CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/1/24 To 31/12/24

Charity name: Bethnal Green Weightlifting Club

Charity registration number: 1163424

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports. To relieve those in need by reason of Old Age by providing facilities and instruction in movement and strength retention. To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation. To promote health by providing practical instruction to the health community in strength development practices. To promote the physical education and development of young people by providing facilities and instruction in strength training.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The majority of the CIO's activities are concerned with providing training and maintaining the facility in which we provide the training.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)
You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	The CIO does not make grants. Some travel expenses are reimbursed for coaches who accompany club members to competitions.
Policy on social investment including program related investment	Para 1.38	The CIO does not make social investments.

Contribution made by volunteers	Para 1.38	Numerous members of the CIO volunteer to help with our activities. We have several well-qualified volunteer coaches who act in a supporting capacity to our professional coaches. We have members who have qualified as referees in the primary strength sports and who supervise competitions to national standard. We also rely on volunteers for all management and administration functions.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Throughout the year we were able to continue to deliver the services which we have established. The training facility was open all year round and we ran an average of 10 training sessions per week. We supported more than 200 individuals in regular training throughout the year and accommodated several hundred more in hosted competitions.

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance	Para 1.41	

against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the year, the CIO had £16,519 with no further debts outstanding. These reserves fall somewhat below our target (see policy below) but do not impede our ability to operate as usual.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Trustees review the policy on reserves and set targets at least once per annum with reference to the guidance and terminology published by the Charity Commission. The policy is also reviewed, when warranted by changes in risk assessment or business plans. The review includes unrestricted funds, designated funds and tangible fixed assets. Transfers to and from funds are authorised by the Trustees acting as a whole. Such reserves as we hold are principally concerned with the CIO's ability to maintain properly equipped Gym premises in which to conduct our activities. A general reserve equal to at least 6 months of operating expenditure is appropriate to bridge short term effects and/or negotiate alternative sources of resourcing. The General Reserve is that part of unrestricted funds that are freely available to spend, i.e. excluding designated funds and tangible fixed assets. As the lease is till subject to negotiation, our current assumptions are based on the nominal commercial rent of the premises. We will adjust once a concrete lease is established.
Amount of reserves held	Para 1.22	**£16,519**
Reasons for holding zero reserves	Para 1.22	**N/A**
Details of fund materially in deficit	Para 1.24	**N/A**
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Training fees, competition hosting fees and venue hire.
Investment policy and objectives including any social investment policy adopted	Para 1.46	**N/A**
A description of the principal	Para 1.46	The CIO maintains a gym (229 Bethnal Green Road, London, E2 6AB) where our activities are principally conducted. As a result of a change in

risks facing the charity		the way that Tower Hamlets Borough Council manages their property portfolio, the lease for the premises is under negotiation. While there is every reason to expect that the final agreement will reflect the non-commercial nature of the CIO, the worst-case scenario is that a full commercial lease will be required. This would pose a serious financial threat to the CIO's ongoing viability.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**'Association Model' Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	**CIO**
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	**Election**

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Bethal Green Weightlifting Club
Other name the charity uses	BGWLC
Registered charity number	1163424
Charity's principal address	35 Redcliffe Gardens, Ilford, Essex IG1 3HG

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	Mr A.D. Docker			
2	Mr M.R. Bass			
3	Mr M.J. Roach			
4	Mr T. Adair			
5	Mr E.H. Parkes			
6	Mr M.S. Bass			
7	Mr N. Harvey			
8	Mrs O.M. De Kaye			
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Exemptions from disclosure

Reason for non-disclosure of key personnel details

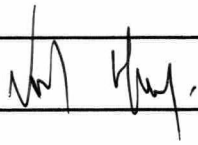
The CIO employs no staff.

