

Shetland Weight Training Club (SCIO)

Scotland · Charity number SC050290

Details

Known as	Shetland Weight Training Club
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2020-07-15
Register	View on the OSCR register

Contact

Address
1 Greenwell
Gott
Shetland
ZE2 9UL

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: Advancement of public participation in strength sports and general fitness

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

Objectives: The organisations purposes are: The advancement of public participation in strength sports and general fitness The advancement of health and wellbeing The provision of recreational facilities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£82,320	£55,228	-	0
2024-03-31	£72,321	£52,448	-	0
2023-03-31	£73,844	£61,793	-	0
2022-03-31	£74,254	£54,717	-	0
2021-03-31	£112,968	£36,908	-	0

Shetland Weight Training Club (SCIO)

Scotland - Charity number SC050290

Accounts

**SHETLAND WEIGHT TRAINING CLUB (SCIO)
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31st MARCH 2025**

Charity Number SC050290

SHETLAND WEIGHT TRAINING CLUB (SCIO)

FINANCIAL STATEMENTS

PERIOD ENDED 31st MARCH 2025

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SHETLAND WEIGHT TRAINING CLUB (SCIO)

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31st MARCH 2025

The trustees present their report and the unaudited financial statements of the charity for the year ended 31st March 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name Shetland Weight Training Club

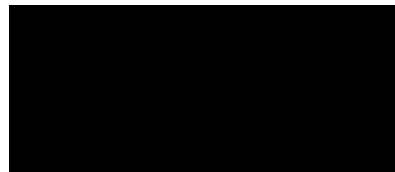
Charity registration number SC050290

Principal address



THE TRUSTEES

The trustees who served the charity during the period were as follows:



Independent examiner

BML Accounts Ltd
2-4 Alexandra Building
Esplanade
Lerwick
Shetland
ZE1 0LL

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Group was registered as a charity on 15 July 2020 and is governed by its written constitution.

The Board shall have control of the organisation, its property and funds. When complete the board shall consist of at least 3 and not more than 11 individuals, all of whom must be members of the organisation. The Board shall be composed of the following members: Chairperson, Treasurer, and Secretary. The Board or the members may appoint new trustees from individuals they believe have the necessary skills and experience to benefit the charity.

All the trustees shall retire at each AGM but shall be eligible for re-election.

OBJECTIVES AND ACTIVITIES

The objective of the organisation is the advancement of public participation in strength sports and general fitness, the advancement of health and wellbeing, the provision of recreational facilities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended.

SHETLAND WEIGHT TRAINING CLUB (SCIO)

TRUSTEES ANNUAL REPORT (continued)

YEAR ENDED 31st MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

This year most of our income came from gym memberships and the sale of supplements and clothing. We are receiving rental income from the plot of land we own this year. As the new build is still in progress, we have rented out the plot of land to a local company for storage of large plant and equipment.

Our expenditure this year has been the usual rent, electricity, stock, and equipment. As none of the current committee members have time to take on this workload this is a necessary expense.

FINANCIAL REVIEW

The financial year ending 31st March 2025 has been another successful one. This has been down to the dedication and hard work of the committee members and trustees to ensure our members get the most from the gym memberships they are paying for. £150,000 of our club funds are earmarked as funding towards the new gym build.

RESERVES POLICY

The trustees aim to maintain a sufficient level of reserves to facilitate the operations of the charity.

PLANS FOR THE FUTURE

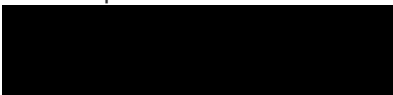
In the coming year we hope to

- Progress with the proposed new gym facility in Tingwall
- Be successful in various grant/loan applications
- Get the new defibrillator installed at the gym as we have received funding for this.
- Encourage more female participants in the Strongwomen and powerlifting events the club runs
- Look at the potential of employing a part time member of staff
- Replace some of the cardio equipment as it is old and showing wear and tear.

We are waiting on final structural drawings and building warrants to be completed and approved so that we can move on to the next stage of the funding application process. If these grant applications are unsuccessful, we will be looking at other options such as crowd funding, donations and bank loans.

Signed on behalf of the trustees

Chairperson



12 November 2025

SHETLAND WEIGHT TRAINING CLUB (SCIO)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SHETLAND WEIGHT TRAINING CLUB

YEAR ENDED 31st MARCH 2025

I report on the accounts of the charity for the year ended 31st March 2025 which are set out on pages 4 to 6.

