilates/W&W costs us £2.3k and Retreat days approx £3k
Lottery fund 2024 had not been granted so with no further funding our money will dwindle.
This year so far we are down to £8k in the bank. With classes and retreat days & our donation of money paid to Lough Rd for venue hire to support mummies with young babies. Agreed 8 sessions, giving flexible dates especially with young babies. It's a good group to reach out to

4. Events during the 23-24 season

During the year we ran 5 blocks of classes on a Monday (Pilates) and Tuesday evening (Women and Weights)

We also ran 4 retreat days at Lagan Valley Island, themes were:

- Recharge and Renew
- Feel Good Fashion
- Detox
- Resilience

All events booked up quickly and feedback was good. Following some drop outs at the first event of the year we decided to ask for payment in advance

5. Retreat Days PAST

Last retreat day - A catalogue of issues with the venue. But we styled it out! Feedback great - but food is a big issue again! and the facility (we assume noise). Our feedback - Loved the event BUT Communication from the venue is terrible. Noise is unacceptable. Food we didn't order arrived and wasn't good quality, but we paid because it was a charity providing the food so we honoured the bill

Venue hire wrong. Lydia has given notice to the venue and we need a conversation, as a charity, if this venue is no longer ideal. We have cancelled Oct, New date Nov and all future event dates have been cancelled. We need to consider other venues and church halls in future.

6. Retreat Days FUTURE

Food - Discussion about baked pots, curries, stews and things Lydia to get an updated menu in case we can see an alternative. We can't use outside caterers or bring our own from M&S! but with costs it was decided to stick to Scones, Leek & Pot soup, healthy breads, and traybakes as that's what we got best feedback from in the past.

Next Event - Laura - holistic theories homoeopathy acupuncture (Time wouldn't allow all to have acupuncture) Two talks - one of acupuncture/pressure and one aromatherapy/holistic therapies.

Marty confirmed for dancing, 1030-1230 morning, with scone break 1115-1145. Lunch followed by afternoon session with Laura. Timings to be finalised.

7. Monday/Tuesday Classes

Lynda reconsidering future of Monday and Tuesday evening classes. Breaking for Christmas at the end of Nov. 1st week Dec is the charity night.

8. As the AGM - we need to discuss our intention for strive going forward for the next 12 months. Some of the committee members will be stepping down due to personal commitments

Unfortunately we weren't able to have many walking events during the last season, partially weather related, and this was one of the purposes of the group

Retreat days and classes are successful but we aren't reaching out to the people who can't afford them, need a new experience or bereaved or to meet people.

Agreed we will consider the next retreat day to be our last and have a fun day farewell dancing and thank everyone. Then we individually think about what we can or cannot contribute or if we do or do not want to move forward with STRIVE.

Committee to meet again Dec/Jan to decide on future.

Lydia Hayes 20/10/24

Strive - Lisburn Walking and Wellbeing Group

Northern Ireland - Charity number 109231

Annual return

Independent examiner's report to the charity trustees of Strive Lisburn Walking and Wellbeing Group (NIC109231)

I report on the accounts of Strive Lisburn Walking and Wellbeing Group for the year ended 3 June 2024, which are set out on the verified accounts

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

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 Commission 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. My 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 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
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.

Name: Alison Matchett

Relevant professional qualification or body: ICAI 3003075

Address: 31 Lisnisky Walk, Portadown, BT63 5FY

Date: 28/10/24

Alison Matchett