

DanceFitFly SCIO

Scotland · Charity number SC049675

Details

Known as	DanceFitFly
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2019-10-22
Register	View on the OSCR register

Contact

Address	Unit 7 109 Urquhart Road Aberdeen AB245NH
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the advancement of the arts, heritage, culture or science', 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended'

What the charity does: Run a studio space which offers dance and fitness classes of different types to encourage people to use movement as a way of helping to manage their mental health.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The advancement of the arts and culture, the advancement of health and the provision of recreational activities, and in furtherance of this (but not exclusively) by. Procuring and providing a space for use by the public in order to acquire the skills of dancing, personal fitness and recreation. Working in partnership with other bodies to achieve the purposes.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£28,474	£20,478	-	0
2024-10-31	£27,823	£25,567	-	0
2023-10-31	£23,759	£21,399	-	1
2022-10-31	£23,383	£33,742	-	0
2021-10-31	£37,568	£14,021	-	0
2020-10-31	£11,640	£19,199	-	0

Accounts



DanceFitFly SCIO SC:049675

Trustees' Annual Report

Period From 1st November 2023 to Period End 31st
October 2024

Charity contact information

Name DanceFitFly SCIO

Scottish Charity Number: SC049675

Address Unit 7

109 Urquhart Road

Aberdeen

Postcode AB24 5NH

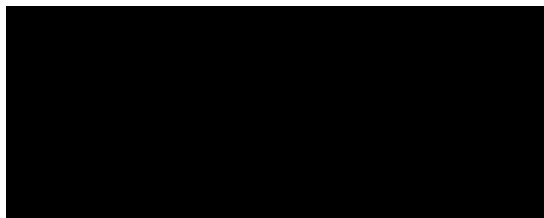


Website <https://dancefitfly.wixsite.com/website>

Social Media profile name @DanceFitFly

Charity Trustees

The Trustees of DanceFitFly are:



Objectives and activities

The organisation's purposes are:

The advancement of the arts and culture, the advancement of health and the provision of recreational activities, and in furtherance of this (but not exclusively) by;

Procuring and providing a space for use by the public in order to acquire the skills of dancing, personal fitness and recreation.

Working in partnership with other bodies to achieve the purposes.

Dancefitfly operate a custom-built space offering a range of classes and drop-in sessions to the general public, all with the intention of encouraging people to use dance and fitness as a way of helping to improve their physical and mental health. We offer a range of classes at levels from introductory and beginner, through to advanced and standalone workshops, and have continued to offer online participation of some classes to continue to support relationships built during the pandemic.

Classes offered in 2024

Contemporary circus arts:

Pole beginners, improvers & mixed level, Intermediate pole, Low Flow, Pole choreography and dance, pole routine creation, Pole Mama's, Aerial hoop, Aerial conditioning , Aerial routine creation.

Traditional dance arts:

Rapper sword dance, Scottish step dance, percussive step dance and Clog dance.

Strength & flexibility:

Stretch & mobility, handstands & hand balancing

Structure, governance and management

Constitution

The charity was founded on 22 October 2019 and was registered as a Scottish Charitable Organisation (SCIO) on 22 October 2019 and is governed by its Constitution and recognised as a charity by the Office of the Scottish Charity Regulator in accordance with the provisions of The Charities and Trustee Investment (Scotland) Act 2005.

