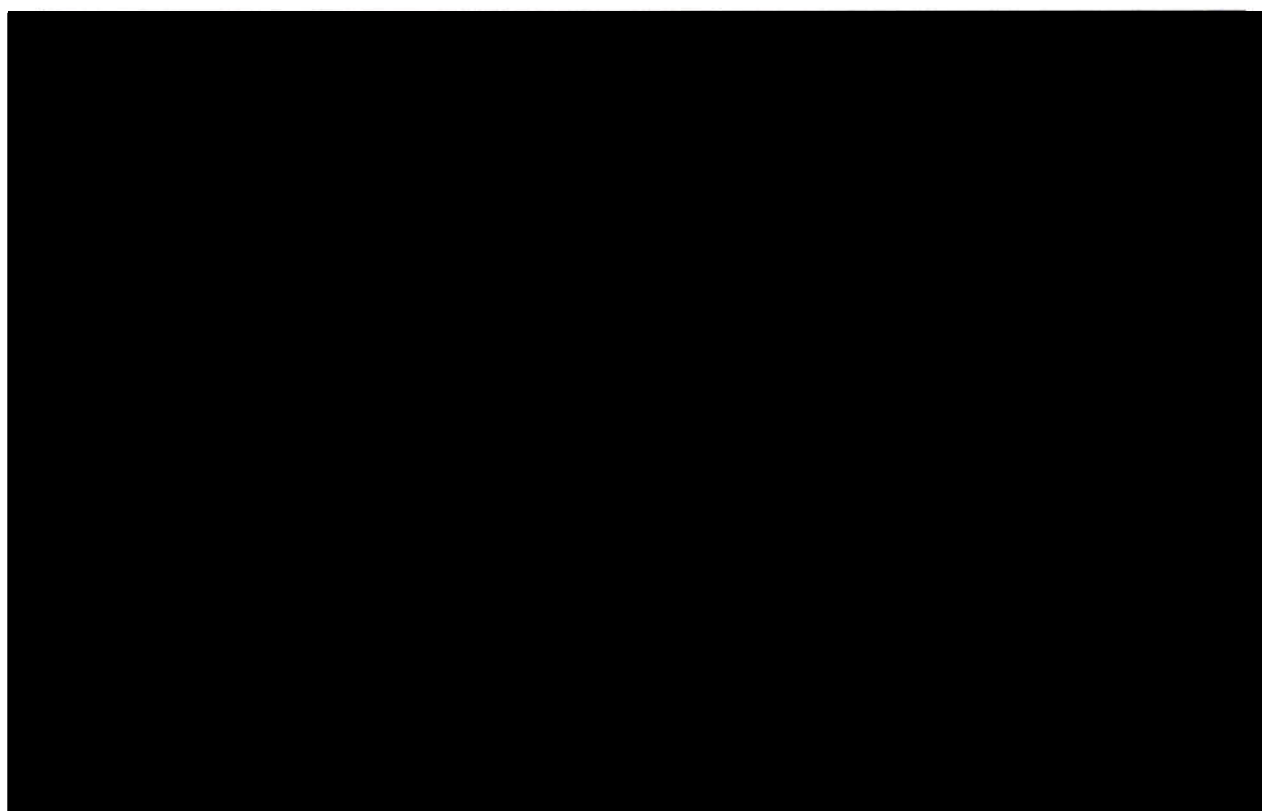
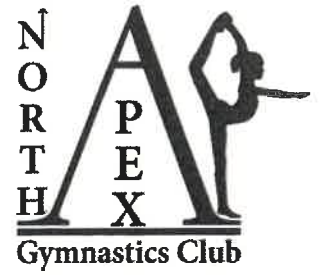