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Michael Roach	
Full name(s)	Michael Roach	NEAL HARVEY
Position (eg Secretary, Chair, etc)	Trustee	TRUSTEE
Date	28.10.2026	

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2024

BETHNAL GREEN WEIGHTLIFTING CLUB

(CHARITABLE INCORPORATED ORGANISATION)

CHARITY REGISTRATION NUMBER 1163424

Independent Examiners Ltd
The Grain Store
Hills Barns
Appledram Lane South
Chichester, West Sussex
PO20 7EG

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

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BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1163424
WORKING NAMES	BGWLC
START OF FINANCIAL YEAR	01 January 2024
END OF FINANCIAL YEAR	31 December 2024
TRUSTEES AT 31 DECEMBER 2024	Mr A.D. Docker Mr M.R. Bass Mr M.J. Roach Mrs O.M. De Kaye Mr T. Adair Mr E.H. Parkes Mr M.S. Bass Mr N. Harvey

The existing trustees appoint any new trustees following the provisions laid out in the CIO's governing instrument.

LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 4th September 2015
REGISTRATION DATE	4th September 2015

OBJECTS

I. To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports.

II. To relieve those in need by reason of old age by providing facilities and instruction in movement and strength retention.

III. To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation.

IV. To promote health by providing practical instruction to the health community in strength development practices.

V. To promote the physical education and development of young people by providing facilities and instruction in strength training.

CORRESPONDENCE ADDRESS	35 Redcliffe Gardens Ilford London IG1 3HG
PRIMARY BANKERS	HSBC Bank Plc 465 Bethnal Green Road Bethnal Green E2 9QW
INDEPENDENT EXAMINER	Zita Derbak Independent Examiners Ltd The Grain Store Hills Barns Appledram Lane South Chichester, West Sussex PO20 7EG

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2024

Objectives and Activities

* To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports.
* To relieve those in need by reason of Old Age by providing facilities and instruction in movement and strength retention.
* To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation.
* To promote health by providing practical instruction to the health community in strength development practices.
* To promote the physical education and development of young people by providing facilities and instruction in strength training.

The majority of the CIO's activities are concerned with providing training and maintaining the facility in which we provide the training.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.
The CIO does not make grants. Some travel expenses are reimbursed for coaches who accompany club members to competitions. The CIO does not make social investments. Numerous members of the CIO volunteer to help with our activities. We have several well-qualified volunteer coaches who act in a supporting capacity to our professional coaches. We have members who have qualified as referees in the primary strength sports and who supervise competitions to national standard. We also rely on volunteers for all management and administration functions.

Achievements and Performance

Throughout the year we were able to continue to deliver the services which we have established. The training facility was open all year round and we ran an average of 10 training sessions per week. We supported more than 200 individuals in regular training throughout the year and accommodated several hundred more in hosted competitions.

Financial Review

Position at End of Financial Year

At the end of the year, the CIO had £18,476 with no further debts outstanding. These reserves fall somewhat below our target (see policy below) but do not impede our ability to operate as usual. The results for the year and financial position are set out in the Profit and Loss Account on page 7 and the Balance Sheet on page 8 of the accounts provided.

Total incoming resources were £47,061 (2023: £39,944).

Resources expended were £43,938 (2023: £41,423).

The surplus for this year was £3,123 (2023: Deficit of £1,479).

Funds Carried Forward were £16,519 (2023: £13,396).

Reserves

The Trustees review the policy on reserves and set targets at least once per annum with reference to the guidance and terminology published by the Charity Commission. The policy is also reviewed, when warranted by changes in risk assessment or business plans. The review includes unrestricted funds, designated funds and tangible fixed assets.

Transfers to and from funds are authorised by the Trustees acting as a whole.
Such reserves as we hold are principally concerned with the CIO's ability to maintain properly equipped Gym premises in which to conduct our activities.

A general reserve equal to at least 6 months of operating expenditure is appropriate to bridge short term effects and/or negotiate alternative sources of resourcing. The General Reserve is that part of unrestricted funds that are freely available to spend, i.e. excluding designated funds and tangible fixed assets.

As the lease is till subject to negotiation, our current assumptions are based on the nominal commercial rent of the premises. We will adjust once a concrete lease is established.

The principal source of funds are from training fees, competition hosting fees and venue hire.