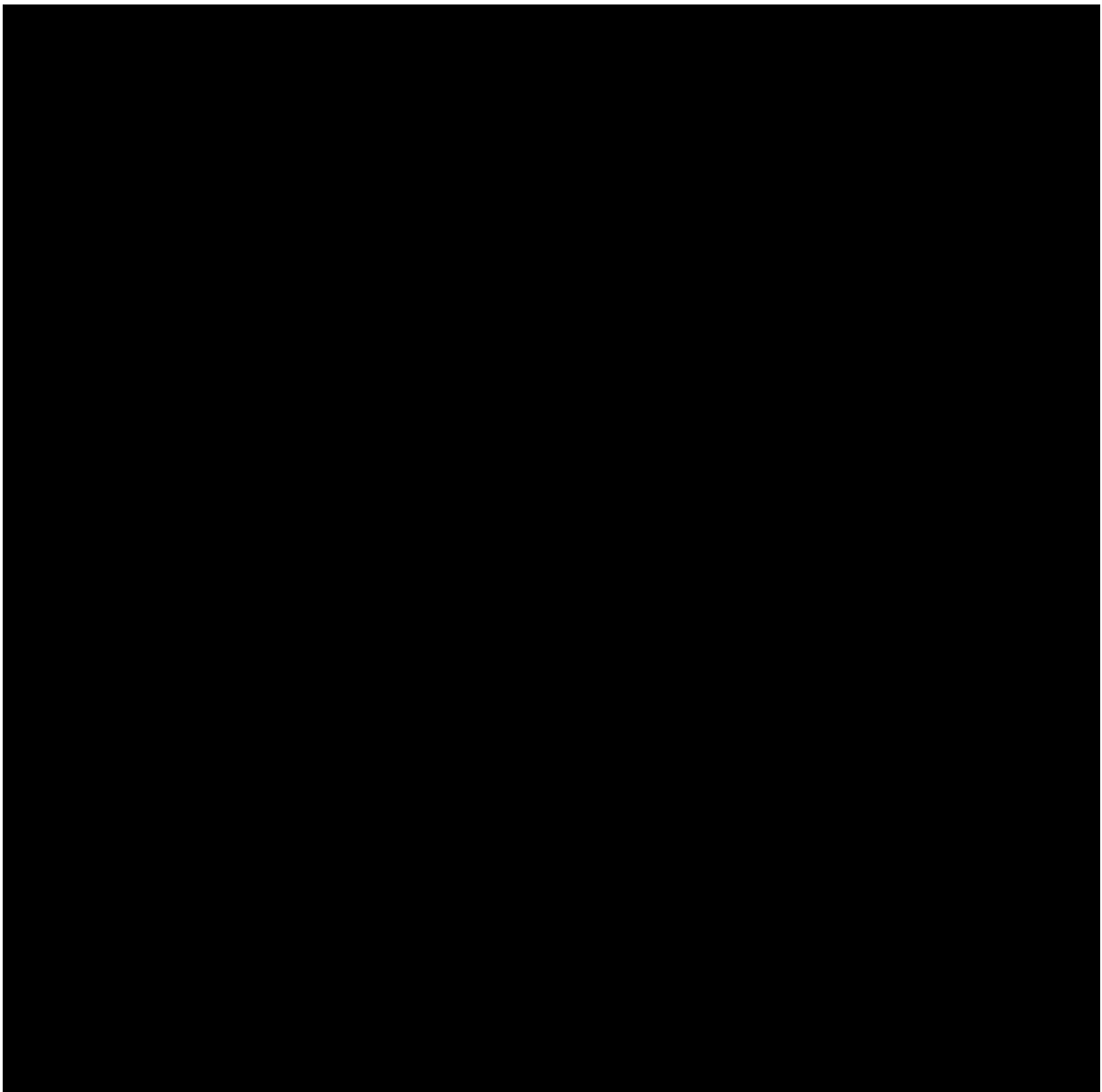
The trustees meet on a regular basis and administer the SCIO. The Trustees consider the Board of Trustees as comprising the key management personnel of the SCIO, in charge of directing and controlling the SCIO and running and operating the SCIO on a day to day basis. All Trustees give their time freely to manage the SCIO. One Trustee receives remuneration directly corresponding to classes taught as an instructor, invoiced at the agreed instructors rate. No Trustees receive remuneration for any management activities related to the SCIO. No expenses have been paid to Trustees in the period.

Trustee recruitment and appointment

There were no new appointments in the year.

Achievements and performance

2024 saw DanceFitFly host our first ever studio showcase. The Halloween show was based at our studio premises, run by the Trustees and instructors and was open to all students who wished to perform. It was an opportunity for the wider DanceFitFly community to come together, the students to showcase their achievements and for friends, family and other students to celebrate together. We had performances from every discipline in a mix of contemporary circus arts, pole dance and traditional dance. Trustees gave their time for free in the organisation of the showcase, additional classes and workshops were provided by the instructors to assist the students in creating their routines and separate practice open sessions were provided ahead of the show. On the night we had 18 performances from students and instructors and an audience of 60 guests.



Following on from the success of the Halloween show it has been proposed that a summer showcase should take place to encourage participation for those students who may have felt too nervous for the first one. This will be reviewed by the Trustees and instructors in 2024.