North Apex Gymnastics Club
Trustees' Annual Report
July 2023 to June 2024

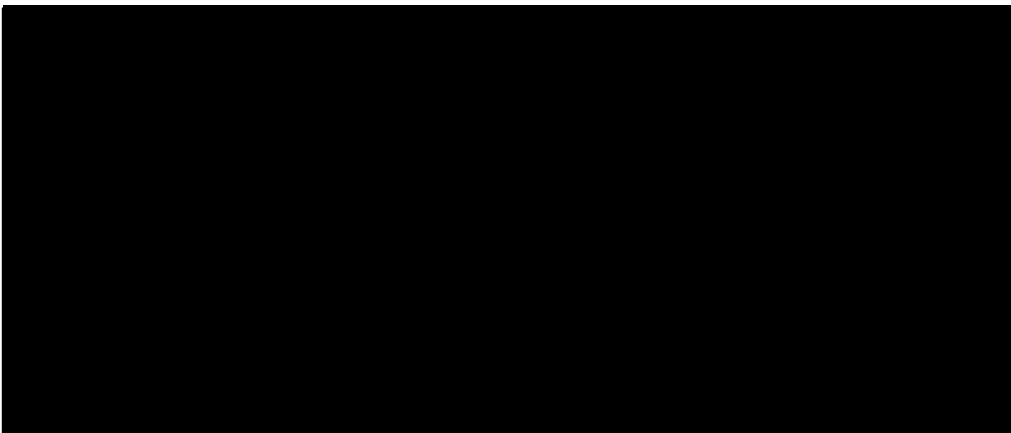




Charity contact information

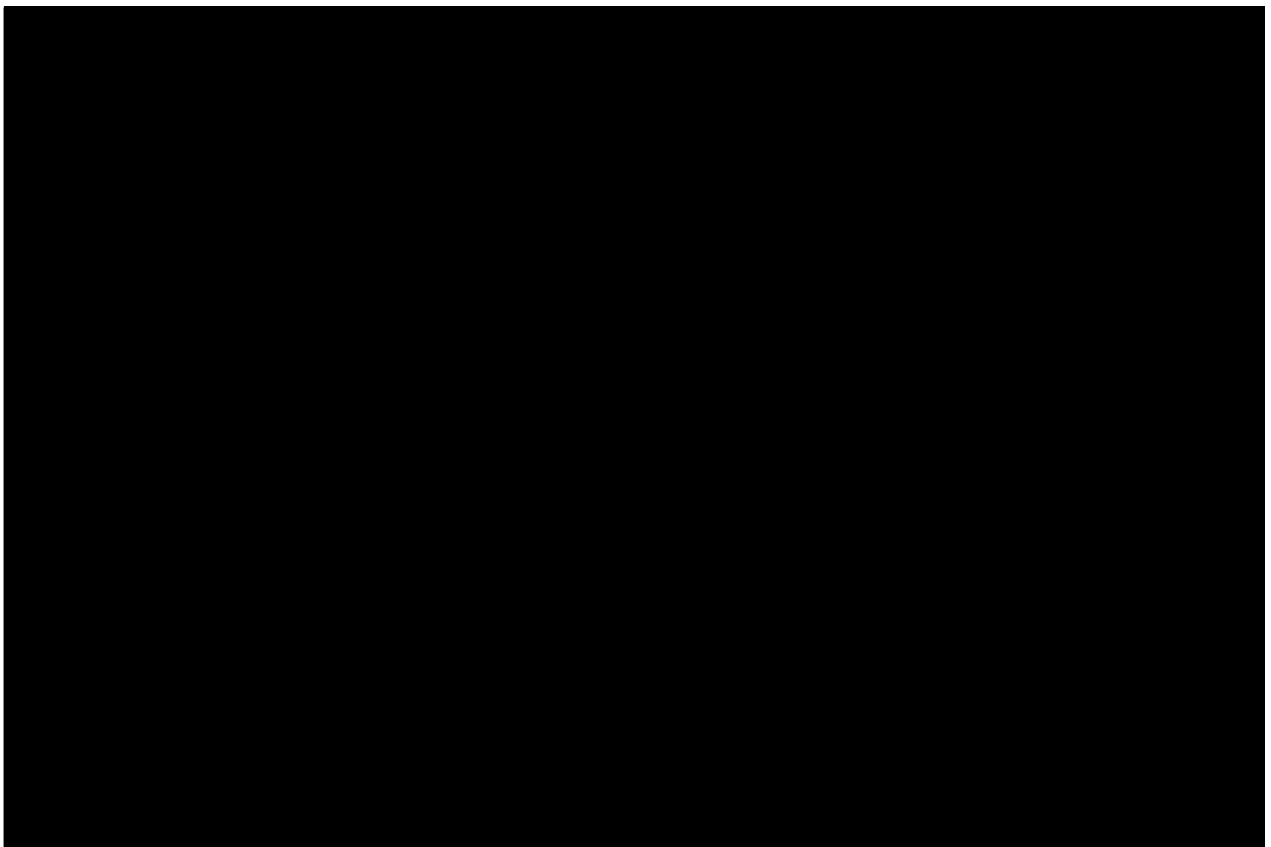
North Apex Gymnastic Club

Scottish Charity Number: SC049379



Charity Trustees





Objectives and activities

North Apex Gymnastic was formed with the intention to encourage public participation in the sport of gymnastics by young persons of all abilities, particularly in Wick and the surrounding areas, by providing gymnastics facilities, activities and training to improve the fitness, health and well-being of the persons for whom the activities are intended. So, in less formal terms our coaches wanted to create an inclusive club to teach gymnastics to the youth of Wick and the surrounding areas.

Our amazing coaches work so hard to provide a varied programme of gymnastics from our base at Wick Community Campus. They provide extensive training and fun sessions to our members.

Structure, governance and management

Constitution of North Apex Gymnastics Club

Trustee recruitment and appointment

Two of our trustees stated their interest in standing down from their position, therefore we will be looking to recruit two new trustees in the next financial year.

Achievements and performance

The club carried out various fundraising activities, including running a “Coffee n Cartwheels” event as part of Wicks annual gala week, which included a raffle, stalls, baking, tea, coffee, gymnastics display and our air track in attendance for all the children to have a turn. We also manned the gates at the Halkirk Games in July, held glow parties for children of primary age, held a craft & car boot fayre in October, Christmas wine raffle and lucky squares to win leotards. We used our Christmas club competition to raise funds as well, having various stalls including basking, raffle, tombola and gymnastics merchandise.