Principal Risk

The CIO maintains a gym (229 Bethnal Green Road, London, E2 6AB) where our activities are principally conducted. As a result of a change in the way that Tower Hamlets Borough Council manages their property portfolio, the lease for the premises is under negotiation. While there is every reason to expect that the final agreement will reflect the non-commercial nature of the CIO, the worst-case scenario is that a full commercial lease will be required. This would pose a serious financial threat to the CIO's ongoing viability.

Responsibilities of Trustees

The Charities Act 2022 requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and resources expended for the period. In preparing those financial statements, the Board of Trustees should follow best practice and are required to;

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent
- comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume charity will continue in operation

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2022. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:-

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for publication is reliable
- the charity complies with relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees on 20/10/26

Signed on their behalf by Trustee .....

Printed Name: NEAL HARVEY

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

Report to the trustees/ members of Bethnal Green Weightlifting Club on the accounts for the year ended 31st December 2024 set out on pages 7 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking 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 no opinion is given as to whether the accounts 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

1. 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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination

   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.

Zita Derbak MAAT AATQB
Independent Examiners Ltd
The Grain Store
Hills Barns
Appledram Lane South
Chichester, West Sussex
PO20 7EG

Sign: Zita Derbak

Date: 22.10.2026

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
INCOMING RESOURCES					
Donations & Legacies	**3a**	-	-	-	-
Charitable Activities	**3b**	47,061	-	47,061	39,944
TOTAL INCOMING RESOURCES		**47,061**	**-**	**47,061**	**39,944**
EXPENDITURE					
Costs of Charitable Activities	**4a**	42,499	-	42,499	39,630
Costs of Generating Funds	**4b**	1,439	-	1,439	1,793
RESOURCES EXPENDED		**43,938**	**-**	**43,938**	**41,423**
NET INCOMING/(OUTGOING) RESOURCES		**3,123**	**-**	**3,123**	**(1,479)**
TRANSFERS BETWEEN FUNDS		-	-	-	-
NET MOVEMENT IN FUNDS		**3,123**	**-**	**3,123**	**(1,479)**
Balances Brought Forward		13,346	-	13,346	14,825
Adjustment to Balance brought forward		50	-	50	-
BALANCES CARRIED FORWARD		**16,519**	**-**	**16,519**	**13,396**

All of the Charity's operations are classed as continuing operations.

The notes form part of these financial statements, found on pages:9 to 13

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
BALANCE SHEET
AS AT 31 DECEMBER 2024

	Notes	Unrestricted Fund £	Restricted Fund £	**Total 31-Dec-24 £**	**Total 31-Dec-23 £**
Assets					
Tangible Assets	**2**	-	-	-	-
		-	-	-	-
Current Assets					
Debtors & Prepayments	**8**	-	-	-	-
Cash at bank and in hand	**7**	18,619	-	18,619	14,428
Total Current Assets		**18,619**	**-**	**18,619**	**14,428**
Creditors: amounts falling due within one year	**9**	2,100	-	2,100	1,032
NET CURRENT ASSETS		16,519	-	16,519	13,396
TOTAL ASSETS less current liabilities		**16,519**	**-**	**16,519**	**13,396**
Creditors: amounts falling due in one year	**10**	-	-	-	-
NET ASSETS		**16,519**	**-**	**16,519**	**13,396**
FUNDS OF THE CHARITY					
General Funds		16,519	-	16,519	13,396
Restricted funds	**5**	-	-	-	-
TOTAL FUNDS		**16,519**	**-**	**16,519**	**13,396**

The financial statements on pages 7 and 8 were approved, authorised and signed on their behalf by:

Approved by the Trustees on ..20/10/26.....

Signed on their behalf by Trustee .....

Print Name: NEAL HARVEY

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

1. ACCOUNTING POLICIES

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

Basis of preparation:
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP - FRS 102) 2nd addition effective 1 January 2019 and with the Charities Act 2022.

The CIO meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the CIO's ability to continue as a going concern.

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
· the charity becomes entitled to the resources;
· the trustees are virtually certain they will receive the resources; and
· the monetary value can be measured with sufficient reliability.

