Sailor's Rest Community Gym
A Company limited by guarantee

Report and Financial Statements
For the year ended 31 December 2025

Charity no: SCO46293
Company no: SC523373

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

The Trustees have pleasure in presenting their report for the year ended 31 December 2025. This report is prepared in accordance with the Trust Deed and Companies Act requirements.

The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, 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).

Objectives and Activities

Our aims and objectives are to provide, encourage and promote a range of physical activities within a safe, drug free environment for the residents of Levenmouth and surrounding areas, regardless of age, gender or sexuality, race, religion or physical abilities and to develop their skills, fitness and health whilst participating in their local community.

In furtherance of these the Gym provides:

- Reduced and affordable rates to allow Gym access to be affordable to all the community.
- Free personalised training and support.
- A continued commitment to be drug free.

Achievements and Performance

Sailor's Rest Community Gym has had a presence in the Methil Community for the last 40 years, exploring a range of different activities before settling on weightlifting and body building.

Through the years the group have successfully maintained a presence in the same building and within the community itself, contributing to the development of 4 Scottish judo squad members, one of whom went on to win the combined forces judo championship - local karate instructors as well as a junior world power lifting champion and a former champion body builder started in the club.

Throughout its history the SRG has relied entirely on volunteers from the local community to develop the facility and deliver friendly and accessible coaching.

On a day-to-day basis the Gym has been run by the Management Committee made up of the officers detailed on page 6 and several informal volunteers.

Volunteers have the opportunity and are encouraged to participate in coach training. At present there are 6 volunteers with 1st aid qualifications, and we hope to increase this through Adult Education courses run by Community Learning and Development.

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

The Committee have put together a pack for new starts or the parent/guardian of new starts. The pack contains a who's who in the gym, the constitution, club rules, code of conduct, policies, procedures and the development plan. Everyone joining the Gym is given an induction session to become acquainted with the equipment and the health and safety measures in place to prevent injury.

The Gym became an incorporated company limited by guarantee on 31 December 2015 and gained charitable status on 26 January 2016.

The activities we currently do includes :

- Body building
- Fitness
- Weight lifting
- Cardio vascular exercise
- Socialising
- Healthy outlooks

Sailor's Rest Community Gym are members of Youth First and intends to build on the partnerships already formed.

Financial Review

As a charity, the Gym relies on general donations and subscriptions as well as income generated from Grants etc. Donations and memberships received in the year covered our basic running costs.

Our expenses policy covers employee and volunteer and there is no differentiation between them as far as entitlement to financial support provided to them for expenses incurred in the execution of their work. At present we do not have and do not anticipate having any employees.

General Donations and subscriptions of £8,126 along with bank interest of £36 contributed to overall income of £8,162. Total expenditure of £5,244 relates to the day to day running costs of the charity.

The overall surplus in funds in the year totalled £2,918 and Reserves stand at £4,576.

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

Reserves Policy

We believe it is prudent to aim to increase reserves as a matter of good financial practice to allow capital development to further increase our service provision capacity and put Sailor's Rest Community Gym in a more secure position for the long term continuation of its activities.

Our proactive funding approach in the period should put us in a better position to have some reserve funding, for any unexpected contingencies.

We shall continue with our present activities subject to the availability of regular donations and membership fees.

Plans for Future Periods

The charity have developed a 10 year plan to achieve the overall aims and objectives, based upon the principal that they are able to take legal responsibility for the building which they have occupied for the last 38 years.

Immediate future:

- Assume legal responsibility for the premises.
- Secure funding and practical community support / investment for short term programmes.
- Carry out essential maintenance and repairs.
- Advertise and promote the Gym and its programmes within the community.

Five years:

- Continue to carry out essential maintenance on building as well as renovating to maximise space and efficiency.
- Recruit adults to support the development of the group.
- Continue the programme of training and support to volunteers to support the progress of the Gym.
- Expand provision of the gym through longer opening hours.
- Sustained marketing and promotion of the Gym.

Ten years:

- Owning premises outright and operating a self sustaining model in both finances and the recruitment and retention of skilled and enthusiastic volunteers.
- Volunteers are skilled and trained in delivering a range of programmes and techniques.