It was agreed that a trainee instructor would be selected to work with our pole classes and complete the required industry training to help support Paige who also dedicates her time as a Trustee. A number of students who have many years of experience and were considered the suitable level were discussed, and it was agreed by the Trustees that [REDACTED] would be the suitable candidate. [REDACTED] has been progressing through her Spin City Beginner's Instructor training, while assisting in classes and shadowing Paige as part of her course. [REDACTED] is due to complete her training before the end of 2024 and on successful completion will be offered an instructor position within the studio.

This year we ran a second photoshoot day following on from the success of the one held in 2023. We invited a professional photographer to host sessions at our studio and encouraging our members to document the progress they have made and embrace the changes they are experiencing as a result of their movement and dance practice. This was received really well, being fully booked on the day and provided some wonderful photographs for everyone to share, helping to document their journey with us so far.

We also held our first ever summer pole jam in August 2024, inviting members to join us at a secret location in woodlands just outside the city. The session was supported by our pole instructor and a free standing pole and picnic facilities provided. This encouraged the pole community to get outdoors, exercise in nature and socialise while enjoying nature and taking some amazing photos and videos of their performances in the trees. The event was well received and students shared some lovely images and memories across social media.

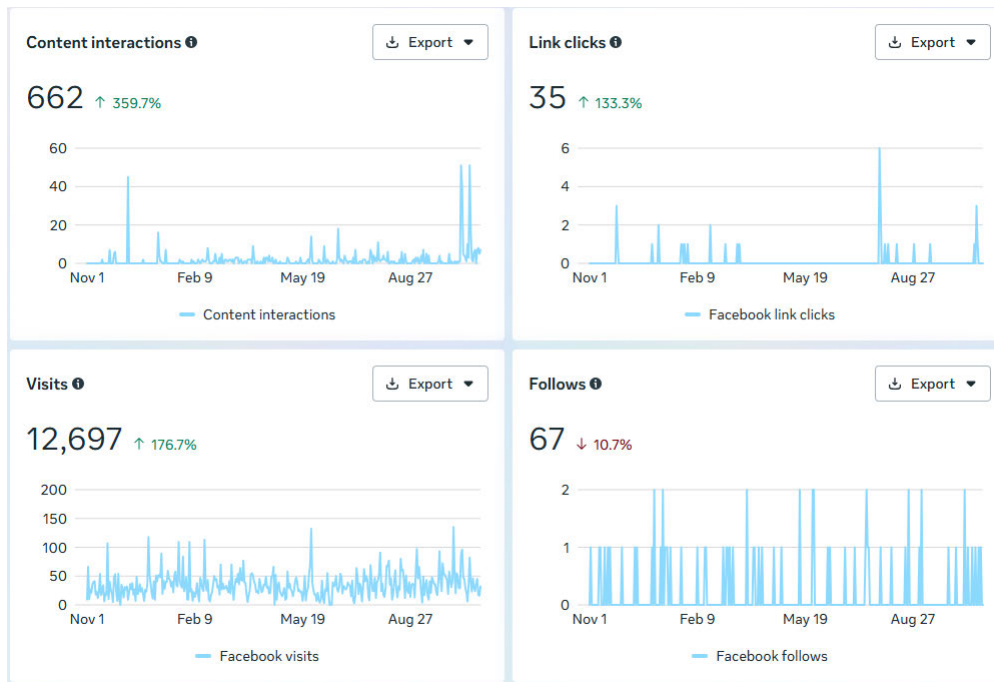


Social Media Performance

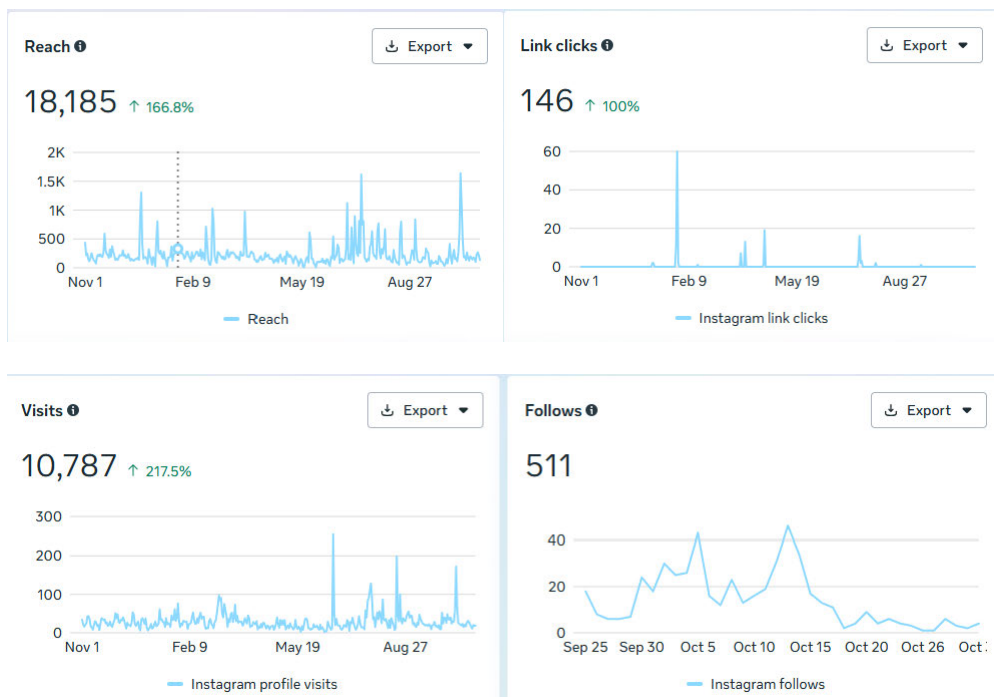