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) Act 2005 (the 2005 Act) and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirements 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 the Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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

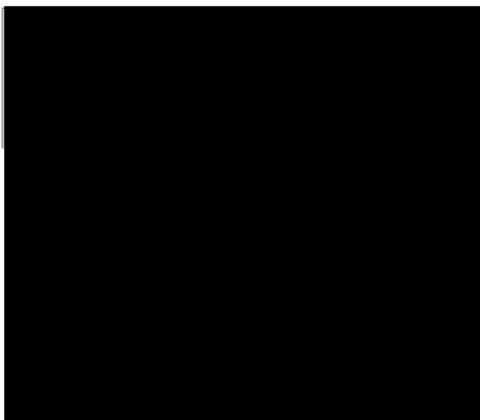
In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material 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.



12 November 2025

SHETLAND WEIGHT TRAINING CLUB (SCIO)

STATEMENT OF RECEIPTS AND PAYMENTS

YEAR ENDED 31st MARCH 2025

Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
RECEIPTS				
Memberships	60,666		60,666	52,367
Merchandise	2,720		2,720	2,343
Supplements	13,503		13,503	13,095
PT commission	5		5	350
Other income	-		-	205
Donations	1,000		1,000	
Rents from land & buildings	3,300		3,300	3,000
Income from investments other than land & buildings	1,126		1,126	961
TOTAL RECEIPTS	<u>82,320</u>		<u>82,320</u>	<u>72,321</u>
PAYMENTS				
Charitable expenditure	<u>(55,228)</u>		<u>(55,228)</u>	<u>(52,448)</u>
TOTAL PAYMENTS	<u>(55,228)</u>		<u>(55,228)</u>	<u>(52,448)</u>
Surplus/(Deficit) for the year	<u>27,092</u>		<u>27,092</u>	<u>19,874</u>

SHETLAND WEIGHT TRAINING CLUB (SCIO)

STATEMENT OF BALANCES

YEAR ENDED 31st MARCH 2025

CASH & BANK BALANCES

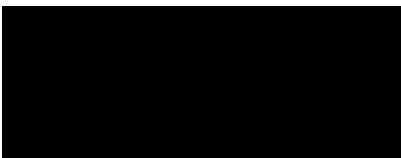
	Total Funds 2025 £	Total Funds 2024 £
Cash at bank	154,614	127,522
Cash and bank balances at start of period	127,522	107,648
Surplus/(deficit) shown on receipts and payments account	27,092	19,874
Cash and bank balances at end of period	154,614	127,522
Funds		
Unrestricted	154,614	127,522
Restricted	-	-
	154,614	127,522

Summary of assets held

Weight training and various gym equipment.

The notes on Page 6 form an integral part of these accounts.

These financial statements were approved by the members of the committee and authorised for issue on 12 November 2025 and are signed on their behalf by:



Treasurer

SHETLAND WEIGHT TRAINING CLUB (SCIO)

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31st MARCH 2025

1. BASIS OF ACCOUNTING

These accounts have been prepared on the receipts and payments basis in accordance with the Charities & Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2. NATURE AND PURPOSE OF FUNDS

General funds are unrestricted funds which are available for use at the discretion of the Trustees, in furtherance of the general objectives of the charity, and which have not been designated for other purposes by donors. Restricted funds relate to income received with restrictions attached to its use.

3. TRUSTEES' REMUNERATION AND EXPENSES

No trustee received any remuneration or expenses during the current or prior period.

4. PAYMENTS RELATING DIRECTLY TO CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Details				
Rent, rates & insurance	15,667		15,667	15,166
Phone	482		482	321
Heat & light	6,026		6,026	4,170
Stationery	110		110	37
Bank charges	60		60	60
Supplements	12,259		12,259	12,551
Merchandise	3,372		3,372	5,289
Repairs & renewals	1,710		1,710	3,203
Cleaning	3,359		3,359	3,809
Equipment	5,369		5,369	2,872
Website costs	198		198	158
Sponsorship	875		875	2,866
Legal & professional fees	5,247		5,247	-
Accountancy	-		-	1,152
Sundries	154		154	374
Membership refunds	340		340	420
TOTAL PAYMENTS	<u>55,228</u>		<u>55,228</u>	<u>52,448</u>