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of Sailor's Rest Community Gym for the purpose of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure for that period.
In preparing 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;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards and statements have been followed, subject to any departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

Reference and administrative details

Chairman	Mr William Black
Vice-chairman	Mr John McGair
Secretary	Mr Brian Lindsay
Treasurer	Mr Joseph Semple
Directors	Mr Jatander Singh
Registered Office	230 Main Street Methil Fife KY8 3EF
Independent Examiner	Alexander Gillespie Gillespie Inverarity & Co (Fife) Ltd Accountants FRIC, Ajax Way Methil Docks Business Park Methil Fife KY8 3RS
Bankers	Royal Bank of Scotland 23/25 Rosslyn Street Kirkcaldy Fife KY1 3HW

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

Structure, Governance and Management

Governing Document
The organisation is a charity (Scottish Charity Number SCO46293) which was incorporated as a company limited by guarantee (SC523373) on 31 December 2015 and as a registered charity from 26 January 2016.

Recruitment and Appointment of Trustees
The directors of the company are also charity Trustees for the purpose of charity law. Under the requirements of the constitution, there must be at least three but not more than seven Trustees and the subscribers to the Memorandum and Articles of Association are the first Trustees.

All of the Trustees are elected for a period of three years and are eligible for re-appointment for a further three years.

Trustee Induction and Training
New Trustees receive a Welcome Pack explaining the duties, responsibilities and roles of all Trustees. In addition they are required to undertake Trustees training.

Risk Management
External risks to funding have led to the development of a strategic plan which will allow for the controlled pursuit of funding matching budgeted general running costs as well as specific project budgets. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

Organisational Structure
The Trustees are responsible for overall management of the project funding, staff and development.

They are responsible for ensuring that the aims and objectives of the Charity are interpreted into specific projects and that the objectives of these projects are achieved.

The Trustees are also responsible for ensuring the Charity delivers its commitments to its funders, meets all its legislative requirements and operates within the policies established for its operation. They are responsible for ensuring the appropriate use of all funds and the application of any property or assets.

Sailor's Rest Community Gym

Report of the trustees for the year ended 31 December 2025

Independent examiner

Alexander Gillespie has been re-appointed as independent examiner for the ensuing year.

Signed by order of the Trustees

Registered Office:
232 High Street
Methil
Fife
KY8 3EF

William Black
Chairman

Approved by the Trustees on ..06 Mar 2026.....

Independent Examiner's Report to the Trustees of Sailor's Rest Community Gym

I report on the accounts of the charity for the year ended 31 December 2025 which are set out on pages 10 to 16.

Respective responsibilities of the trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirements of Regulation 10(1) (a) to (c) of the 2006 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 2006 Accounts Regulations. 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 view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention.

1. which gives me reasonable cause to believe that in any material respects 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
   to prepare accounts which accord with the accounting records and comply with Regulation 8 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: 27.5.26

Alexander Gillespie M.A, CA, ATII
FRIC, Ajax Way, Methil Docks Business Park, Methil, Fife, KY8 3RS

Sailor's Rest Community Gym
Statement of financial activities (including Income & Expenditure Account)
For the year ended 31 December 2025

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income:					
Donations and legacies	2	7,690	436	8,126	7,001
Investment income		36	0	36	58
Total income		7,726	436	8,162	7,059
Expenditure:					
Expenditure on charitable activities:					
Operation of community gym	3	4,808	436	5,244	7,163
Total expenditure		4,808	436	5,244	7,163
Net (expenditure)/income and net movement in funds for the year		**2,918**	**0**	**2,918**	**-104**
Reconciliation of funds					
Total funds brought forward		1,658	0	1,658	1,762
Total funds carried forward		**4,576**	**0**	**4,576**	**1,658**

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The notes on pages 12 to 16 form part of these accounts.