Incoming Resources with Related expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SOFA.

Grants and Donations
Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts
Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind
Gifts in kind are accounted for at a reasonable estimate of their value to the CIO or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the CIO. Gifts in kind for use by the CIO are included in the SOFA as income receivable.

Volunteer Help
The value of any voluntary help received is not included in the accounts and is described in the Report of the Trustees.

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the CIO is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the CIO of the service or facility received.

Investment Income
This is included in the accounts when receivable.

Investment Gains and Losses
This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the CIO to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the CIO gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the CIO.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Pensions
Pension contributions are charged to the Statement of Financial Activities as they become payable.

Fund Accounting
Funds held by the charity are either:

1. **Unrestricted funds**
   These are funds which can be used in accordance with the charity's objectives, at the discretion of the trustees.
2. **Restricted funds**
   These are funds that can only be used for particular restricted purposes within the objects of the CIO.
3. **Designated funds**
   These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, fittings & Equipment	25%	Reducing Balance Basis

There has been no change to the accounting polices (Variation rules and methods of accounting) since last year.

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets investments during this or the previous financial period.

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
a) Donations & Legacies					
Grants received		-	-	-	-
		-	**-**	**-**	**-**
b) Incoming from Charitable Activities					
Membership & Training Fees		42,641	-	42,641	35,573
Hire Fees		450	-	450	-
Hosting Fees		3,905	-	3,905	4,371
Sale of Merchandise		45	-	45	-
Other Income		20	-	20	-
		47,061	**-**	**47,061**	**39,944**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
a) Charitable Activities					
Competition costs		2,183	-	2,183	3,755
Equipment Costs		2,990	-	2,990	3,054
Hosting Costs		2,178	-	2,178	-
Insurance Costs		1,394	-	1,394	908
Licenses & Subscriptions		45	-	45	70
Volunteer Training costs		510	-	510	-
Repairs & Maintenance		348	-	348	485
Sub Contactor Costs		30,180	-	30,180	29,940
Sundry Expenses		95	-	95	123
Telephone & Internet		70	-	70	31
Campaign costs		588	-	588	-
Travel & Subsistence		-	-	-	150
Governance costs:-					
Accountancy Fee		850	-	850	142
Independent examination Fee		1,068	-	1,068	972
		42,499	**-**	**42,499**	**39,630**
b) Cost of Generating Funds					
Merchandising Costs		1,439	-	1,439	1,793
		1,439	**-**	**1,439**	**1,793**

5. RESTRICTED FUNDS

The CIO held no Restricted Funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no investment assets during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Funds £	Restricted Funds £	**Total 31-Dec-24 £**	**Total 31-Dec-23 £**
Current Account-HSBC	18,619	-	18,619	13,056
Paypal	-	-	-	1,372
	18,619	**-**	**18,619**	**14,428**

8. DEBTORS AND PREPAYMENTS

The CIO held no Debtors during this or the previous financial period.

9. CREDITORS AND ACCRUALS AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Funds £	Restricted Funds £	**Total 31-Dec-24 £**	**Total 31-Dec-23 £**
Independent Examiner's Fee	2,100	-	2,100	1,032
	2,100	**-**	**2,100**	**1,032**

10. CREDITORS AND ACCRUALS AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

12. TRUSTEES AND OTHER RELATED PARTIES

Trustees Mr M Bass received £26,000 (2023: £26,000) and Mr M Roach received £4,180 (2023: £300) for their coaching services in the financial period. No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them (2023: Nil.)

13. RISK ASSESSMENT

The Trustees actively review the major risks which the CIO faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST DECEMBER 2024

BETHNAL GREEN WEIGHTLIFTING CLUB

(CHARITABLE INCORPORATED ORGANISATION)

CHARITY REGISTRATION NUMBER 1163424

Independent Examiners Ltd
The Grain Store
Hills Barns
Appledram Lane South
Chichester, West Sussex
PO20 7EG

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
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FOR THE YEAR ENDED 31ST DECEMBER 2023

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BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1163424
WORKING NAMES	BGWLC
START OF FINANCIAL YEAR	01 January 2024
END OF FINANCIAL YEAR	31 December 2024
TRUSTEES AT 31 DECEMBER 2024	Mr A.D. Docker Mr M.R. Bass Mr M.J. Roach Mrs O.M. De Kaye Mr T. Adair Mr E.H. Parkes Mr M.S. Bass Mr N. Harvey

The existing trustees appoint any new trustees following the provisions laid out in the CIO's governing instrument.

LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 4th September 2015
REGISTRATION DATE	4th September 2015

OBJECTS

I. To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports.

II. To relieve those in need by reason of old age by providing facilities and instruction in movement and strength retention.

III. To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation.

IV. To promote health by providing practical instruction to the health community in strength development practices.

V. To promote the physical education and development of young people by providing facilities and instruction in strength training.

CORRESPONDENCE ADDRESS	35 Redcliffe Gardens Ilford London IG1 3HG
PRIMARY BANKERS	HSBC Bank Plc 465 Bethnal Green Road Bethnal Green E2 9QW
INDEPENDENT EXAMINER	Zita Derbak Independent Examiners Ltd The Grain Store Hills Barns Appledram Lane South Chichester, West Sussex PO20 7EG

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST DECEMBER 2024

Objectives and Activities

* To advance amateur sport for the public benefit in particular but not exclusively by providing facilities and coaching for strength sports.
* To relieve those in need by reason of Old Age by providing facilities and instruction in movement and strength retention.
* To relieve those in need by reason of ill health by providing facilities and instruction in movement and strength rehabilitation.
* To promote health by providing practical instruction to the health community in strength development practices.
* To promote the physical education and development of young people by providing facilities and instruction in strength training.

The majority of the CIO's activities are concerned with providing training and maintaining the facility in which we provide the training.

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.
The CIO does not make grants. Some travel expenses are reimbursed for coaches who accompany club members to competitions. The CIO does not make social investments. Numerous members of the CIO volunteer to help with our activities. We have several well-qualified volunteer coaches who act in a supporting capacity to our professional coaches. We have members who have qualified as referees in the primary strength sports and who supervise competitions to national standard. We also rely on volunteers for all management and administration functions.

Achievements and Performance

Throughout the year we were able to continue to deliver the services which we have established. The training facility was open all year round and we ran an average of 10 training sessions per week. We supported more than 200 individuals in regular training throughout the year and accommodated several hundred more in hosted competitions.

Financial Review

Position at End of Financial Year

At the end of the year, the CIO had £18,476 with no further debts outstanding. These reserves fall somewhat below our target (see policy below) but do not impede our ability to operate as usual. The results for the year and financial position are set out in the Profit and Loss Account on page 7 and the Balance Sheet on page 8 of the accounts provided.

Total incoming resources were £47,061 (2023: £39,944).

Resources expended were £43,938 (2023: £41,423).

The surplus for this year was £3,123 (2023: Deficit of £1,479).

Funds Carried Forward were £16,519 (2023: £13,396).

Reserves

The Trustees review the policy on reserves and set targets at least once per annum with reference to the guidance and terminology published by the Charity Commission. The policy is also reviewed, when warranted by changes in risk assessment or business plans. The review includes unrestricted funds, designated funds and tangible fixed assets.

Transfers to and from funds are authorised by the Trustees acting as a whole.
Such reserves as we hold are principally concerned with the CIO's ability to maintain properly equipped Gym premises in which to conduct our activities.

A general reserve equal to at least 6 months of operating expenditure is appropriate to bridge short term effects and/or negotiate alternative sources of resourcing. The General Reserve is that part of unrestricted funds that are freely available to spend, i.e. excluding designated funds and tangible fixed assets.

As the lease is till subject to negotiation, our current assumptions are based on the nominal commercial rent of the premises. We will adjust once a concrete lease is established.

The principal source of funds are from training fees, competition hosting fees and venue hire.

