Trustees' Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	01	January	2025	To	31	December	2025

Section A Reference and administration details

Charity name Abbey Gym Club

Other names charity is known by Abbey Gymnastics Club

Registered charity number (if any) 1156313

Charity's principal address

Wynwood, Perks Lane
Prestwood
Buckinghamshire
Postcode **HP16 0JG**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Roger Evans	Treasurer		
2	Nicola Downer		27-11-25 onwards	
3	Frances Brooke-Read		27-11-25 onwards	
4	Lorna Kynaston		Year to 27-11-25	
5	Miranda Scott		Year to 27-11-25	
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Maureen Evans (Head Coach)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Abbey Gym Club is affiliated with British Gymnastics (BG) and uses the facilities provided by BG to train its trustees and coaches as appropriate. Abbey Gym Club has adopted the major policies of BG regarding the safeguarding of children in its care.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	The promotion of community participation in healthy recreation by the provision of facilities and instruction for gymnastics and related sports.
Summary of the main activities undertaken for the	Gymnastics Instruction

public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The major activity carried out by Abbey Gym Club is the provision of gymnastics instruction to children and young people aged 3-19 years. This activity is at the heart of the Club's charitable objects of "promotion of community participation in healthy recreation in particular by the provision of ... **instruction for gymnastics**". Classes are typically of one hour or one and a half hours' duration with participants grouped into age / ability ranges.
To improve opportunities for participation, Abbey Gym Club operates a discount scheme for children whose parents / guardians receive certain state benefits, for large families (3 or more children), and for children with disabilities. Discounts are up to 40% of normal fee rates.
The Club has been so successful at providing gymnastics instruction in a family-friendly and inclusive manner that it has around 110 members who participate each week, and a further 30+ children on its waiting list.

Gymnastics Facility
The Club operates out of a local school hall which gives the Club 3 main issues:

1. The hall size is smaller than a gymnastics floor area, and is also much smaller than the minimum size recommended by British Gymnastics, so the Club can only offer a limited range of equipment for its gymnasts, and can accommodate a restricted number of gymnasts;
2. The Club can only hire the school hall three evenings per week plus all day Saturday, thus restricting the numbers of gymnasts that can be accommodated in classes;
3. The equipment must be set up at the beginning of every session and taken down again at the end of every session; this takes 30-45 minutes for set-up and the same for put-away, and creates excess wear and tear on both the Club's equipment and its volunteers.

To overcome the above issues, the Club has actively pursued the possibility of building its own gymnastics facility. Something we have not been able to do without moving out of the area we support, although we continue to search.

Public Benefit
The trustees have all read the guidance issued by the Charity Commission on Public Benefit. In planning the Club's activities for the period, the trustees have complied with their duty to have due regard to this guidance throughout the period. The trustees believe that all activities undertaken are directly related to the Club's objects and represent benefit to the public.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Between 01 January and 31 December 2025, the total volunteer coaching hours exceeded 600.

Section D Achievements and performance

The Club ran at least 9 sessions per week of gymnastics instruction during Spring and Summer school terms with around 100 children and young people participating each week.

Unfortunately major building work at the school we operate from meant that the Autumn Term was severely impacted, with sessions only being held on Saturdays for the final few weeks of term.

Abbey Gym Club operates d its own awards scheme, based on the old British Gymnastics Pre-School and Proficiency schemes. During the period of this report over 100 badges were awarded to gymnasts.

We were unable to hold the Club's competition because of the building work at the school..

During the year the Miranda Scott and Lorna Kineston resigned as Trustees after many years' service. The Club is indebted to them for the work they have done for the Charity. We have been able to recruit additional trustees, both of who were former gymnasts at the Club, and now are parents of current gymnasts.

Section E Financial review

Brief statement of the charity's policy on reserves

The Club's income was greatly reduced as a result of not being able to operate during the Autumn Term. We do however have good reserves in a savings account, which is being held to pay for future apparatus replacement, and as possible deposit if we can find alternative trining facility.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives *of the charity*;
- investment policy and objectives including any ethical investment policy adopted.