Throughout the year we have continued to build our online presence on social media through regular posting not just advertising our classes but sharing our special events and highlighting our achievements. Reach, engagement and visits grew across both Instagram and Facebook platforms.

Facebook





Instagram



Financial review

During the period DFF received no grant funding.

There are no outstanding debts to be repaid and the final purchases were made against the grant received in 2022 (£1000) for additional studio equipment.

Statement of the charity's policy on reserves

The charity currently holds reserves of £26,658.

The Trustees aim to retain unrestricted reserves to cover operational costs for 6 months, which would be in the region of £5,000. Additional surplus will be used to effect repairs and maintenance on the building, invest in new equipment and train new instructors.

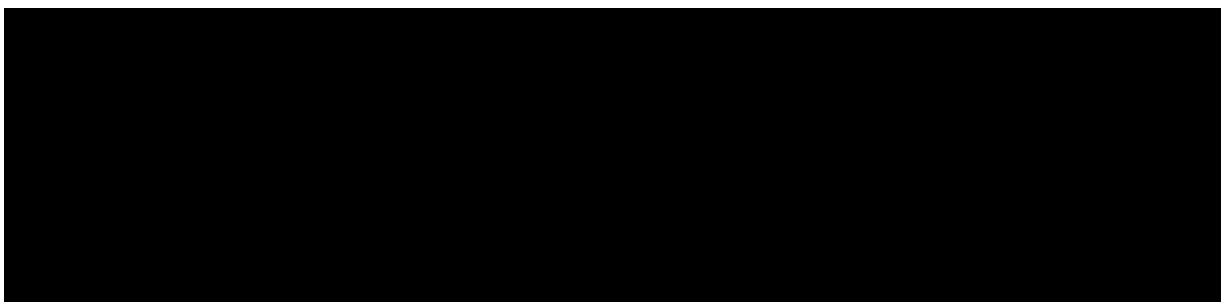
Future plans

In June 2024 our lease with Aberdeen City Council triggered a 6 month notice to renew, having signed a 5 year lease initially in January 2020. The Trustees have agreed that the lease on the premises should continue and notice was given to Aberdeen City Council that we are happy to accept a lease extension for a further 5 years.

Given that our studio has now been operational for a number of years some of our equipment may start to require replacement, through general wear and tear sustained during physical activity. The building is also starting to show signs of age related wear and the Trustees have agreed that following a full inspection we will discuss and agree a programme of works to freshen up the building. We will also attend to any external maintenance and decoration required to see us through the next few years. The charity currently holds adequate reserves for the level of work anticipated, without dropping below our prudent reserves.