Principal Risk

The CIO maintains a gym (229 Bethnal Green Road, London, E2 6AB) where our activities are principally conducted. As a result of a change in the way that Tower Hamlets Borough Council manages their property portfolio, the lease for the premises is under negotiation. While there is every reason to expect that the final agreement will reflect the non-commercial nature of the CIO, the worst-case scenario is that a full commercial lease will be required. This would pose a serious financial threat to the CIO's ongoing viability.

Responsibilities of Trustees

The Charities Act 2022 requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of its incoming resources and resources expended for the period. In preparing those financial statements, the Board of Trustees should follow best practice and are required to;

- select suitable accounting policies and apply them consistently
- make judgments and estimates that are reasonable and prudent
- comply with applicable accounting standards subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume charity will continue in operation

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2022. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:-

- the charity is operating efficiently and effectively
- all assets are safeguarded against unauthorised use or disposition and are properly applied
- proper records are maintained and financial information used within the charity or for publication is reliable
- the charity complies with relevant laws and regulations

The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

Approved by the Trustees on 20/10/26

Signed on their behalf by Trustee .....

Printed Name: NEAL HARVEY

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

Report to the trustees/ members of Bethnal Green Weightlifting Club on the accounts for the year ended 31st December 2024 set out on pages 7 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking 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 no opinion is given as to whether the accounts 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

1. 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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination

   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.

Zita Derbak MAAT AATQB
Independent Examiners Ltd
The Grain Store
Hills Barns
Appledram Lane South
Chichester, West Sussex
PO20 7EG

Sign: Zita Derbak

Date: 22.10.2026

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2024

	Notes	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
INCOMING RESOURCES					
Donations & Legacies	**3a**	-	-	-	-
Charitable Activities	**3b**	47,061	-	47,061	39,944
TOTAL INCOMING RESOURCES		**47,061**	**-**	**47,061**	**39,944**
EXPENDITURE					
Costs of Charitable Activities	**4a**	42,499	-	42,499	39,630
Costs of Generating Funds	**4b**	1,439	-	1,439	1,793
RESOURCES EXPENDED		**43,938**	**-**	**43,938**	**41,423**
NET INCOMING/(OUTGOING) RESOURCES		**3,123**	**-**	**3,123**	**(1,479)**
TRANSFERS BETWEEN FUNDS		-	-	-	-
NET MOVEMENT IN FUNDS		**3,123**	**-**	**3,123**	**(1,479)**
Balances Brought Forward		13,346	-	13,346	14,825
Adjustment to Balance brought forward		50	-	50	-
BALANCES CARRIED FORWARD		**16,519**	**-**	**16,519**	**13,396**

All of the Charity's operations are classed as continuing operations.

The notes form part of these financial statements, found on pages:9 to 13

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
BALANCE SHEET
AS AT 31 DECEMBER 2024

	Notes	Unrestricted Fund £	Restricted Fund £	**Total 31-Dec-24 £**	**Total 31-Dec-23 £**
Assets					
Tangible Assets	**2**	-	-	-	-
		-	-	-	-
Current Assets					
Debtors & Prepayments	**8**	-	-	-	-
Cash at bank and in hand	**7**	18,619	-	18,619	14,428
Total Current Assets		**18,619**	**-**	**18,619**	**14,428**
Creditors: amounts falling due within one year	**9**	2,100	-	2,100	1,032
NET CURRENT ASSETS		16,519	-	16,519	13,396
TOTAL ASSETS less current liabilities		**16,519**	**-**	**16,519**	**13,396**
Creditors: amounts falling due in one year	**10**	-	-	-	-
NET ASSETS		**16,519**	**-**	**16,519**	**13,396**
FUNDS OF THE CHARITY					
General Funds		16,519	-	16,519	13,396
Restricted funds	**5**	-	-	-	-
TOTAL FUNDS		**16,519**	**-**	**16,519**	**13,396**

The financial statements on pages 7 and 8 were approved, authorised and signed on their behalf by:

Approved by the Trustees on ..20/10/26.....

Signed on their behalf by Trustee .....

Print Name: NEAL HARVEY

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

1. ACCOUNTING POLICIES

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

Basis of preparation:
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP - FRS 102) 2nd addition effective 1 January 2019 and with the Charities Act 2022.