The club hosted a summer programme in July and August, open to members and non-members, allowing all in the local community to attend.

In August we started the British Gymnastics RISE programme with our recreational classes which enables our recreational gymnasts to progress through different skills each week and allows those at home to watch them progress through the programme via their own login.

In September we introduced bootcamp sessions for our competitive gymnasts, running these once a month to provided an extended training session to develop skills with focussed strength and conditioning. We attended a Teamgym camp hosted by Fyrish Gymnastics club and which had experienced coaches from Denmark leading the camp.

In November our display team attended the Sapphire birthday festival for the first time, where they put on an amazing performance with their ‘Wonka’ routine. The team even came away with the most prestigious

award 'friendliest team', which echoes the values of our club. Our competitive gymnasts attended the Highland competition in Inverness, taking 30 gymnasts, bringing home a lot of medals. 9 of our coaches attended their level 1 training course in women's artistic, this was organised by the club and held in Thurso, with other local clubs attending. Some of our competitive team also attended the Scottish Floor and Vault competition in Edinburgh, even taking home some medals and excellent placings from all our gymnasts.

In December we held our first Christmas club competition, open to all club members, with over 100 gymnasts attending. The competition included placings for 1st 2nd and 3rd on floor, vault and overall for each class. There were also special trophies for highest score of the day, maximum effort award and performance of the day. The competition included some fun competitions and a performance from our display team.