Declaration

Signed on behalf of the charity trustees:



Designation

Chair

Date

16/07/2025

DanceFitFly SCIO

SC049675



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	1	Nov	2023		31	Oct	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	12				12	75
Legacies					-	-
Grants					-	-
Receipts from fundraising activities					-	-
Gross trading receipts	27,811				27,811	23,684
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
					-	-
A1 Sub total	27,823	-	-	-	27,823	23,759
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	27,823	-	-	-	27,823	23,759
A3 Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	25,567				25,567	21,399
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	25,567	-	-	-	25,567	21,399
A4 Payments relating to asset and investment movements						
Purchases of fixed assets		549			549	115
Purchase of investments					-	-
A4 Sub total	-	549	-	-	549	115
Total payments	25,567	549	-	-	26,116	21,514
Net receipts / (payments)	2,256	(549)	-	-	1,707	2,245
A5 Transfers to / (from) funds	1	(1)			-	
Surplus / (deficit) for year	2,257	(550)	-	-	1,707	2,245

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	24,401	550			24,951	22,706
	Surplus / (deficit) shown on receipts and payments account	2,257	(550)			1,707	2,245
						-	
						-	
	Cash and bank balances at end of year	26,658	-	-	-	26,658	24,951
	(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	PP&E	Unrestricted	5,300		5,300
	Equipment - functional	Unrestricted	3,530		3,530
	Security deposit	Unrestricted	2,125		2,125
	Equipment - functional	Restricted	549		-
		Total	11,504	-	10,955

	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

25 July 2025

Section C Notes to the Accounts

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

The advancement of the arts and culture, the advancement of health and the provision of recreational activities, and in furtherance of this (but not exclusively) by;
Procuring and providing a space for use by the public in order to acquire the skills of dancing, personal fitness and recreation.
Working in partnership with other bodies to achieve the 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)

C3b Trustee remuneration - details

Authority under which paid	£
Section 67 of the Charities and Trustee Investment (Scotland) Act 2005	11,340

C4a Trustee expenses

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

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

SC049675

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	12				12	75
Legacies					-	-
Grants					-	-
Receipts from fundraising activities					-	-
Gross trading receipts	27,811				27,811	23,684
buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	27,823	-	-	-	27,823	23,759
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	27,823	-	-	-	27,823	23,759
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	25,567				25,567	21,064
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	25,567	-	-	-	25,567	21,064
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	25,567	-	-	-	25,567	21,064
Net receipts / (payments)	2,256	-	-	-	2,256	2,695
Transfers to / (from) funds	1				1	
Surplus / (deficit) for year	2,257	-	-	-	2,257	2,695
Nature and purpose of funds						
The advancement of the arts and culture, the advancement of health and the provision of recreational activities, and in furtherance of this (but not exclusively) by; Procuring and providing a space for use by the public in order to acquire the skills of dancing, personal fitness and recreation. Working in partnership with other bodies to achieve the purposes.						

DanceFitFly SCIO

SC049675

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
Safety Equipmt. Grant (2022) (£1000, PY spend: £450)						
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					-	335
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	-	-	-	-	-	335
Payments relating to asset and investment movements						
Purchases of fixed assets	549				549	115
Purchase of investments					-	
Sub total	549	-	-	-	549	115
Total payments	549	-	-	-	549	450
Net receipts / (payments)	(549)	-	-	-	(549)	(450)
Transfers to / (from) funds	(1)				(1)	
Surplus / (deficit) for year	(550)	-	-	-	(550)	(450)

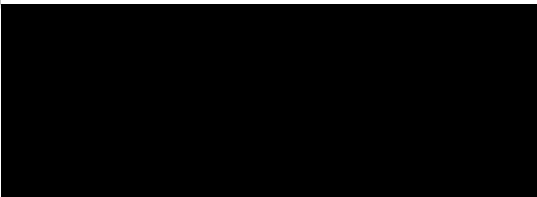
Nature and purpose of funds

The grant obtained in 2022 was used for the purchase of safety equipment for the studio for the use by all participants - fund has now been fully spent

APPENDIX 3

OSCr

Office of the Scottish Charity Regulator

		Independent examiner's report on the accounts v2						
Report to the trustees/members of		DanceFitFly SCIO						
Registered charity number		SC049675						
On the accounts of the charity for the period		Period start date				Period end date		
		Day	Month	Year		Day	Month	Year
		1	November	2023	to	31	October	2024
Set out on pages		1 - 6						(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 - 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 - to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.						
Signed:							Date:	28/07/2025
Name:								
Relevant professional qualification(s) or body (if any):								
Address:							C/O Aberdeen Council of Voluntary Organisations	
		38 Castle street						
		Aberdeen						
		AB11 5YU						

*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