The CIO meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the CIO's ability to continue as a going concern.

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
· the charity becomes entitled to the resources;
· the trustees are virtually certain they will receive the resources; and
· the monetary value can be measured with sufficient reliability.

Incoming Resources with Related expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SOFA.

Grants and Donations
Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts
Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind
Gifts in kind are accounted for at a reasonable estimate of their value to the CIO or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the CIO. Gifts in kind for use by the CIO are included in the SOFA as income receivable.

Volunteer Help
The value of any voluntary help received is not included in the accounts and is described in the Report of the Trustees.

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the CIO is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the CIO of the service or facility received.

Investment Income
This is included in the accounts when receivable.

Investment Gains and Losses
This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the CIO to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the CIO gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the CIO.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Pensions
Pension contributions are charged to the Statement of Financial Activities as they become payable.

Fund Accounting
Funds held by the charity are either:

1. **Unrestricted funds**
   These are funds which can be used in accordance with the charity's objectives, at the discretion of the trustees.
2. **Restricted funds**
   These are funds that can only be used for particular restricted purposes within the objects of the CIO.
3. **Designated funds**
   These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, fittings & Equipment	25%	Reducing Balance Basis

There has been no change to the accounting polices (Variation rules and methods of accounting) since last year.

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets investments during this or the previous financial period.

BETHNAL GREEN WEIGHTLIFTING CLUB
(CHARITABLE INCORPORATED ORGANISATION)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
a) Donations & Legacies					
Grants received		-	-	-	-
		-	**-**	**-**	**-**
b) Incoming from Charitable Activities					
Membership & Training Fees		42,641	-	42,641	35,573
Hire Fees		450	-	450	-
Hosting Fees		3,905	-	3,905	4,371
Sale of Merchandise		45	-	45	-
Other Income		20	-	20	-
		47,061	**-**	**47,061**	**39,944**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	**Total 2024 £**	**Total 2023 £**
a) Charitable Activities					
Competition costs		2,183	-	2,183	3,755
Equipment Costs		2,990	-	2,990	3,054
Hosting Costs		2,178	-	2,178	-
Insurance Costs		1,394	-	1,394	908
Licenses & Subscriptions		45	-	45	70
Volunteer Training costs		510	-	510	-
Repairs & Maintenance		348	-	348	485
Sub Contactor Costs		30,180	-	30,180	29,940
Sundry Expenses		95	-	95	123
Telephone & Internet		70	-	70	31
Campaign costs		588	-	588	-
Travel & Subsistence		-	-	-	150
Governance costs:-					
Accountancy Fee		850	-	850	142
Independent examination Fee		1,068	-	1,068	972
		42,499	**-**	**42,499**	**39,630**
b) Cost of Generating Funds					
Merchandising Costs		1,439	-	1,439	1,793
		1,439	**-**	**1,439**	**1,793**

5. RESTRICTED FUNDS

The CIO held no Restricted Funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no investment assets during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Funds £	Restricted Funds £	**Total 31-Dec-24 £**	**Total 31-Dec-23 £**
Current Account-HSBC	18,619	-	18,619	13,056
Paypal	-	-	-	1,372
	18,619	**-**	**18,619**	**14,428**

8. DEBTORS AND PREPAYMENTS

The CIO held no Debtors during this or the previous financial period.

9. CREDITORS AND ACCRUALS AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Funds £	Restricted Funds £	**Total 31-Dec-24 £**	**Total 31-Dec-23 £**
Independent Examiner's Fee	2,100	-	2,100	1,032
	2,100	**-**	**2,100**	**1,032**

10. CREDITORS AND ACCRUALS AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

12. TRUSTEES AND OTHER RELATED PARTIES

Trustees Mr M Bass received £26,000 (2023: £26,000) and Mr M Roach received £4,180 (2023: £300) for their coaching services in the financial period. No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them (2023: Nil.)

13. RISK ASSESSMENT

The Trustees actively review the major risks which the CIO faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.