Sailor's Rest Community Gym
Balance Sheet as at 31 December 2025

	Note		2025 £		2024 £
Fixed Assets					
Plant & equipment	9		1,029		1,286
Current Assets					
Cash at bank and in hand		5,151		3,092	
Current Liabilities					
Bank loans		716		1,880	
Accruals	10	888		840	
Net current assets			3,547		372
			4,576		**1,658**
Represented by:-					
Unrestricted funds	11		4,576		1,658
Restricted funds	11		0		0
			4,576		**1,658**

For the year ended 31 December 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:
No members have required the company to obtain an audit of its accounts in accordance with section 476 of the Companies Act 2006

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

The financial statements were approved by the members of the committee on 06 May 2026 and signed on their behalf by;

Mr William Black
Chairman

Mr Brian Lindsay
Treasurer

Company Registration Number: SC523373

Sailor's Rest Community Gym
For the year ended 31 December 2025

Notes to the Accounts

1. ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the period.

The charity was incorporated as a company limited by guarantee on 31 December 2015 and as a charitable company on 26 January 2016.

(a) Basis of accounting

The accounts have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

(b) Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of grants, memberships and donations and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

- Investment income is included when receivable.

- Incoming resources from charitable trading activity are accounted for when earned.

ACCOUNTING POLICIES (continued)

(d) Resources expended
Expenditure is recognised on an accrual basis as a liability is incurred.

- Costs of raising funds comprise the costs associated with attracting voluntary income.
- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiners fees and costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resources. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

(e) Fixed assets
Fixed assets are stated at cost less accumulated depreciation. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Plant & equipment	20%

2. INCOME FROM DONATIONS AND GRANTS

	Unrestricted £	Restricted £	2025 £	2024 £
Donations:				
General donations and memberships	7,690	436	8,126	7,001
	7,690	436	8,126	7,001

Sailor's Rest Community Gym
For the year ended 31 December 2025

3. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Physical activities 2025 £	2024 £
Repairs, renewals & maintenance	330	851
Light & heat	2,229	3,780
Insurance	436	426
Rent	547	300
Telephone	0	83
Printing, postage & stationery	12	11
Miscellaneous	26	161
Depreciation costs	257	321
Sponsorships & donations	307	170
Cleaning & water etc	154	173
Bank loan interest	34	0
Governance costs (note 4)	912	888
	5,244	7,163

4. ANALYSIS OF GOVERNANCE AND SUPPORT COSTS

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function as follows:

Analysis of support and governance costs

	General support £	Governance function £	Total £	Basis of apportionment
Independent examiner fees	0	912	912	Governance
	0	912	912	

5. NET INCOMING RESOURCES FOR THE PERIOD

This is stated after charging:

	2025 £
Depreciation	257

6. STAFF COSTS AND EMOLUMENTS

	2025 £
Salaries and wages	0

6. STAFF COSTS AND EMOLUMENTS (CONTINUED)

The average number of part-time equivalent employees during the year were 0.
No employees received emoluments of more than £60,000.

7. TRUSTEES REMUNERATION AND RELATED PARTY TRANSACTIONS

No members of the management committee received any remuneration during the period.
No trustees or other persons related to the charity had any personal interest in any contract or transaction entered into by the charity during the period.

8. TAXATION

As a charity Sailor's Rest Community Gym is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

9. FIXED ASSETS

	Plant & Equipment £
Cost	
As at 31 December 2024	8,394
Additions	0
As at 31 December 2025	8,394
Depreciation	
As at 31 December 2024	7,108
Charge for the year	257
As at 31 December 2025	7,365
Net book value	
As at 31 December 2025	1,029
As at 31 December 2024	1,286

10. CREDITORS

	2025 £	2024 £
Accruals	888	840
	888	840

Sailor's Rest Community Gym
For the year ended 31 December 2025

11. ANALYSIS OF CHARITABLE FUNDS

	Balance 31 Dec 2024	Incoming resources	Resources expended	Transfers	**Funds 31 Dec 2024**
	£	**£**	**£**	**£**	**£**
General fund	1,658	7,726	4,808	0	4,576
Restricted fund	0	436	436	0	0
	1,658	8,162	5,244	0	4,576

General funds: The "free reserves" after allowing for all designated funds.
Asset fund: Value of Property assets used by the charity.

12. COMPANY LIMITED BY GUARANTEE

The company is incorporated as a company limited by guarantee. Every member of the Company undertakes to contribute to the assets of the company, in the event of the Company being wound up while a member, or within one year after ceasing to be a member for debts and liabilities contracted before cessation of membership. Such amounts will not exceed £1.00 per member.