

Thurso Weight Training And Fitness Club

Scotland · Charity number SC034272

Details

Status	Active
Legal form	Unincorporated association
Registered	2003-03-21
Register	View on the OSCR register

Contact

Address	Post Office House Canisbay Caithness KW1 4YH
---------	---

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of public participation in sport'

What the charity does: Provide facilities for advancement of physical, mental and emotional well-being through healthy exercise

Beneficiaries: 'Children or young people', 'Older People', 'People with disabilities or health problems', 'People with a particular ethnic or racial origin'

Objectives: To promote the benefit of the inhabitants of Thurso and environs without distinction of sex, sexuality, political religious or other opinions by associating the local statutory authorities, voluntary organisations and inhabitants in a common effort to advance education and to provide facilities, or assist in the provision of facilities, in the interest of social welfare for recreation and other leisuretime occupation so that their conditions of life may be improved.

Geography

- **Main operating location:** Highland
- **Geographical spread:** Wider, but within one local authority area

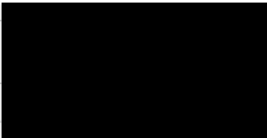
Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£46,873	£32,889	-	0
2024-09-30	£46,461	£27,086	-	0
2023-09-30	£44,812	£27,093	-	0
2022-09-30	£37,438	£39,400	-	0
2021-09-30	£22,056	£22,682	-	0
2020-09-30	£23,680	£19,602	-	0

Accounts



Office of the Scottish Charity Regulator

	Independent examiner's report on the accounts						
	Thurso Weight Training and Fitness Club						
Report to the trustees/members of	SC034272						
Registered charity number							
On the accounts of the charity for the period	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	1 st	October	2023	to	30 th	September	2024
Set out on pages	1 to 6 attached						
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.						
Independent examiner's statement	In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements: • to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and • to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.						
Signed:				Date:	04/05/2025		
Name:							
Relevant professional qualification(s) or body							
Address:	Muir Money Management						
	Post Office House, Canisbay						
	Caithness						
	KW1 4YH						

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	01	Oct	2023	To	30	Sep	2024

Reference and administration details

Charity name	Thurso Weight Training and Fitness Club		
Other names charity is known by			
Registered charity number	SC034272		
Charity's principal address			
	Postcod		

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1		Chair		
2		Vice-Chair		
3		Secretary		
4		Treasurer		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

The Charity is an unincorporated body governed by its constitution and managed by a Management Committee elected annually at the AGM from the membership.

Trustee recruitment and appointment

The Trustees are the members of the management committee, who are elected at the Annual General Meeting of the Club and serve until the next AGM is held, usually a period of approximately one year. Trustees may offer themselves for re-election and there is no restriction on the number of terms they may serve. Additionally, members of the Club may be co-opted on to the Management Committee to serve as Trustees by a simple majority vote of members of the Committee at any properly constituted committee meeting.

Objectives and activities

Charitable purposes

To promote the benefit of the inhabitants of Thurso and environs without distinction of sex, sexuality, political, religious or other opinions by associating the local statutory authorities, voluntary organisations and inhabitants in a common effort to advance education and to provide facilities, or assist in the provision of facilities, in the interest of social welfare for recreation and other leisure-time occupation so that their conditions of life may be improved.

Summary of the main activities in relation to these objects

The club provides premises and equipment for the use of members to further their physical, mental and emotional well-being through undertaking healthy exercise.

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

During the year to 30th September 2024 the Club continued to provide premises and equipment for the use of members to encourage members to adopt a regime of physical exercise for the benefit of their physical, mental and emotional health.

Financial review

Brief statement of the charity's policy on reserves

It is the policy of the Trustees to allow surplus funds to accumulate until there is sufficient to undertake further development of the premises or the purchase of additional equipment in the furtherance of the aims of the club. This year the Club invested £13,957 on maintenance, repairs, replacements and new equipment for the premises and equipment under its care; and ended the year with reserves of £56,048. The Trustees consider that this is a prudent level of reserves in the current difficult economic environment.

Details of any deficit

No deficit was recorded this year.

Donated facilities and services (if any)

APPENDIX 1

Other optional information

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (e.g. Chair)		
	Treasurer	
Date	4 th May 2025	

THURSO WEIGHT TRAINING AND FITNESS CLUB

SC034272

Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	1	10	2023		30	09	2024

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts	46,461.00				46,461	44,812
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	46,461	-	-	-	46,461	44,812
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	46,461	-	-	-	46,461	44,812
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments	27,086				27,086	27,093
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	27,086	-	-	-	27,086	27,093
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	27,086	-	-	-	27,086	27,093
Net receipts / (payments)	19,375	-	-	-	19,375	17,719
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	19,375	-	-	-	19,375	17,719

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	36,673				36,673	18,954
	Surplus / (deficit) shown on receipts and payments account	19,375				19,375	17,719
						-	
						-	
	Cash and bank balances at end of year	56,048	-	-	-	56,048	36,673
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name

Date of
approval

04 May 2025

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

There are no restricted funds and funds are held in the Club account with the Royal Bank of Scotland or in cash at the Treasurer's hand.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
None		0	0
		Total	-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	x
--	----------

Authority under which paid

C3b Trustee remuneration - details

	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	x
---	----------

Number of trustees

C4b Trustee expenses - details

		£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

THURSO WEIGHT TRAINING AND FITNESS CLUB

SC034272

Additional analysis (1)**Analysis of receipts and payments****1 Donations**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
Total	-	-			-	-
	-	-			-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

SC034272

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts	46,461				46,461	44,812
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	46,461	-	-	-	46,461	44,812
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	46,461	-	-	-	46,461	44,812
Payments						
Expenses for fundraising activities					-	
Gross trading payments	27,086				27,086	27,093
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	27,086	-	-	-	27,086	27,093
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	27,086	-	-	-	27,086	27,093
Net receipts / (payments)	19,375	-	-	-	19,375	17,719
Transfers to / (from) funds					-	
Surplus / (deficit) for year	19,375	-	-	-	19,375	17,719
Nature and purpose of funds						

THURSO WEIGHT TRAINING AND FITNESS CLUB

SC034272

Additional analysis (3)**6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	-	-	-	-	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	-	-	-	-	-	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

--