In January 2 of our coaches passed their level 1 women's artistic coaching and 5 coaches attended their level 2, a course which was organised by the club and took place in Thurso with other local clubs attending. We introduced a new display class to focus on specific conditioning, skills and dance required for display gymnastics.

In March our competitive team attended the Fyrish floor and vault competition in Alness, coming home with lots of medals. 7 of our coaches passed their level 1 women's artistic course. Our competitive team also attended the North District floor and vault competition in Aberdeen, taking home medals.

In April we ran Easter camps, which was open to members and non-members, meaning any child within the local community could attend. We started ad-hoc pre-school classes, with the hope to eventually include these weekly in our term timetable. 4 of our coaches attended and passed their pre-school add on module, meaning we have more qualified coaches to run these classes.

In May we started planning our summer camps, which had 243 bookings in less than 24 hours. 4 of our coaches passed their level 2 women's artistic exam, meaning we now have more lead coaches to run classes.

In June we hosted our second annual summer showcase, this year with the theme of 'Carnival'. The show was a massive success receiving great feedback from gymnasts, parents and the community.

Financial review

Statement of the charity's policy on reserves

North Apex Gymnastics do not have a policy on the reserves that we can hold. As we are a charity we use the fee charged for classes to pay for Coaches, rent, insurances etc. Any money donated in the form of grants is used for the purpose the grant was intended for. For example new equipment or tracksuits for competitions.

Details of any deficit

North Apex Gymnastics do not currently have any accounts in deficit.

Donated facilities and services

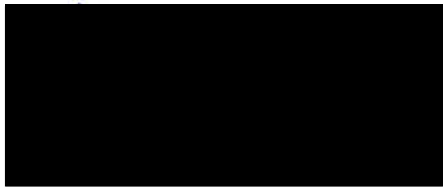
North Apex Gymnastics do not have any donated facilities or services.

Future plans

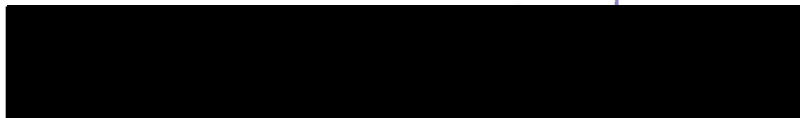
We will be having a charity stand at the Caithness County show and holding a staycation raffle to fundraise for the club in July. We have organised a Summer Camp in 2024, which will be open to members and non-members of the club. The clubs display team are currently preparing to attend Blackpool Ministrada in September 2024 and Sapphire Birthday Festival in November 2024, we will be having a couple of training days at Fyrish Gymnastics club to help prepare for this. We will be running more pre-school classes on an ad-hoc basis, with the plan of being able to run these classes weekly as part of our term time table. The club plans to run its second Christmas club competition which all club members will be able to participate in December 2024. The club hopes to include Team Gym as a discipline in our club as it is considered to be a bit more 'fun' than Women's Artistic and will hopefully keep older gymnasts involved in the club for longer.

Declaration

Signed on behalf of the charity trustees:



Print name



Designation

CHAIRPERSON / TRUSTEE

Date

15/4/25.

OSCr

Office of the Scottish Charity Regulator

		Independent examiner's report on the accounts						
Report to the trustees/members of		North Apex Gymnastics Club						
Registered charity number		SC049379						
On the accounts of the charity for the period		Period start date				Period end date		
		Day	Month	Year		Day	Month	Year
		01	July	2023	to	30	June	2024
Set out on pages		1 to 5					(remember to include the page numbers of additional sheets)	
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) (d) 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: 1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none">to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, andto 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:		14 th January 2025	
Name:								
Relevant professional qualification(s) or body (if any):		Association of Chartered Certified Accountants						
Address:								