Most of the Club's income is from the fees charged for gymnastics instruction.

The Club's major expenditure during the period was to pay costs associated with coaching; hall hire fees; and replacement equipment. These expenses are directly linked to the **provision of gymnastics instruction** as set out above.

Section F Other optional information

Abbey Gym Club is proud of its track record in developing promising gymnasts into junior coaches and beyond via a structured pathway as follows:

a. From the age of 3 they work towards British Gymnastics (BG) preschool awards;
b. At 5 they start working on Club proficiency awards;
c. From the age of 6 they are given the opportunity to take part in Club competitions;
d. From 12 years, they are encouraged to start helping younger gymnasts within their own classes;
e. At 14 they are encouraged to attend BG helper coaching courses;
f. From 16 they can attend BG Assistant Coach courses, attend Safeguarding and Child Protection courses and attend First Aid courses;
g. At age 18 they are encouraged to attend BG Level 2 coaching courses.

All the above courses are funded by the Club. This steady approach is great for the self-esteem of the Club's gymnasts, enabling them to build their confidence in a controlled manner and giving the younger gymnasts something to aspire to. The skills that they acquire stand them in good stead for working life.

Section G 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)	Roger Evans	Frances Brooke-Read
Position (eg Secretary, Chair, etc)	Treasurer TRUSTEE	TRUSTEE
Date	06·10·26	

Charity Name	No (if any)
ABBEY GYM CLUB	1156313

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/01/2025		31/12/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Gymnastics Activities	17,076			17,076	27,744
Fundraising etc	1			1	-
Transfer From Savings	-			-	-
Savings Account Interest	1,489			1,489	1,467
Funds Held As Agent	-			-	18
Member Deposits		195		195	330
Transferred to Savings		-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	18,565	195	-	18,760	29,559
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,565	195	-	18,760	29,559
A3 Payments					
Coaching Costs	10,266			10,266	11,078
Facility Hire	8,802			8,802	11,729
Club Admin	774			774	346
Equipment	666			666	397
Transfer to savings	-			-	-
Funds Held As Agent	2,785			2,785	2,543
			-	-	-
	-	-	-	-	-
		-	-	-	-
Sub total	23,294	-	-	23,294	26,093
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
		-	-	-	
Sub total	-	-	-	-	-
Total payments	23,294	-	-	23,294	26,093
Net of receipts/(payments)	- 4,728	195	-	- 4,533	3,466
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	106,583	1,815		108,398	104,933
Cash funds this year end	101,855	2,010	-	103,865	108,398

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Current Account	3,116	-	-
	Savings Account	98,739	2,010	-
			-	-
	Total cash funds	101,855	2,010	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
[signature]	FRANCES BROOKE-REA	19/10/26
[signature]	NICOLA DOWNER	19/10/26

Independent Examiner's Report to the Trustees of Abbey Gym Club

I report on the financial statements of the charitable incorporated organisation for the year ended 31 December 2025.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of financial statements. The charity's trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 ('the 2011 Act') and that an independent examination is needed.

It is my responsibility to:

- examine the financial statements under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

a) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;

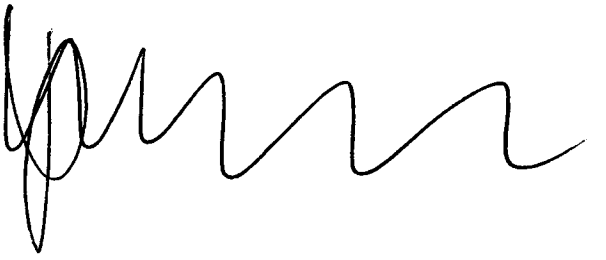
have not been met; or

b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Independent Examiner's Name:

DAVID LAY

Relevant professional qualification or body:



Address:

6 STOCKLANDS WAY,
PRESTWOOD,
GREAT MISSENDEN,
BUCKS.
HP16 0SJ

Date: 18/10/26