North Apex Gymnastics Club

SC049379

Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	July	2023		30	June	2024

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	57,749				57,749	27,362
Grants	19,150				19,150	9,579
Receipts from fundraising activities	16,083				16,083	9,912
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Gross receipts from other charitable activities					-	-
A1 Sub total	92,982	-	-	-	92,982	46,853
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-				-	
Proceeds from sale of investments	-				-	
A2 Sub total	-	-	-	-	-	-
Total receipts	92,982	-	-	-	92,982	46,853
A3 Payments						
Expenses for fundraising activities	9,161				9,161	13,633
Gross trading payments					-	-
Payments relating directly to charitable activities	69,193				69,193	25,811
Grants and donations					-	-
Governance costs:						
Independent examination	222				222	210
A3 Sub total	78,576	-	-	-	78,576	39,654
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	295				295	8,560
Purchase of investments					-	
A4 Sub total	295	-	-	-	295	8,560
Total payments	78,871	-	-	-	78,871	48,214
Net receipts / (payments)	14,111	-	-	-	14,111	(1,361)
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	14,111	-	-	-	14,111	(1,361)

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	16,730	750			17,480	18,091
	Surplus / (deficit) shown on receipts and payments account	14,111	-			14,111	(1,361)
						-	
						-	
	Cash and bank balances at end of year	30,841	750	-	-	31,591	16,730
	(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	Sweet Spot	Unrestricted	100		100
	Airtrack and blower	Unrestricted	8,560		8,560
	Various gym equipment	Unrestricted	295		-
		Total	8,955	-	8,660

	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
		14 January 2025
		14 January 2025

Section C Notes to the Accounts

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

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
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
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C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

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

C6 Other information

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Analysis of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
Amazon	-				-	27
Fees, competitions and memberships	47,030				47,030	20,288
Club kit	3,231				3,231	2,232
Gymfest	7,488				7,488	4,815
					-	-
Total	57,749	-	-	-	57,749	27,362

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Caithness & North Sutherland Fund	-		-	8,079
Dounreay Charity Fund	350		350	500
Tannach Community Council	500		500	300
Caithness Sports Council	400		400	200
Halsary CCF	7,500		7,500	500
Subsea	300		300	-
Tesco	500		500	-
Stagecoach Charity	1,000		1,000	-
Foundation Scotland	8,600		8,600	-
Total	19,150	-	19,150	9,579

	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	-	-	-	-	-	-

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
Wages	30,748				30,748	8,806
HMRC	7,634				7,634	1,955
Refunds	641				641	97
Hall hire	5,809				5,809	3,134
Club kit	7,665				7,665	6,715
Competitions / memberships	4,173				4,173	924
Bus	-				-	2,350
Floats	1,930				1,930	1,830
BAEA	594				594	-
Amazon	68				68	-
Class 4 Kids	140				140	-
Gymfest	9,771				9,771	-
Highland Council	20				20	-
					-	-
Total	69,193	-	-	-	69,193	25,811

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below General fund	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	57,749				57,749	27,362
Legacies					-	-
Grants	19,150				19,150	9,579
Receipts from fundraising activities	16,083				16,083	9,912
Gross trading receipts					-	-
buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	92,982	-	-	-	92,982	46,853
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	92,982	-	-	-	92,982	46,853
Payments						
Expenses for fundraising activities	9,161				9,161	13,633
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	69,193				69,193	25,811
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination	222				222	210
Preparation of annual accounts					-	-
Legal costs					-	-
					-	-
Sub total	78,576	-	-	-	78,576	39,654
Payments relating to asset and investment movements						
Purchases of fixed assets	295				295	8,560
Purchase of investments					-	-
Sub total	295	-	-	-	295	8,560
Total payments	78,871	-	-	-	78,871	48,214
Net receipts / (payments)	14,111	-	-	-	14,111	(1,361)
Transfers to / (from) funds					-	
Surplus / (deficit) for year	14,111	-	-	-	14,111	(1,361)

Nature and purpose of funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.